

**Virtual Field Notes**

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| **Best of Bristol: Growing Your Own**  **As you are watching, jot down any information that you think is box.** |
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| 1. The children completed a ‘field to fork’ tasting tour of Windmill Hill City Farm. Can you explain what this means, in your own words? 2. What is the herb grown at the farm that we use in our toothpaste? 3. The children planted some seeds of their own during the visit. Name 4 things that these seeds will need if they are going to grow into successful plants…   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   1. One of the children talks on camera about ‘food miles’. What does this term mean? 2. One of the children in the film says that people should grow more of their own produce, and eat less food that’s travelled a long way. Do you think he’s right? Explain your answer.   **CHALLENGES:**   1. It can be really cost-effective, as well as healthy, to grow your own fruit and vegetables. If you bought 5 outdoor tomato plants at £1 each, each of those plants will (probably) yield 2 kilos of tomatoes each. In a shop, tomatoes are usually around £2.50 per kilo. Assuming you spent £5 on grow bags, how much will you have saved altogether? 2. What if your whole class bought 5 tomato plants, and 5 grow bags each? How much would you have saved? 3. Time for an extra tough question- what about savings for your whole school? 4. Can you come up with 3 class pledges that you will all keep to, in order to reduce food miles, and be more healthy and sustainable when it comes to your diet?   **TEACHERS’ NOTES**  The Best of Bristol virtual fieldtrips and associated field notes can be used as stand-alone lesson ideas. However, we think that each one acts as a fantastic stimulus to investigate a particular area of sustainability: in this case, resources and recycling. Why not explore Bristol 2015’s other learning materials related to resources, and to textile recycling more specifically? Ideas for related activities include the following…   * Our fantastic Farmer Jack food films, and associated resources * All learning materials and activities in the ‘Food’ area of our website * Our mouth-watering recipes * Our Best of Bristol virtual fieldtrip to Redcliffe Children’s Centre, and associated resources.   **ANSWERS (Where appropriate)**  Some description of planting, harvesting and preparing food all from the same site (the children picked the herbs and vegetables that they then later ate)  Mint  Possible answers: soil, sunlight, rain, nutrition, sufficient space, etc.  The phrase ‘food miles’ describes the distance that food travels from where it is grown to where it is bought and eaten  N/A- opinion question!  **CHALLENGES:**   1. Shop-bought tomatoes are £2.50 a kilo. To work out the cost of 10 kilos of tomatoes, you need to multiply £2.50 by 10 = £22.50.   Your costs were £10 (£5 for grow bags, £5 for plants). You have saved £12.50! It’s therefore almost 50% cheaper to grow your own…   1. Use the same method as above, but multiply by however many children are in your class 2. Use the same method as above, but multiply by however many children are in your class 3. Up to your class! They may include the following:  * Creating their own vegetable patch in the grounds; * Organising a gardening club; * Holding a ‘5 Mile Feast’ for the local community, where all the food must be sourced locally (and even better if it’s cooked by the children themselves); * Agreeing to work out the food miles for their evening meal, and to try to convince their parents to reduce them; * Delivering a class assembly to raise awareness of food growing issues; * Plus any others that you might come up with! Please let us know your ideas! | |

