



FOOD FOR THOUGHT



A day centred around food - yummy yummy! This programme can only be conducted on a Thursday.

Pupils buy produce from the local market in small working groups (3-6 pupils per group). All the stalls are in a small easily supervised Market Square which is traffic free. The stall holders are very good at helping the pupils. Each pupil has only £1.00. (Day visit groups - pupils should bring their £1.00 in place of a packed lunch. Residential groups - pupils are given £1.00 by Braeside)

The group return to Braeside and produce their lunch made only from what they have bought. (We supply cutting board / knives / plates etc.)

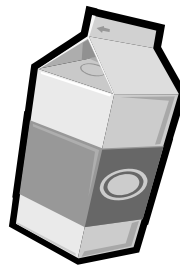
The lunch should be evaluated on the basis of:

BEFORE EATING:

1. Healthy Eating
2. Amount of waste / packaging

AFTER EATING:

3. Type of waste left: i.e.
 - a. Compostable / biodegradable
 - b. Plastic
 - c. Cardboard
 - d. Paper
 - e. Recyclable
4. Food miles



After lunch pupils visit our local farm Rowdefield Farm managed by Mr John Butler. They are shown around and see crops, learn what they are used for, see animals especially young ones and learn how they are produced.

If time allows there may also be the opportunity to see the cows being milked at Iron Pear Tree Farm -managed by Adrian White.



As a follow up pupils write a summary flipchart sheet to try to show where the food they bought earlier was originally produced and how.