



# Getting to Know Food

How important is it to us?

## Introduction

Today we will be thinking about food and farming and asking a few questions about what we eat.

*Why is food important to us?*

*What types of food do we eat and what are they made of?*

**Aim:** To explore food culture and find out where our food comes from.

**Objectives:** By the end of these activities, everyone will be able to:

- Give one reason why food is important to us
- List ingredients that go into a food product of their choice

## Activity 1 – What is the role of food in our lives?

On page 4 and 5, you will see six different pictures of people and food.

In small groups, look at these pictures and write down any words or phrases that come to mind when you look at the pictures, then think about why food is important to us.

For example:



When I look at the picture, I think about...

*friends watching the television together*



When I look at picture 1, I think about...



When I look at picture 2, I think about...



When I look at picture 3, I think about...



When I look at picture 4, I think about...



When I look at picture 5, I think about...



When I look at picture 6, I think about...

Why is food important to us?







## Activity 2 – Food in the spotlight

Now we have thought about how important food is in our lives, let's start to think about the types of food that we all eat and where it comes from.

Each group will be given an item of food. Draw your item of food in the box provided and then answer the questions. Once we have done this, each group will tell the others about their item of food.





**How fresh am I?**

**How far do you think I travelled?**

**Draw me here. What is my name?**

**What am I made of?**

**Am I healthy to eat?**





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**Draw me here. What is my name?**

**What am I made of?**

**Am I healthy to eat?**





## Activity 3 – So what's new?

Think about the two activities that you have done today. Spend a moment thinking about what you already knew and what you have learnt today. Share your thoughts with the rest of the group.

### Things I know about food

Things I already knew

Things I've learnt today