

Food for Thought

Course Details:

- **Age range suitability** : Years 4—6
- **Ratio** : 1 adult to every 10 children (+ additional SEN support if required)
- **Additional Information:** Appropriate outdoor clothing needed. In wet weather a spare set of clothes may be advisable.
- Each child needs to bring a £1 coin.

Can you design and create a healthy meal for less than £1 per person? Using the wonderful Devizes Market can you design a menu and buy your ingredients, whilst considering the healthiness of the meal, its sustainability in packaging and food miles and still make it tasty? (Please note this activity can only be conducted on Market day — Thursdays)

Arrival Time: 10:00—10:30

The days activities are explained along with an introduction about criteria the meal must meet, and the necessary safety precautions when working in the market and whilst using kitchen utensils.

Please note, students will be allowed to move around the market in small groups, without an adult. Adults will be positioned at help points and will circulate amongst the market stalls. The market is traffic free.



Students will be put into small groups (4—6), they will pool their money and will be given a short amount of time to discuss their menu. A class discussion will consider what makes a healthy meal, why we need protein, minerals, fats, sugars etc? and how we can make this meal sustainable for the environment by considering the food miles items have travelled and packaging and its possibility of being recycled or composted. Once organized the groups will walk down to the market together. The market cross will be organized as the meeting point and students will then be given time to shop for their ingredients. (Please note no cooking facilities are available.)

On returning to Braeside the students will prepare their meals in groups. Once ready for judging each group will be assessed by the other groups using a criteria considering the meals healthiness, sustainability, presentation and taste!

Lunch time: Students will eat the meal they have produced.

After lunch the students will have the chance to walk to the local farm, owned by John Butler to see first hand where their food comes from. The children will have a chance to see the crops in the field and handle the final produce such as wheat, corn and barley. They will also have the opportunity to visit the animals on site, such as the goats, chickens and ducks, and learn about their care and role on a farm. We will discuss why we should buy local produce and support local Farmers Markets.

Finish 2.30 – 3.00 Students will walk back to Braeside, pack up their bags and equipment and get ready to return to school.