



Who makes
your food and
where does it
come from?

TAKE IT FURTHER:

THINK What curiosity questions can you ask?
e.g. Where do all of the ingredients in my food come from? What processes are involved?

FEEL How might different people feel about this?
e.g. Who is growing the food I eat? What sort of work is involved? Are they getting a fair wage?

CONNECT What links can you start to make?
e.g. If I am eating something that is grown in another country, how does it get here?

EXPLORING THE NATURAL WORLD | **Food**



RESOURCES:



THINGS TO READ



[What children around the world eat](#)

(*Guardian* article | Images from around the world)



THINGS TO WATCH



[Where does our food come from?](#)

(5 minute video | BBC Teach)

[The story of food](#)

(5 minute video | SeedChange)



THINGS TO LISTEN TO



[What on earth are we eating?](#)

(50 minute podcast | Joan Kenley Show)



THINGS TO DO



[Try growing food in your house](#)

(1:39 video | Ideas for growing food from *Tasty*)

[Explore an interactive food journey](#)

(Lesson plan and ideas | Royal Society of Biology)



THINGS TO INSPIRE



[Meet our Food changemakers](#)

([Food Pioneers](#) | [Earth Food Love](#) | [Nourishing Families](#))

[Explore our Food curriculum](#)

(A discussion based curriculum | ThoughtBox Education)

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Activity ideas:

1. Choose one item of food that you like to eat. Now research the journey it makes from the soil to your plate - draw each step of the journey.
2. Create a map of the world and note down where all of the food you eat regularly comes from. How can you find this out?
3. Find out how much of the food you eat on a regular basis grows in your local area and who grows it.

USE THE **THINKER'S GUIDE TO HELP YOU*

What other activities could you do?

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