DELIVERY NOTES | AGE UKS2

ROOT FOR VEG

with Knorr® SINCE 1838

LESSON 1: GROW IT

Stand up for your plate & the planet

#CheatOnMeat

LESSON 1: GROW IT | Delivery Notes

UKS2 (Yr 5/6)	Suggested Time: 60 mins

LESSON SUMMARY

This lesson is designed to teach pupils about the importance of healthy eating whilst inspiring them to take action and find their voice on sustainability. As the first of three available lessons, pupils will be introduced to the issues surrounding the current global food supply and growing population. They'll consider how we can overcome these issues by making sustainable choices. This lesson builds empathy and activism skills in an engaging way; through fun activities, discussions, role-plays, craft and even a hands-on growing challenge.

HOW YOU COULD DELIVER THE LESSON

The three lessons that make up the Rootcamp are designed to be run across three sessions, each between **45-60 minutes.** You could run this across three afternoons, or could set the pupils the challenge of completing the Rootcamp in one day. Alternatively, the activities can be used flexibly, according to the time you have, and could also be split over more than one lesson to allow more in-depth exploration of each issue.

Within each Rootcamp lesson, there are plenty of activities that can be condensed or expanded. Optional extension tasks can be carried out as stand-alone activities, or as part of the lesson. Activities that are essential to the understanding of the Rootcamp are indicated with an orange tomato ( ). Lesson 1 is designed to take **60 minutes minimum,** if teachers choose to carry out the optional **Grow It, Don't Throw It Challenge.**

What you'll need for this lesson:

- ✔ Root for Veg PowerPoint (Lesson 1)
- ✔ Pencils and felt-tips (optional: tissue paper)
- ✔ A5 paper (one sheet per pupil)

Make sure your class have something to jot down their thoughts on. We do have a Root for Veg journal available - or feel free to use for inspiration!

What you'll need to print beforehand:

- ✔ Alphabet/Rainbow Veg sheet (one worksheet per team)
- ✔ Empathy Cards (one set of cards per group)

Key vocabulary:

Biodiversity - the variety of plant and animal life in the world or in a particular habitat.
Sustainability - responsibly interacting with the planet to maintain natural resources.
Future 50 Foods – foods identified by Knorr ® & WWF as foods we should eat more of because they are nutritious, have a lower impact on our planet than animal-based foods, can be affordable, accessible and taste good.

At Home for the optional Grow It, Don't Throw It Challenge you'll also need...

A selection of jars, glass receptacles, or bowls. These can be mason jars/jam jars/drinking glasses of any size – or you could even use plastic containers. Alternatively, pupils could bring in their own container from home!

Any selection of vegetable roots. These could include spring onion, romaine lettuce, lemongrass, celery, garlic, or onion.

Water for each container and the **Grow It, Don't Throw It** instruction sheet.

Growing vegetables from scraps (roots) is easier than it sounds – you simply pop them in water and watch them grow! The children will love looking after the veg that grows in the classroom.

Learning objectives

- ✔ Understand the importance of variety in the food we eat
- ✔ Understand why eating food grown locally is best
- ✔ Challenge ourselves to grow some veg at home!

Curriculum links (UKS2)

- ✔ **Design & Technology:** Understand and apply the principles of a healthy and varied diet; understand seasonality and know where and how a variety of ingredient are grown, reared, caught and processed
- ✔ **Science:** Living things and their habitats; animals including humans (Y6)
- ✔ **Geography:** Human geography
- ✔ **PSHE:** Health and wellbeing; shared responsibilities

STARTER 10 minutes

1 Slides 3 - 4: Veggie jotting

Select the most appropriate activity for your class. Give pupils 5 minutes, in pairs, to either:

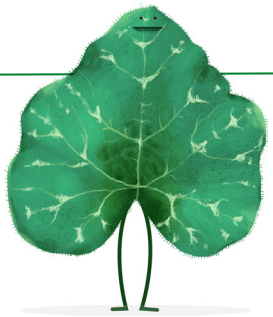
- Write down a vegetable for each letter of the alphabet.
- List as many vegetables as they can in each colour category.

Reveal suggested answers for pupils to compare to their own – identify vegetables they do not already know (e.g., fennel or yam). Pupils add to their work.

2 Slide 5: Introducing...

- **The Future 50 Food** characters – can pupils name any of them? Click to reveal names.
- Explain that they will record their thoughts/ideas throughout the Rootcamp.

ACTIVITY 1 The Rootcamp Mission (10mins)



3 Slide 6: So why do we need to Root for Veg?

Pupils predict the details of key facts relating to their Rootcamp training.

4 Slide 6 - 10: Lettuce look at the facts

- Reveal answers to statements – are pupils surprised by any of them?
- **On slide 8:** set a 3-minute timer. In pairs, pupils list the **12 plant and 5 animal species** that they think could be the most consumed globally. Reveal answers when the timer has finished. Are the pupils surprised by the answers?
- Ensure that the **growing population, deforestation and demands for the same foods** (lack of biodiversity) are identified as problematic, however we can overcome these issues by making sustainable choices.

5 Slide 4: We need to do one simple thing...

Share the illustration for pupils to interpret and discuss. What do they think it is trying to show?
Answer: Because the earth only has so much space, we need to be smart in how we grow crops to feed all the hungry mouths. If we eat less meat, we won't need as much space for animal farming. We can then use all that space to grow loads of different veggies, which will feed far more people.

ACTIVITY 2 Empathising (10mins)

6. Slide 5: Empathy cards

Give pupils 10 minutes, in groups of 6, to role play by reading an 'empathy card' each. Discuss thoughts. Adults in the classroom should support through questioning, e.g.

- what are the issues raised?
- what are the dangers of only eating 5 types of meat and 12 vegetables? Who/what is affected?

Alternative suggestion: 'empathy cards' could be used for hot-seating activity.

ACTIVITY 3 Taking action (10mins)

7. Slide 6: How can we Root for Veg at home?

Give pupils 3 minutes to generate ideas – how can we save the planet (and our plates) by eating more vegetables are home? Share **slide 16** with Root for Veg action plan ideas – did the pupils think of any other ideas?

Explain that pupils are now going to explore how to accomplish two of these actions at home (grow your own and seasonality).

8. Slide 17 - 20: Seasonality

- Share the word seasonality – can pupils use the image to work out the definition? Reveal the answer and explain that it is more sustainable to choose the vegetables you eat based on seasonality.
- Ask pupils to consider why shopping for vegetables based on seasonality might be better for the planet, using the illustration on **slide 20** as a prompt.

OPTIONAL HOME CHALLENGE Grow It, Don't Throw It

9. Slide 22 - 25: Grow it, don't throw it!

- Choose what to grow from the variety of options on **slide 25** or on the **Grow It Don't Throw It Instruction Sheet** – you could either demonstrate one example of regrowing veg from scraps infront of the class, or pupils could regrow different veg (one on each table/group).

Teacher guide video www.youtube.com/watch?v=z_6RTILQqsE

- Take photos of the process to share as part of the school Root for Veg display.
- Leave vegetable roots (with enough water) in a sunny spot to grow new vegetables. Assign monitors to change the water daily (see example on **slide 25).**

SUMMARY (10mins)

10. Slide 27-28: Root for Veg Pledge

Pupils should suggest three sustainable Root for Veg habits that they could bring home as a result of their training today. Click to reveal suggestions.

Using **slide 4** as a reminder of different vegetables, pupils should draw the outline of a veggie and write their own Root for Veg Pledge inside, capturing the actions they would like to take as a result of Stage 1 of the Rootcamp. See an example on **slide 28.**

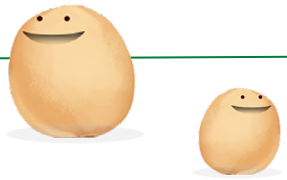
Explain to children that there is a Root for Veg competition. The schools that have had the most engagement in the home challenges will win a teacher and school prize.

OPTIONAL HOME CHALLENGE

11. Slide 25: Grow It!

Share the Grow It! Home Challenge handout. Explain the challenge: pupils need to grow a vegetable from scraps at home. Encourage children to photograph these to share on social media.

EXTENSION



Slide 30: Root for Veg Reflections

Pupils could reflect on what has stood out to them from the Rootcamp. What will they take from this session? They may choose to:

- ☐ Draw and label pictures of new vegetables they'd like to try at home.
- ☐ Create a mind-map about why we should grow veg at home/eat less meat and more veg.
- ☐ List three changes they will make as a result of the vegolution.
- ☐ Make a poster/comic strip to inspire parents/carers to eat more veg and less meat.
- ☐ Write a Root for Veg acrostic poem to share at home.