LESSON PLAN
Where do our school meals come from?

Subject: Food and nutrition; Geography

Level: Whole school

Developed by: Coed Y Dderwen Primary School

OVERVIEW: Determining how far food has travelled, from producers to the pupils' plates

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Lesson 1: Where do our school meals come from?– overview

Global issues and outlook

- Consumption and Waste
- Choices and Decisions,
- Health and Well-Being
- Climate Change

Key question (s):

- Where does our food come from?
- Why is it important to be aware of this and make sustainable and ethical food choices?

Skills:

- Numeracy – counting miles
- ICT – finding distance from one place to another (e.g. Google maps

Resources:

- Worksheet – school food timetable
- Factsheet – distance in miles from place to place

Learning objectives:

- Identify where different foods come from
- Discuss how foods might travel from place to place

Learning outcomes:

- Produce a table demonstrating the distance food travels

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Lesson 1: Where do our school meals come from? – plan

Introduction:
Look at Coed y Dderwen's school menu. (or use your own school menu)
Discuss the types of food they eat, and where they come from. Is it far away or close by?

Activities
Complete the worksheet on the number of miles food travels to Coed y Dderwen school

Plenary:
- Re-do the activity for your school:
- Write up a weekly menu and find out where the food comes from
- Work out how many miles are between where they come from and your school
- Look at whether the products are: local, organic, fair trade
- Ask how pupils could campaign to make products more ethical

Evaluation:
Completed timetable for your school from pupils' research

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RESOURCES
Food and nutrition

Subject: Geography

Level: Whole school

Developed by: Coed Y Dderwen Primary School

OVERVIEW: All the resources linked to each lesson plan

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Resource 1: Coed y Dderwen school menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lemon Sole Holland	Turkey curry Curry sauce Scotland Herbs India	Meat balls Denmark Tomato sauce York	Roast Beef Newport	Gammon and Pineapple Newport/ China
Veg	Green Beans Belgium	Peas Belgium	Side salad Rhondda	Carrots Belgium	Sweet corn Belgium
Potato	Chips England	Rice India	Pasta Italy	New potatoes Pembrokeshire	Jacket Potatoes Pembrokeshire
Dessert	Fruity sponge England	Fruit salad China	Sliced banana Africa Mousse England	Mandarins and sorbet London	Fruit sponge England

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Resource 2: How far has our food travelled?

Name Of Country	Distance in Miles from Coed Y Dderwen
Belgium	438 miles
England	170 miles
India	4,299 miles
Scotland	445 miles
China	5,070 miles
Denmark	922 miles
York	241 miles
Italy	1,376 miles
Rhondda	10 miles
Africa	5,760 miles
Newport	33 miles
Pembrokeshire	66 miles
London	170 miles
Holland	449 miles
Total miles	19,894

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