

# Countryside on a plate

This is a great exercise to get a group thinking about where their food comes from and the journey it makes from the farm to the fork. It can be adapted to suit a wide range of abilities and tailored around different types of farms

## You will need

- Print off the plate images at the end of this document
- Pens and paper
- Optional stickers or pictures to cut out and glue

## Running the activity

There are several ways you can use this resource as an activity and it will depend on the group you are working with and the type of farm you are visiting/ have visited.

### 1. Favourite meals

Taking either the breakfast, dinner or pudding picture get each participant of the group to draw or write their favourite meal on their plate. Next, working as a group, try to identify items on each plate which may have come from a farm similar to the one you are on. The group and the leader will need to work together to identify these items. Participants are often surprised how many different food items can be linked back to the farm.

### 2. Where does it come from?

Taking one of the plate images ask each participant to write, draw or use a sticker to show what types of food originate from the farm you are on. E.g. if you are at a dairy farm you could have a plate with yoghurt, cheese, milk and butter. For an extra challenge you could narrow the meal down to breakfast, dinner or pudding E.g. pudding could be custard, ice-cream, rice pudding etc.



### 3. Love it hate it

A variation on the previous page, on one plate write love and on one plate write hate. Participants can then talk about their food preferences and experiences to build up a love/hate collage. You could either stick to a theme such as dairy or wheat or open it up to anything that comes from a farm. Try drawing pictures, using stickers, and cutting out images from magazines to decorate the plates.



### 4. Turn the farm into a meal

Using a print out of the dinner, lunch and pudding work as a group try to fill each plate with food that has links to the farm you are visiting. You may want to cut out images from magazines, use the Widgit symbols provided overleaf, draw pictures, write words or a combination of these options.



These resources were developed as part of the 'Let nature feed your senses' project. Encouraging a lifelong love of nature through food, farming and our everyday lives.

The project was run by



Sensory Trust



LINKING ENVIRONMENT AND FARMING

Supported by



Breakfast bowl



Dinner plate



Pudding bowl





cereal



porridge



toast



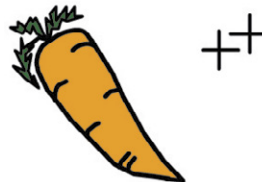
pancake



fruit



yoghurt



carrots



peas



broccoli



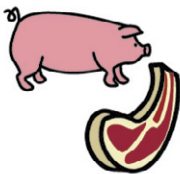
potatoes



cauliflower



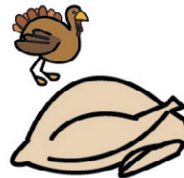
beef



pork



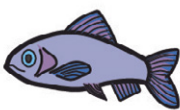
chicken



turkey



lamb



fish



rice



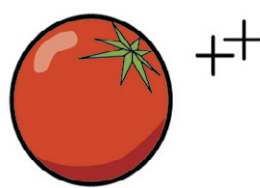
couscous



noodles



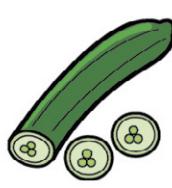
pasta



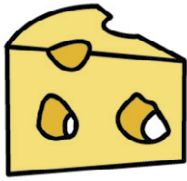
tomatoes



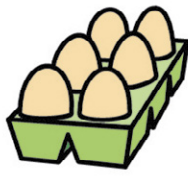
lettuce



cucumber



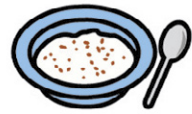
cheese



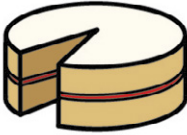
eggs



ice cream



rice pudding



cake



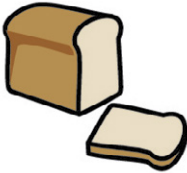
pie



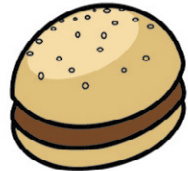
crumble



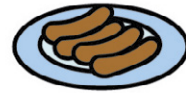
cheesecake



bread



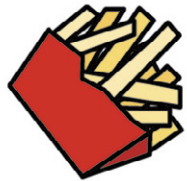
burger



sausage



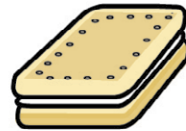
sweetcorn



chips



pizza



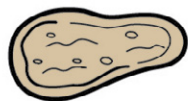
biscuit



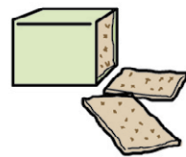
butter



chapatti



naan



crackers



croissant



dumpling



flan



lasagne



milk