

Learning about Scotland

# THE WAY WE GROW AND CATCH FOOD IN SCOTLAND

Food for Thought



This resource aims to support learning about Scotland's food and drink through well planned interdisciplinary learning. These learning and teaching ideas, prepared from Early to Fourth level of the broad general education, can be accessed on the Studying Scotland online resource; <http://www.educationscotland.gov.uk/studyingScotland/resourcesforlearning/learning/Contextsforstudy/foodforthought/waywegrowfood/overview.asp>

This learning resource is designed to allow practitioners to plan for progression through the levels of broad general education, to inform next steps, challenge, breadth and application in a Scottish food context. The learning and teaching ideas give educators an opportunity to continually moderate learning using a wide range of suggested assessment strategies. There are also opportunities for practitioners in different curriculum areas to moderate across levels of learning.

Throughout the learning experiences learners should be provided with opportunities to create learning intentions and success criteria to make connections between different areas of learning. Learners should also be encouraged to capture their rich learning and record this in profiles/e-portfolios and Personal Learning Planning. These learning experiences are fully explored online with detailed learning and teaching ideas and links to resources for each listed below.

At **Early Level** the learning experiences aim to encourage learners to grow their own food and engage with the way we grow and catch food in Scotland, while developing an understanding of seasonality and Scotland's farming throughout the seasons.

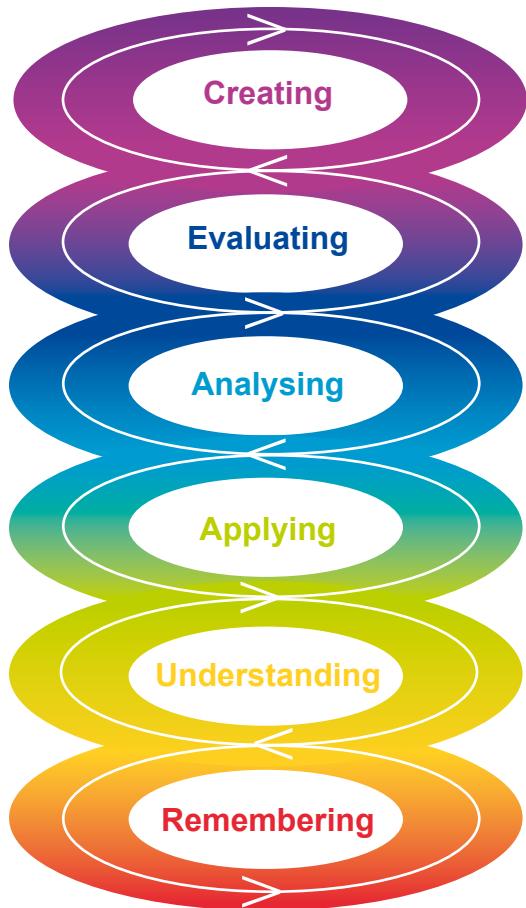
At **First/Second Level** the learning experiences aim to encourage learners to grow, prepare and cook Scottish ingredients and engage with the way we grow and catch food in Scotland, whilst developing an understanding of seasonality and Scotland's food sustainability.

At **Third/Fourth Level** the learning experiences aim to encourage learners to think critically and creatively and to examine the types of food that can be grown, prepared and made with Scottish ingredients and engage with the way we grow and catch food in Scotland, whilst developing an understanding of seasonality and Scotland's food security.

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- 1** Growing your own food in the classroom or own/local allotments.
  - 2** Exploring which foods are available in Scotland.
  - 3** Exploring the workings of a farm in Scotland.
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- 1** The history of farming - how land use and agricultural practices and employment have changed since World War 2.
  - 2** Producing a food and farming calendar showing when we grow and catch food in Scotland.
  - 3** Designing and make food packaging for a Scottish product.
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- 1** There has been a zombie apocalypse! Your food supplies have been cut off. What do we need to survive?
  - 2** No help is coming; supplies are running out. Your town, Scotland must become self-sufficient. What food is in Scotland's larder?
  - 3** Could Scotland become self-sufficient? Prepare a meal using only locally Scottish sourced ingredients. Invite relevant guests to enjoy the meal and discuss the role of Scotland in Food Security. Plan a 'menu' for discussion as part of the event.

# Developing Learning about Scotland: Food for Thought

## The way we grow and catch food in Scotland



- **Evaluate** food products, confidently adapting and create new recipes
- **Role play** the workings of a farm or fishing trawler
- **Compare** a typical Scottish diet with the natural food available in Scotland
- **Test** soil and biodiversity by growing your own food
- **Analyse** access and affordability of Scottish sourced food
- **Classify** and **breakdown** land use and agricultural policy changes over time across Scotland
- **Differentiate** the competing demands of business and sustainability in fishing through Scotland's history and possible futures
- **Examine** a real fish and identify the gills, scales, fins etc.
- **Modify** recipes using only Scottish produce
- **Produce** Scottish sourced food, sharing and tasting with other learners
- **Discuss** climate change and seasonality and their impact on what can grow in Scotland
- **Understand** the Eatwell plate. Is it possible to have a balanced diet of only food sourced in Scotland?
- **Understand** the health and environmental impact of our food choices
- **Describe** food journeys from plough to plate and fish to fork
- **Recognize** the environmental impact of different types of agriculture and fishing

Bloom's revised taxonomy promotes effective questioning, creating deeper understanding in learners. Practitioners could use the spiral to evaluate the level of challenge within the planned learning.



RAISE AWARENESS ABOUT  
HEALTHIER CHOICES WHENEVER  
OPPORTUNITIES ARISE AND  
MODEL THIS BEHAVIOUR

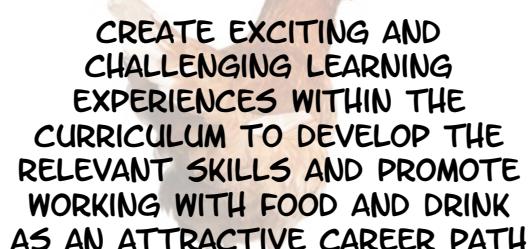


PROVIDE APPROPRIATE  
ADVICE AND GUIDANCE  
ON CAREER PATHS AND  
SUITABLE QUALIFICATIONS

## WHAT CAN I DO?



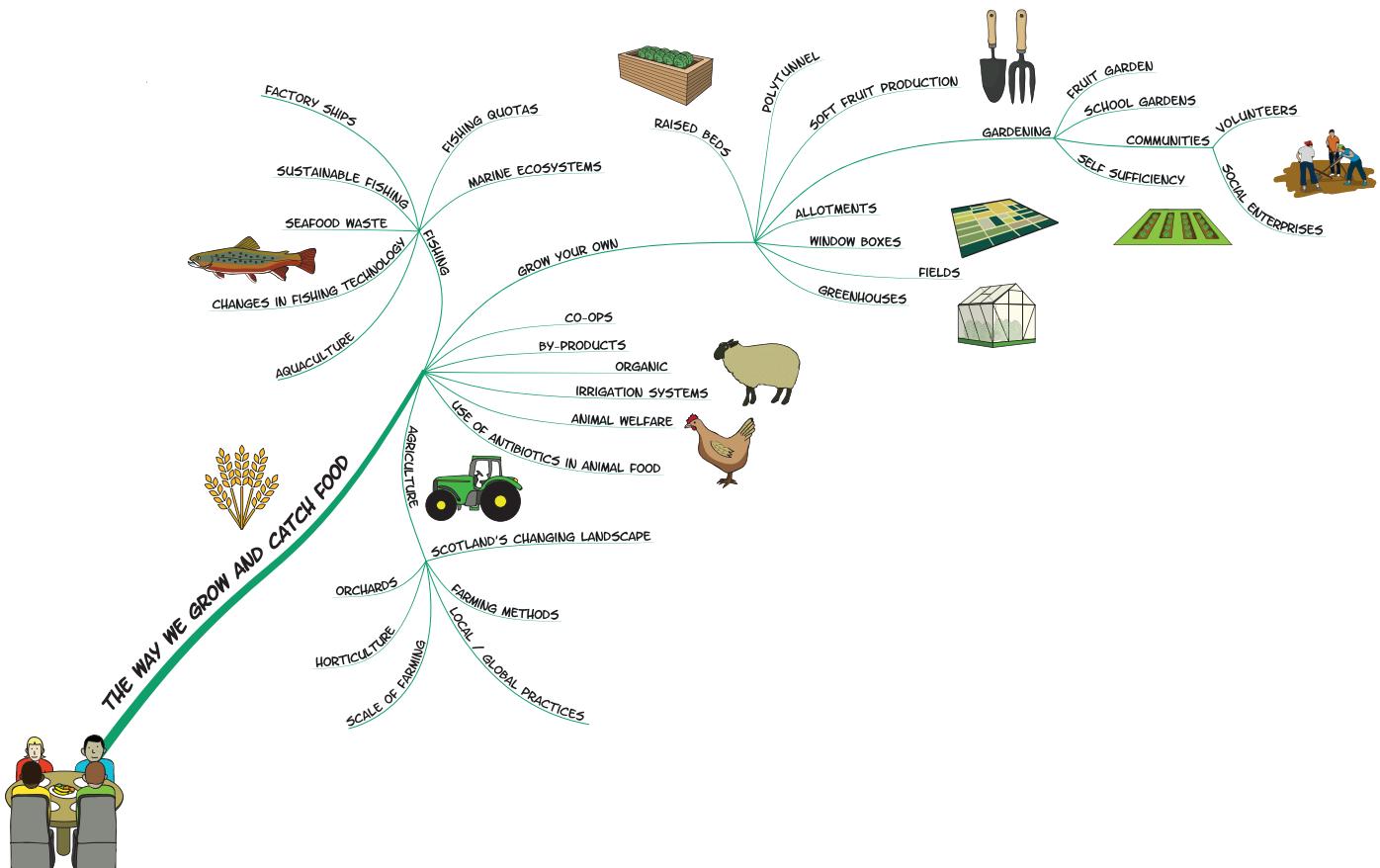
RECOGNISE THE  
ACHIEVEMENTS OF LEARNERS  
IN RELATED AREAS



CREATE EXCITING AND  
CHALLENGING LEARNING  
EXPERIENCES WITHIN THE  
CURRICULUM TO DEVELOP THE  
RELEVANT SKILLS AND PROMOTE  
WORKING WITH FOOD AND DRINK  
AS AN ATTRACTIVE CAREER PATH

## Information and resources

### Closer look at 'The Way we Grow and Catch Food' branch of the Food for Thought poster



Your school will have received copies of an A1-sized Food for Thought poster. This poster aims to stimulate practitioners and learners to think about food across the curriculum and beyond. It is not intended to be definitive, it is a snapshot of ideas around learning about food. The poster is available online as a PDF to print off and add your own ideas and develop further:

<https://education.gov.scot/improvement/hwb19-food-for-thought-resources>

## Useful links for further information

### National support

#### Curriculum for Excellence Benchmarks

<https://education.gov.scot/improvement/curriculum-for-excellence-benchmarks>

#### Who can help in Food Education?

<https://education.gov.scot/improvement/Pages/hwb8foodeducationpartners.aspx>

#### Food for Thought resources

<https://education.gov.scot/improvement/hwb19-food-for-thought-resources>

### Grow and Catch support

<http://www.rhet.org.uk>

<http://seafoodinschools.org/>

<http://www.scotlandfoodanddrink.org/>

<http://www.soilassociation.org/scotland>

<http://www.ecoschoolsscotland.org/>

<http://www.eattheseasons.co.uk/index.php>

<http://schoolgardening.rhs.org.uk/home>

<http://www.zerowastescotland.org.uk/>

<http://www.foodsecurity.ac.uk/>

<http://www.countrysideclassroom.org.uk/>

<http://www.snh.gov.uk/>

<http://www.globalgardens.org.uk/>

To request printed copies of these this resource please email: [HealthandWellbeing@educationscotland.gov.uk](mailto:HealthandWellbeing@educationscotland.gov.uk). Learning about Scotland - the Way we Grow and Catch Food in Scotland: Food for Thought resource is available online to print off. <https://education.gov.scot/improvement/hwb19-food-for-thought-resources>

# SOW IT, GROW IT, EAT IT

This calendar has been tailored to meet the Scottish climate however if you live in the more northerly parts of Scotland/areas prone to high winds or late frosts, you might consider revising your sowing schedule. You may wish to start earlier, beginning inside or under cover, sowing outside up to a month later. Your choice of variety will also impact your timings. Seek the wisdom of local, experienced gardeners if you are unsure. Herbs can be grown indoors all year adding fresh, aromatic flavours and texture to meals. This calendar indicates when they thrive best when grown outdoors.



JANUARY	SOW/PLANT	HARVEST
	mustard, cress, parsley, strawberries	LEeks, lettuce
	broad beans, peas, radish, chit potatoes, strawberries, RHUBARB	leeks, lettuce
	garlic, onions, broad beans, leeks, PEAS, radish, spinach, lettuce, carrots, potatoes, tomatoes, rhubarb	salads, leeks, rhubarb
	peas, radish, spinach, chard, lettuce, carrots, potatoes, leeks, pumpkins, squash, tomatoes, french beans, beetroot, parsnips, TURNIPS, runner beans, swede, kale, spring onions, calendula, marjoram, mint	salads, spinach, leeks, rhubarb
	radish, french beans, lettuce, SQUASH, pumpkin, carrots, tomatoes, chard, chamomile, lemon thyme, lavender, coriander, mint, parsley	radish, broad beans, carrots, lettuce, spinach, RHUBARB
	peas, squash, PUMPKIN, carrots, basil, rocket, calendula, nasturtiums, rosemary, sage, chives, coriander, parsley	radish, french beans, broad beans, peas, onion, garlic, carrots, spinach, early potatoes, lettuce, strawberries, rhubarb, spring onions
	peas, lettuce, basil, coriander, dill, parsley	radish, french beans, broad beans, peas, onion, GARLIC, carrots, spinach, early potatoes, lettuce, tomatoes, strawberries, turnips
		spinach, strawberries, BEETROOT, potatoes, french beans, runner beans, chard, basil, coriander, mint, parsley, thyme
	radish, SPINACH, lettuce, strawberries	squash, pumpkin, french beans, carrots, leeks, onions, peas, potatoes, radish, spinach, chard, lettuce, garlic, tomatoes, raspberries, basil, coriander, mint, parsley, thyme
	onion sets, peas, broad beans, hardy winter lettuce, strawberries	squash, pumpkin, french beans, carrots, leeks, peas, potatoes, radish, spinach, chard, lettuce, tomatoes, RASPBERRIES, swede, kale
	garlic, broad beans, strawberry runners, raspberry canes, strawberries	lettuce, carrots, PARSNIPS, leeks, spinach
	mustard, CRESS	lettuce, leeks, chard