

Food Choices – Which is Best?

Teacher's Notes

Summary	<p>Which foods are best?</p> <p>A directed discussion / role play to look at food from different sources and the associated carbon dioxide emissions.</p>
Activities	<p>Using the information cards children work in small groups to prepare a short presentation in support of a particular food choice.</p> <p>Discussion to look at the different alternatives.</p> <p>Secret ballot. At the end of the presentations and discussion, the children vote using the ballot paper to say which food choice they think is best in helping to tackle global warming / reduce carbon dioxide emissions.</p> <p>The votes are counted and the result announced. Can rank the choices into the top three.</p> <p>Conclude by discussing the reasons for the choice.</p>
Teacher info	<p>There is not one correct answer to this issue. Much depends on how the children weight the different, and often contradictory, costs and benefits.</p> <p>Prior to the children's preparation, information about energy consumption and carbon dioxide production linked to crop production should be given. In this respect this activity links to where does food come from and how do bananas get to your house.</p>
Timing	60 minutes in class
Resources	<p>Role play / information cards – 1 per group</p> <p>'Secret' ballot paper – 1 per child. Can include name on if required.</p>
Curriculum links	<p>English – Group discussion and interaction</p> <p>PSHE–recognise that choices affect individuals, communities and the sustainability of the environment</p> <p>ICT (see differentiation)</p>
Differentiation	<p>Groups can present their point of view in a variety of ways such as an oral presentation, poster, PowerPoint or using a recorded audio interview / video presentation if extending over more than one lesson.</p>

Buy UK organic food

My food is healthy. I don't use chemicals and they are sold fresh to supermarkets and other shops all over the country.

It is quite expensive to buy but people will pay a little extra for good quality.

My farm is in the UK and so I need to transport my vegetables using lorries and vans. This does mean that I am responsible for carbon dioxide emissions. But I think that my food is really healthy for people to eat.



Buy pick your own local food

This takes a bit of effort but you can come to my farm and pick the fruit that you want. I sell a lot of strawberries this way.

My strawberries are fresh and go straight from my field to your kitchen. There are no lorries causing lots of carbon dioxide. Most people do come in their own cars. They only travel a few miles though.

I don't have any greenhouses to heat either. That means that my strawberries are only available during the summer though.





Buy from my supermarket

My supermarket gets food from all over the country and all over the world. It is brought to the supermarket by many different kinds of transport.

That means that I can always have fruits and vegetables available. You can buy strawberries and salad in the winter and things like bananas that do not grow in this country at all. My customers really like the choice.

There are lots of parking spaces as well. People can come in their cars and take away enough shopping for the whole week. It does mean that their cars produce carbon dioxide but it makes shopping easy and convenient.



Buy from the local shops

The high street has got a few food shops. There is a butchers, a grocers and a bakers. You can get a good variety of food but the parking is not that good.

You really need to take the bus. It means you have to carry your shopping home. At least that means less carbon dioxide.

The shops sell food that is local and also some food that they have imported from abroad. The tomatoes often come from Spain

Buy my fair trade food

My food and the coffee that is grown in my country is very good. We need to sell a lot to the UK because it helps to keep many people in jobs.

It is true that we need to send the food many miles by sea. This transport causes carbon dioxide to be released into the atmosphere.

But without the jobs that our food exports bring, it would be very hard for the people in my village to survive.



Food Choices - Which is Best?

Think about things like:

Which is the most convenient?

Which is the easiest to afford?

Which is the best to help reduce carbon dioxide emissions?

Put a cross in the box next to the food choice you think is the best.

	X
UK organic food	<input type="checkbox"/>
Pick your own local food	<input type="checkbox"/>
Buy from a supermarket	<input type="checkbox"/>
Buy from the local shops	<input type="checkbox"/>
Fair trade from abroad	<input type="checkbox"/>

Write down the reasons for making your choice.