Activity ideas:

Citizenship
• Demonstrate the unfair distribution of food through the following activities available at cafod.org.uk/primary/food

Key Stage 1:
• Birthday cake activity. Link the unfair distribution of cake to the unfair distribution of food around the world.

Key Stage 2:
• A divided world activity. Concentrate on the food resources aspect of the activity, but extend to other resources if suitable.

Geography
• Make a food display with foods from around the world, and use Martin Luther King’s quote as a focus point.
• Recycle as much food as you can – use a compost bin at school and encourage others to use it and recycle their food waste.
• Where does your favourite food come from? Research all of the places where your food has come from today.

Key Stage 1:
• Continually asking children to plot the different places on a world map.

Key Stage 2:
• Progress to also discussing the importing/exporting of food. Play the Banana Split game (available at cafod.org.uk/primary/food) to introduce the banana chain and discuss the reality of ‘who gets what’ from the sale of bananas.

RE
• Ask children to say the Lord’s Prayer together and to think about the line: ‘Give us this day our daily bread’. Why do we say our daily bread and not my daily bread?
• Use our assembly on ‘Feeding the 5,000’ for a whole school focus on food (cafod.org.uk/primary/food)

EYFS/Key Stage 1:
• Sing a simple prayer for people around the world who do not have enough food.

Key Stage 2:
• Food Fortune (ages 5 – 7). How was the hunger person helped? How was the situation made worse for the hungry person? How could they make things better for people who are in need?

Maths
• Provide pictures of different foods and attach price tags to them. Give pupils a budget and explain they need to buy enough food for themselves and their family. What did they spend? Differentiate the budget and costs according to Key Stage and ability of children.

Key Stage 1:
• Create a food calendar to find out when different foods are in season.

Key Stage 2:
• Design and complete a survey to find out how much food you waste at school and at home. Think about ways to reduce food wastage and implement it throughout the school/home.

Art and design/Citizenship
• Find out what Fairtrade means. For information or Fairtrade activities, go to fairtrade.org.uk and cafod.org.uk/primary/Fairtrade

Design a poster to spread the message about why it’s important to buy Fairtrade food, and encourage others to think about where their food comes from.

Food technology
• Hold an international food day where groups prepare national dishes from countries around the world.

Key Stage 1:
• Research Fairtrade recipes. Make something to share together (check for allergies). For ideas go to kidzzone.cafod.org.uk

Key Stage 2:
• Visit a supermarket and find out where all of the different food you buy comes from. How many Fairtrade (locally produced) items can you find? Compare the benefits and costs of buying Fairtrade versus buying locally produced food. Hold a class debate on this issue.

Take action!
• Find out more about the reasons why people do not have enough to eat even though there is enough food to go around. Go to Picture My World for stories about how CAFOD is working to help build a more fair and just world.
• Pray for our sisters and brothers around the world that they may have enough food to eat.
• Support CAFOD tackle food poverty issues like campaigning and raising money as a school.

cafod.org.uk/primary/food

Global plates

Activity ideas...
• Draw or make a collage of a favourite meal on the plate. List all the countries of origin around it.
• Think of someone you are going to have a special meal with your family. Write a prayer for this meal on the plate, remembering those around the world who do not have eat share of food.
• Around the outside of the template, write or draw the reasons that people do not have enough food to eat. On the plate, write or draw the different things/ways that help people to grow or buy enough food.

Focus on...
Food: A primary school resource
Includes:
• Stories about food
• Curriculum activities
• Key principles of Catholic Social Teaching
• Global plate template and activity ideas

Global plates
Focus on...
There’s more than enough food to go around – but only if we share it.

God has created a bountiful, Kenyan world. If we look after it well, everyone can have enough to eat. But a shocking number of people in the world today don’t have their fair share of food. 925 million people – one in seven of us – can’t buy or grow enough food for ourselves and our families. It shouldn’t be this way. We need to help our brothers and sisters in poverty to feed themselves, and we need to challenge the injustice that causes hunger.

What can I do?

Emergency food: if you’re short on cash – during a drought or after a flood – we make sure people have enough to eat. That might mean delivering food to local families, or giving people cash or vouchers so that they can buy food for themselves.

Extra food for children who need it: in places where there isn’t enough food, hungry children are particularly at risk. We grow high-yielding nutritious food supplements to children under 5 who are hungry and often to pregnant women and new mothers as well.

More food for everyone: we want everyone to be able to buy food for themselves.

Tackling hunger in the long term: in the end, we want to help people grow or buy their own food.

Challenging the injustice: there’s enough food in the world for everyone, but people don’t get the share they need. Governments and big companies have the power to make a change.

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