

SDG15 Seeding Sustainability

Micro Module 2 Food Sovereignty



MM2: Food Sovereignty

Project Phase 1: Research and Development

Lesson 10 Eating Seasonally

Subjects Areas: CSPE;
English, Home Economics

Lesson Title and Summary: Eating Seasonally

One of the possible ideas around combating food waste that may have come up in the World Café session is seasonal eating. This lesson examines seasonal eating as a way of being more sustainable, but also highlights the issues associated with the ability to eat seasonally in certain areas.

Vocabulary: Out of Season; Pros & Cons; Produce; Seasonal

In this lesson, the learner will:

- develop an understanding of what seasonal means and the pros and cons of growing and eating seasonally
- look at the local and global impacts of seasonal eating
- consider their own eating habits within the context of seasonal eating
- examine what types of produce are grown when, in Ireland

Materials

- Poster Paper and Markers
- Access to the Internet



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ACTIVITY INSTRUCTIONS

Before the lesson, put 12 pieces of poster paper on the wall, with one month of the year on each one.

Activity 1 What is seasonal? (20 mins)

- 1) Elicit a definition of 'seasonal' from the class. What types of things can be seasonal? (food, tourism, sports, etc.) Is there anything that the students do seasonally? Ask for 1-2 examples (e.g., someone might compete in rowing in the summer and play rugby in the winter).
- 2) Divide the class into A & B. Inform learners that they will be thinking about the pros and cons of seasonal growing and eating. A's will list pros and B's will list cons.
- 3) As a whole class, create a Seasonal Eating: Pros and Cons table on the board. Use the opportunity to discuss the points further and ask for real-world examples, e.g.:

Positives

- *Less transport*
- *Better digestion (e.g., summer fruit and veg contain more water, denser foods in winter to fuel you longer)*
- *Support local economy and ecology*

Negatives

- *Buying seasonally and locally can sometimes be more expensive*
- *Food deserts- what if we can't grow or access seasonally grown food? Poor vs rich gap*
- *Seasonal eating in the winter can be limited, depending on location*

Activity 2 Looking at our seasonal diet (30 mins)

- 1) Ask learners to make a list of everything they have eaten in the last 24 hours. How much of it was seasonal? (This will depend on the time of year that you are doing the lesson!) If there was a lot of seasonal produce on their list, why is this the case? If there wasn't, why not?
- 2) Divide learners into 12 groups. Assign each group with a month of the year. Give the groups time to research the types of produce grown in that month. First, get them to predict, and then they can go online to get more information.
- 3) Ask a representative from each group to write down the produce for the month they have researched on the poster paper on the wall.

REFLECTIVE EXERCISE: 3-2-1 (10 mins)

- Three things they feel they have learnt from the tasks.
- Two things they found most interesting and would like to explore more.
- One – their opinion they have about the tasks.
- Use Post-its or a mentimeter survey - www.mentimeter.com - to gather reflections

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EXTENSION / REDUCTION ACTIVITIES:

Reduction: For a shorter lesson, skip Steps 2 & 4.

Extension: For a longer lesson, or to create follow on lessons, ask learners to create a seasonal eating calendar. They can use a programme like Canva to create a template for their calendar. As a class, they will need to decide on the overall look of the calendar for consistency.

MULTIMEDIA BOX: (materials, online video links, extra resources, case studies etc)

- Stop Food Waste: <https://stopfoodwaste.ie/resource/whats-in-season>
- EPA Food Waste <https://www.epa.ie/our-services/monitoring--assessment/circular-economy/food-waste/>
- Bord Bia: <https://www.bordbia.ie/whats-in-season/>
- Eat Seasonally UK <https://eatseasonably.co.uk/>
- BBC Seasonal Food Calendar <https://www.bbcgoodfood.com/seasonal-calendar>
- Calendar design: www.canva.com

LOCAL TRIP / EXPERTISE

Visit local food retailers, e.g. butchers, fishmongers, bakers and ask them how the seasons affect what they sell.

Invite local food producers / restaurateurs into the class to discuss how they integrate seasonality into their food production.

Talk to the local Tidy Towns groups or allotment / gardeners to find out about their year in growing.