



## Critical Thinking About Sustainable Food Production (KS3)

Time	Activity
10:00	Arrive, welcome and introduction
10:15	Visit the Market Garden
11:15	Cooking Corn Muffins
12:15	Lunch and waste sorting
13:00	Farm Tour
14:00	Programme ends

### Important information about your visit

- Please ensure students bring a packed lunch
- Please ensure that students wear suitable clothing: this should be something that won't spoil if it gets a bit dirty and should be appropriate for the season of your visit. At all times of the year, the optimum clothing includes waterproofs and wellies
- **It is essential that all students and participants bring two pairs of footwear: a pair suitable for the tour of the farm (ideally wellies) and a pair for indoor/travel use**

### Summary of activities

#### Visit the market garden

Students will be introduced to the concept of sustainable practices. Whilst exploring the organic market garden, they will record the range of plants grown and identify examples of sustainable practice. Students will be encouraged to think about how food is often sourced from a wide geographical area and the vast, often complex, implications of these decisions. This is explored through examining the issues around the decision to purchase imported Fairtrade green beans or beans from a local organic farm.

#### Cooking corn muffins

Using corn flour instead of wheat flour, students will bake tasty corn muffins to eat or take back to school. They will explore the diverse use, and global implications, of using corn as a crop.

#### Farm Tour

Students will visit our farm to explore the inputs, outputs and processes of a working organic farm system. They will learn how our cows are looked after, what they eat, what they produce and where they live.

#### Waste sorting

Students will be encouraged and helped to sort their lunch leftovers and packaging into the correct bins. There will be discussion about how we can reduce, reuse or recycle our waste.

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## Links to the Secondary Curriculum

The Critical Thinking Day About Sustainable Food Production programme contributes to the following curriculum areas:

### KS3 Design and Technology

#### Cooking and nutrition

- understand and apply the principles of nutrition and health.
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.
- become competent in a range of cooking techniques.
- understand the source, seasonality and characteristics of a broad range of ingredients.

### KS3 Geography

#### Human and physical geography

- understand how human and physical processes interact to influence, and change landscapes, environments and the climate; and how human activity relies on effective functioning of natural systems.
- human geography relating to: population and urbanisation; international development; economic activity in the primary, secondary, tertiary and quaternary sectors; and the use of natural resources.

### KS3 Science

#### Interaction and interdependencies – relationships in an ecosystem

- How organisms affect, and are affected by, their environment, including the accumulation of toxic materials. (Biology)

#### Energy

- fuels and energy resources. (Physics)
- domestic fuel bills, fuel use and costs. (Physics)

#### Earth and atmosphere

- Earth as a source of limited resources and the efficacy of recycling. (Chemistry)
- the production of carbon dioxide by human activity and the impact on climate. (Chemistry)

### KS3 and KS4 Citizenship

- all pupils develop an interest in, and commitment to, participation in volunteering as well as other forms of responsible activity, they will take with them into adulthood.
- all pupils are equipped with the skills to think critically and debate.