DELIVERY NOTES | AGE UKS2

ROOT FOR VEG

with Knorr® SINCE 1838

LESSON 3: CHANGE IT

Stand up for your plate & the planet

#CheatOnMeat

LESSON 3: CHANGE IT | Delivery Notes

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

LESSON SUMMARY

This lesson is designed to guide pupils to take action and find their voice on sustainability by writing and delivery a persuasive pitch. As the final lesson in the Rootcamp, pupils are challenged to draw upon the knowledge they have acquired throughout each session to speak passionately about the issues surrounding the global food supply, and try to convince others to occasionally cheat on meat. The lesson will support pupils' development of collaboration, public speaking, and empathy skills.

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 ( ).

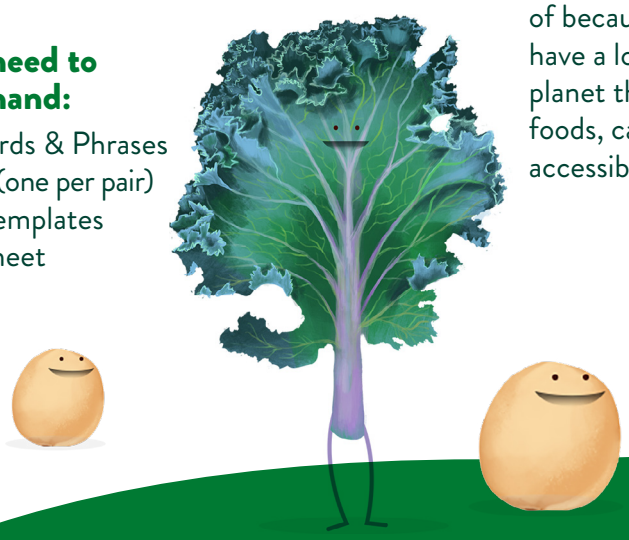
Lesson 3 is designed to take **60 minutes minimum,** but the delivery of the pitch is flexible and can be organised outside of lesson time.

What you'll need for this lesson:

- ✔ Root for Veg PowerPoint (Lesson 3)
- ✔ Root for Veg journal (already printed from previous lesson)
- ✔ Meat Free Monday Calculator (link embedded into slide)
- ✔ Devices with connection to the internet (laptops/iPads/desktop computers)
- ✔ A3 paper/sugar paper/large card and felt tips
- ✔ Blank A6 Presentation Cards (or trimmed card/paper)

What you'll need to print beforehand:

- ✔ Helpful Words & Phrases Word Bank (one per pair)
- ✔ Placemat Templates (one worksheet per pupil)



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.

Learning objectives

- ✔ To understand the importance of empathising with others
- ✔ To identify ways of carrying out the shared responsibilities we have for caring for other people and the planet
- ✔ To work collaboratively, considering the views of others (including intended listeners) to improve their work
- ✔ To write and speak persuasively, using strong and positive language

Curriculum links (UKS2)

- ✔ Design & Technology: Understand and apply the principles of a healthy and varied diet
- ✔ Science: Living things and their habitats; animals including humans
- ✔ Geography: Human geography
- ✔ English: explain and discuss their understanding of what they have read, including through formal presentations and debates, maintaining a focus on the topic and using notes where necessary; provide reasoned justifications for their views
- ✔ PSHE: Health and wellbeing; shared responsibilities; respecting others

STARTER 5 minutes

1. Slide 3-5: Knorr Cheat on Meat Impact Calculator & link

- Model how to use the calculator on the IWB – set the number of people participating to 30 (whole class) and discuss the impact that one meat-free day per week.
- If possible, share **slide 3** and allow pupils a couple of minutes to set realistic goals for their family and input these into the Knorr® Cheat on Meat Impact Calculator (e.g., 4 people, 1 day per week).

ACTIVITY 1 Planning (15 mins)

2. Slide 4: Rooting for Parents

Re look at the comic from session 2 to revisit the difficulties that a busy parent faces when planning/cooking healthy, affordable and sustainable meals.

3. Slide 6: Rooting for Parents

Introduce the activity: in groups of 4-5, pupils will plan and deliver a pitch to persuade their families to join the RfV movement. It should be targeted specifically at the person/people who plan, shop and cook the meals at home. Share the criteria for the pitch:

- Between 3-5 minutes in length
- Empathetic – pupils must communicate how difficult it is for busy families to make changes to their planning, shopping, and eating habits
- Positive – the aim isn't to put pressure on the audience, but instead to inspire positive change!
- Every member of the group must have a role (even if this is directing/creating props)

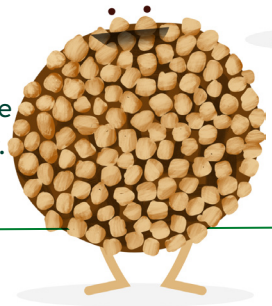
ACTIVITY 1 Continued

4. Slide 6-7: The Meat-Free Mission

- See example of strong motivational pitch (narrated by the orange tomato, one of the F50 foods).
- Read the same speech, focusing on the language. How has the author made this persuasive and friendly? Tip: leave this slide on the board whilst pupils are working, so that they have a model to work from if they get stuck.

5. Slide 8: What can I use to help me?

Before pupils start planning, remind them that they can use their notes to find useful information they've gathered from the Rootcamp. Groups can also be supported by the 'Helpful words & phrases resource sheet.' They may wish to plan on whiteboards, A3 paper or scrap paper.



ACTIVITY 2 Delivering (25mins)

6. Slide 10: Bring the pitch to life

Give pupils time to:

- 'Publish' their speakers notes on A6 presentation cards
- Create supporting resources to accompany their pitch using A3 paper/sugar paper/large card/coloured card and felt-tips – this could be in the form of a poster or placard; it is up to them!
- Practise delivering their pitch with another group

7. Slide 11: Thyme to share!

Suggestions:

- Record each group to share at home/in school
- Arrange for a time for each group to pitch to the chosen audience in person (they may need extra time during a lunch break/club to practise!)
- Organise an assembly to invite parents to

During pitches, encourage children to demonstrate active listening to support one other.

EXTENSION TASK (10mins)

8. Slide 14: Placemat design

Pupils design a personalised placemat for each member of their family. They can take these home so that they can convince their parents/carers to plan and cook some meat-free meals. Encourage pupils to use persuasive words and phrases. Design ideas could include (but are not limited to):

- Root for Veg cheat sheet (illustrating easy ways to replace meat with veg)
- Root for Veg comic strip
- Illustrations of the 50 future foods

CHANGE IT Home challenge

Pupils use their pitch, personalised placemat and menu to convince their parents/carers to join the Root for Veg Movement. Their objective is to recruit as many as they can by collecting their Carbon Cookprint Pledges, which can be added to a school Root for Veg display (see competition below).

Competition: Pupils celebrate their graduation from Root for Veg Bootcamp by making their own Carbon Cookprint Pledges. They do this by filling a footprint outline with actions they'll take to reduce their carbon cookprint and grow the Root for Veg movement in school and at home. These footprints signify small steps that, once combined, will create a big change.