

Where our food comes from, healthy eating & wellbeing

Objective

Lets find out where some of our favourite foods come from.

Learning outcome topics




1. Food Origin
2. Protecting yourself against the weather
3. How we can start to eat healthy
4. Getting a good night's sleep and resting




Tip: You can use the Farm Safety Workbook in conjunction with this discussion.





Topics





1. Lets talk about our favourite foods and find out where they came from

You can talk about these in as much or as little details as you wish and is suitable to the group.

Cereals		
Wheat 	Oats 	Barley 
breads, chapattis, naan breads, breakfast cereals, biscuits, crackers, crumpets, scones, pancakes, wafers, cakes, pizza, pasta, pastries	Porridge, Biscuits, bread, pancakes, breakfast cereals	breads, soups, stews, and health products.

Dairy – milk comes from many animal sources. Oat and nut milk are also popular for those following a vegan diet.		
		
Milk, yoghurts, butter (dairy cows), cheese, ice-cream, cream.		

Meat			
			
Beef: Burgers, steak, veal,	Lamb, Mutton	Poultry: chicken, turkey, goose.	Pork: Sausages, rashers, ham,

Other			
			
Potatoes: Chips, crisps, mash	Other vegetables: carrots, turnip, parsnip, onion, pumpkins, brussel sprouts, cabbage.	Fruit: apples, pears, strawberries. What fruits are not grown in our country and why?	Eggs: also from poultry farms: scrambled, poached, fried and omelettes

2. Protecting against the weather

The weather is both a farmer's biggest enemy and best friend. Sun, rain, wind and frost are important but needed at different times. Too much sun dries up the earth and nothing grows and too much rain causes the crops to rot in the ground. A little bit of everything is just right.

On the board write up the following types of weather.

- A. Sunny day B. A rainy day C. A very cold day

Now ask the children what the farmer should do to stay well on these types of days.

A. Sunny day

- Wear sun cream with a high SPF (Skin protection factor).
- Wear a hat to protect skin on their head
- Wear Long Sleeves
- Protect eyes with sunglasses

B. A rainy day

Wearing wind and rain proof work wear protects us from the harshness of wind and rain whiles also keeping us warm and dry so we don't get a cold or flu.

- Waterproof overalls
- Wellington boots or warm shoes
- Jacket with hood
- Rain hat



C. A cold day

Remind the children what they wear to keep warm.

- A woolly hat
- Gloves
- An extra jacket
- A vest



3. Diet and Exercise

We know too many sweets, chips and fizzy drinks can be bad for us and lead to problems such as obesity and diabetes. Let's work out which food is good for us and remember to create a 'rainbow on our plate'

- Eating a balanced diet (the food pyramid is a great guide)
- Eating nourishing food (think of a rainbow on your plate, the more colour the better)
- Drinking plenty of water (always have bottles of water in their tractors during busy times)
- Keep active! (Activities away from the farm can recharge the mind and the body)



Create a rainbow on your plate



Exercise is a great way to feel good and stay well.

4. ZZZZZZ Did someone say 'nap time'

Early mornings and late nights can take their toll. Especially during those very busy times, farmers must remember to sleep and take breaks. It can help them not only feel better but will help them work better too.

Have a chat about how you might feel if you were very tired. Are any of the following emotions mentioned: Grumpy; sleepy; sad; giddy; upset;



By getting enough rest we all can be at our very best!

Follow up activities & projects

- Complete the activities in the workbook
- Discuss the snacks and lunch in your group and guess where it started: dairy, cereal, meat or fruit.
- Why not make a healthy smoothie or soup in class.
- If you have a model farm in class add in an area for a slurry pit and put up the correct signs
- Have an exercise day to use up energy and feel good.