

Introductory topic

What is the role of food in our lives?

Curriculum Links

Key Stage One – PSHE 2a, 2b, 4c, 5d

Key Stage Two – PSHE 2a, 3a, 4b, 5d

Objectives

- To show children that food has social and cultural significances beyond the obvious one of nutrition.

Resources

A selection of pictures of people eating, buying and preparing food in a range of situations. Children could help collect the pictures by looking at pictures in books and magazines, or bringing in photos of family celebrations or holidays.

What to do

Divide the class into groups and ask them to study a selection of the photographs and to write down any words or phrases that come to mind. For Key Stage One, do this activity as a whole class, and write up the children's ideas on the board.

Try to pull out themes that the pupils have identified such as enjoyment, tradition, family, special occasions, religious ceremonies. Pupils can create a 'mind map' by starting with the word 'food' in the middle of page, and drawing lines out from it, with the themes mentioned above. From these themes they can write in other words and phrases that are linked. This will give them a visual reference to food's important role in our lives.

Further activities

Ask children to talk to their grandparents about how they used to eat when they were small. Have things changed?

Children could investigate food customs and culture from other countries, considering what and how people eat. For example, why do people in some cultures think it is important to fast? Which foods are used in religious ceremonies, and what is their significance?