

1. Where does our food come from?

- Visit a local shop or supermarket and look carefully at the fresh **fruit** and **vegetable** section.
- How many products can you identify that were grown in the UK or in Britain?
- Make a list and see if you can find out any more information about the exact location of the farm. Sometimes, labels give the names of the farms and their address.
- Where else in the world are products grown? You could make a map to show where different foods are made or grown.
- How many kilometres has your food travelled to get to you?
- What can **you do** to cut down on these “food miles?”

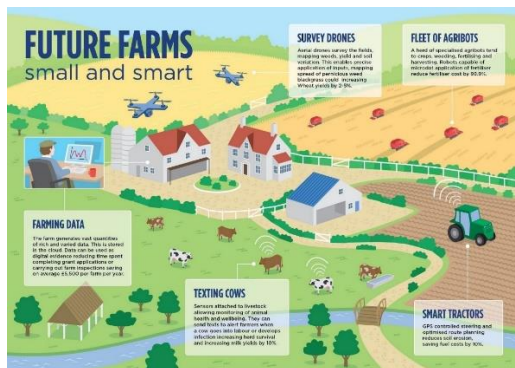
2. Plan a mini farm

Plan a mini farm in the school grounds. Things to think about could include:

- Where would you create this mini farm plot or plant your crops to ensure a good harvest?
- Find out about the different possible areas to plant in - what is the soil like? Is the land even or bumpy? Does it get a lot of sunlight or is it sheltered?
- What kind of vegetables or fruits do you want to grow? Should you create a vegetable plot or raised bed to grow root vegetables and herbs to be used in the school kitchen?
- What kind of materials or resources will you need? Could you use recycled bottles for example to grow seeds in? What else can we recycle to use?
- What different roles will there be for people in school to do to keep the farm healthy and growing?

Include a plan of the school grounds and label the different areas that could be used as a mini farm.

What could future farming be like if it is to be sustainable:



3. Did you know?

- Some modern farming methods involve planting crops in between rows of trees to provide healthier soil, higher yields, and homes for wildlife. Can you find out more about different sustainable farming methods and where and why they are being used?
- Find out about the urban farming movement which brings crops into our towns and cities, repurposing under used spaces in towns and cities to reduce food miles and connect people to the food they eat within their communities.

Show off your ideas for more sustainable farming and food production.