



Why do we need a more connected relationship with our food?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

e.g. Why do we no longer know where our food is grown or coming from? How has globalisation led to year-round access to fruits and vegetables? What is "conscious consumption"? What do you know about organic versus conventional food production?

FEEL

How might different people feel about this?

e.g. What do you enjoy about eating? How do you feel when you eat your favorite food? What memories and feelings do you connect with some foods? What is mindful eating and how can it help us to relate more to our food? How does it make you feel when you see leftover food being wasted?

CONNECT

What links can you start to make?

e.g. How much does our food travel and how does this differ from pre-industrial times? Why do you think it may be valuable to visit a local farm and experience how food is grown? How can we support environmentally friendly food production?

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Activity ideas:

1. Our culture, history and preferences for different types of food says a lot about our identity and our favourite foods often relate more to us than we think. What is your favourite food or dish and what does this tell you about yourself? Explore the relationship between you and your food by using this worksheet: [Food and Identity](#)
2. How much of the food you eat is grown in your own country? After you or your family next buy your household food shopping, when you unpack the bags see if you can identify where your food is coming from and find out your food-footprint. You can use this worksheet to help you: [Mapping Food Footprints](#)
3. Sometimes when we eat, we are not fully aware of what lies on our plates, or how something really tastes. This activity introduces the practice of eating **mindfully**. This means to focus on your senses when you are eating; how does your food smell, how does it taste, how does it make you feel to eat this dish? Eating mindfully will make us more aware of our food and enables us to attach more value to our food. This is important, especially in the world of today, where we do not grow our own food and it often comes from all over the world. Use this worksheet to help: [Eating mindfully](#)
4. If you are able to go outside, why not have a go at discovering all the eatable things you can find in nature. This activity is called foraging and used to be the way of life for our distant ancestors. Visit [this website](#) for an introduction!

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

What other activities could you do?

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RESOURCES:

THINGS TO READ



[Where has your Food been?](#)

Article | *Mary-Linh Tran – Kitchen Stories*

[Environmental Cost of Shipping Groceries Around the World](#)

Article | *New York Times*

THINGS TO WATCH



[Why eat local?](#)

2 minute video | *Michael Pollen*

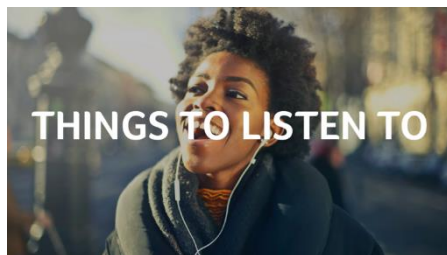
[Why we need to change our Food System](#)

4 minute video | *UN Environment Programme*

[Why shop local](#)

6 minute video | *Mohammad Modarres – TED Talk*

THINGS TO LISTEN TO



[Earth eats: real food, green living](#)

Podcast series | *Earth Eats*

THINGS TO DO



[Climate change food calculator](#)

Interactive guide | *BBC*

[Meet our Food changemakers](#)

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

THINGS TO INSPIRE



[Explore our Food topic](#)

(A home-learning topic for 5-18 year olds | ThoughtBox)

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