



# #ThankfulThursday

## Key questions

**Where does food come from?**

**What makes food producers so great?**

**Why should I be grateful for food production?**

## Instructions

It is important for pupils to understand where their food comes from, and that it doesn't just come from shops. Most food comes from farms, either in the UK or abroad, and it is these farmers that enable us to eat. Food has ingredients and these will determine how healthy it is, how it tastes and how it smells. Share some packaged food with the ingredients list on to demonstrate just how many different farmers/food producers are involved in food items as simple as a chicken and leek pie.

Challenge pupils to produce a mindmap exploring what is so great about food? What is their favourite food and why? Who produces their favourite foods and where do the ingredients come from? Why are they thankful for the food they eat? What type of farms do those ingredients come from i.e. cheese contains milk which comes from a dairy farm, bread contains wheat which comes from an arable farm. Pupils could explore and list the type of farms which have been involved in producing their favourite meal.

## You could also...

Pupils write a letter to a chosen farmer/food producer thanking them for their work and explaining why they like that food item.

## Make it simpler

A simple google search will identify local farmers' market organisations/locations and local producers. Discuss with pupils the different foods being grown/produced in the area and how and when those foods can be eaten. Pupils may like to taste test some local products, and use descriptive words to explain how it tastes to a friend. Do they agree or disagree? Can pupils share their thoughts with the food producer?

## Make it harder

Pupils compare the food grown in the UK with that grown in other countries, which is then imported into this country. Explore the food miles for different fresh produce and consider the implications for the environment of its storage and transportation. Pupils redesign a recipe which currently uses imported ingredients and replace those with British produce?

## Find out more

[Are you getting your five a day?](#)

[Discovering local food – map your local food system](#)

[Exploring local food – the supermarket alternatives](#)

[Home \(foodmiles.com\)](http://Home(foodmiles.com))

## Resources required

- Packaged food
- Details of local farmers markets /producers (via google search)
- Local produce tasters

## What do you think?

What would we do without food producers? How would we source our food?

