

FOOD & FARMING ACTIVITIES TO DO AT SCHOOL!

RHET

tick each
one as
you go!

Level 1 P1-4



Make your own butter



Feel & grind grain to make flour



Identify farm animals/crops & the products they give us



Feel a fleece



Weigh, measure, cut & chop foods



Find out how insects help farmers




Follow the journey of milk

Level 2 P5-7



What is the Eatwell Guide?



Get muddy and find out what lives in the soil




Grow a plant for food e.g. your own potato




Visit a farm
(visit www.rhet.org.uk to organise a visit!)



Plant some wheat and grow your own loaf



Find out what is in season



Meet a farmer

Level 3 S1/2



Look at fertilisers & compare organic and conventional farming



Follow a key to identify soil properties



Look at meat and the different cuts



Look at the finance side of food production, e.g. profit/loss, net margins



What are food miles?



Follow the journey of a product from field to plate



Investigate careers in agriculture, food and drink

Level 4 S3/4



Understand the contemporary issues affecting what we eat & drink



Investigate soil health & the implications of damaging soil



Keep a food diary and find out where what you ate came from



Look at seasonality and cook with seasonal food



What technology is used in food production?



Discuss food sustainability



What is Protected Geographic Indication (PGI)?

If you would like some ideas on how to complete these activities, check out the Resources section of our website - www.rhet.org.uk