

What's On My Plate? Workshop Summary

2 hours For up to 30 pupils

Learning Objectives:

- To identify that our diet has changed over the last 100 years and recognise how this is linked to origins and availability (History)
- To identify continuity and change in our lifestyles over a period of time (History)
- To understand how archives can support our interpretations of the past (History)
- To understand that food may travel long distances to reach our plate (Geography)
- To understand that food comes from plants and animals and may grow in particular climatic conditions (Science)
- To identify main food groups and their nutritional values (Science)

Activity	Content
Welcome	Meet and greet Coats and bags All students given a food sticker
Introduction	Why are you here? What we are going to do. Housekeeping <ul style="list-style-type: none">• Fire procedure• Lavatories• Exhibition Space•
What is M&S? What is an archive?	What is M&S? What do you already know? What is an archive? Why do we preserve objects and documents?
Food journey timeline	Pupils will identify past and present food images, then arrange pictures of different stages in the journey of the food to understand how food gets to their plate.
Discussion	Pupils will discuss the similarities and differences that they notice in the food journeys
New food	Pupils will be asked to place a selection of foods on a timeline, placing them in the time period that they were 'new' to the UK E.g. Avocado, grapefruit, mango, banana, starfruit
Explore the Exhibition	Following Question Cards, pupils will find out more about food in the 20 th Century.
Favourite foods and food groups	Pupils choose a favourite meal and identify components, then create a favourite meal for a child in the past and compare and contrast.
Interactive sticker Q&A	Pupils match their food sticker to facts and questions e.g. 'stand up if you come from an animal', 'group yourselves into meat, vegetable, dairy' etc
Plenary	Evaluation questions.