

# Monday | Day One

Intermediate 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Class



Food Dudes Week

## SESE Activity - Geography

The following resource has been designed based on the Food Dudes Week, intermediate level, day 1 video. This resource links with the Geography curriculum for 2nd, 3rd and 4th class groups.

**Video Message:** The intermediate level, day 1 video shows that there are lots of fun, healthy ways to include fruit and vegetables in your lunchbox. It shows lunchboxes made with seasonal, Irish ingredients..

This activity links with the following **curricular areas**:

SESE > Geography > A sense of space  
SESE > Geography > Using pictures, maps, and globes  
SESE > Geography > Geographical investigation skills  
SESE > Geography > People and other lands

### Key Learning Outcomes:

- ✓ This plan can be broken down and delivered in 3 or 4 lessons, or choose elements below:
- ✓ Lesson 1 - Grouping foods in season
- ✓ Lesson 2 - Food from around the world
- ✓ Lesson 3-4 - Research Project on your Country

The pupil should be enabled to:

- ✓ Develop some awareness of the names and relative location of some European countries
- ✓ Develop some familiarity with, and engage in practical use of, maps and photographs of different scales and purposes
- ✓ Identify major geographical features and find places on the globe
- ✓ Carry out simple investigations and collect information from a variety of sources
- ✓ Study some aspects of the environments and lives of people in one location in Europe and one location in another part of the world
  - ✓ location of these areas
  - ✓ peoples and communities that live there
  - ✓ language(s)
  - ✓ myths and stories, art and culture



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- ✓ clothes
- ✓ play and pastimes
- ✓ features of the natural environment
- ✓ interrelationships of the lives of people and these features
- ✓ settlements: homes and other buildings
- ✓ common building materials and features
- ✓ foods and farming
- ✓ work and work-places
- ✓ similarities to and contrasts with Ireland
- ✓ Begin to develop a sense of belonging to local, county, national, European and global communities.

## Teacher Guidelines:

**Pupils will have watched the Day 1 video, which shows seasonal fruit and vegetable lunchbox ideas.**

- ✓ Show the Bord Bia resource 'What's in season' as a visual aid: <https://www.bordbia.ie/whats-in-season/best-in-season/calendar/october>
- ✓ Ask pupils to fill in the worksheet below or complete it on the whiteboard together as a class, noting which fruit and vegetables are 'in season' in Spring, Summer, Autumn and Winter in Ireland.
- ✓ Answers:  
  
(As many of these crops are in season year-round, they have been included in any/all applicable categories here for clarity)
- ✓ Spring – Cauliflower, Carrots, Strawberries, Rhubarb, New Potatoes
- ✓ Summer – Blackcurrants, Cauliflower, Strawberries, Rhubarb, Green Beans, New Potatoes
- ✓ Autumn – Apples, Kale, Parsnips, Brussels Sprouts, Carrots, Cauliflower, Rhubarb, Onions
- ✓ Winter – Kale, Parsnips, Brussels Sprouts, Carrots, Cauliflower
- ✓ Ask pupils to discuss in pairs or small groups, what they think some of the benefits are of eating food grown locally, or grown in Ireland and write these in the space below, e.g., it supports local farmers and their families, it supports the local economy, it creates local jobs, you know where your food came from, you know who grew the food, you know how it was grown, reduces emissions involved in transport, etc.
- ✓ Ask pupils to complete the activity "[Food from Around the World](#)". This can be done individually, in pairs, or in small groups. Pupils can use the internet, encyclopaedias, maps, globes, or other available aids to help them complete the activity.
- ✓ Link to video supporting 'Food from around the World' [https://www.youtube.com/watch?v=kS0liKgTh5Y&ab\\_channel=ProfessorPropeller%27sPlanet](https://www.youtube.com/watch?v=kS0liKgTh5Y&ab_channel=ProfessorPropeller%27sPlanet)
- ✓ There is an optional Extension Activity at the end of the sheet (see below) which is a Global Citizenship Project. This can be completed as homework or as a group activity.



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# SESE Activity – Geography



Food Dudes Week

## Activity: Understanding Seasonality

SPRING	SUMMER
AUTUMN	WINTER

Kale  
Parsnips  
Brussels Sprouts  
Carrots

Cauliflower  
Apples  
Blackcurrants  
Strawberries

Rhubarb  
Green Beans  
New Potatoes  
Onions



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# SESE Activity – Geography



Food Dudes Week

What do you think some of the benefits are of eating food when it is “in season”?

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What do you think some of the benefits are of eating food grown locally or in Ireland?

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## Activity: Food from Around the World

We have discovered some of the fruit and vegetables which grow in Ireland and when these are ‘in season’ during the year.

As you’ll remember, the Food Dudes LOVE fresh fruit and vegetables! They keep the life force strong and help to defeat the Junk Punks. Tom’s favourite fruit is the Tomato. He likes to eat them in salads, as soup, pasta sauces... everywhere really! Did you know that tomatoes are full of lycopene, which is what makes tomatoes red. Lycopene helps to keep our hearts healthy.

We can grow tomatoes here in Ireland, but Italy grows more tomatoes than any other country in Europe.



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# SESE Activity – Geography

**food  
dudes**

Food Dudes Week

Find Ireland on the map of Europe below. When you have found it, colour it in green.

Find Italy on the map of Europe below. You can use a globe, map, or book in your classroom to help you. When you have found it, colour it in red.



Using your globe, map, book, or the internet, can you help Tom find out a bit more about Italy and the food produced there?

Can you name the capital of Italy? \_\_\_\_\_

What is the main language spoken in Italy? \_\_\_\_\_

What is the currency in Italy? \_\_\_\_\_

Can you draw the Italian flag and colour it in?



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Name 3 famous people from Italy, and write what they are famous for:

- 1.
- 2.
- 3.

Name 3 famous foods that come from Italy:

- 1.
- 2.
- 3.

Describe what the weather is like in Italy:

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What are 2 similarities between Ireland and Italy?

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What are 2 differences between Ireland and Italy?

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## Teacher Note - Optional Extension Activity: Global Citizenship Project

For homework or as a group activity, pupils can be allocated a non-European country at random and asked to complete an independent research project which examines some key facts about that country.

Facts might include the capital city, population, currency, language(s) of that country. Pupils can include details such as the flag of the country, examples of traditional dress, features of the natural environment, the climate, fruits and vegetables which grow there, any traditional foods and farming practices, work, play, housing and any first peoples or communities from that country. Pupils should include a representation of where the country is on a map.

Projects can be presented as individual “Fact Files”, Posters or Presentations to share with the class. If there are pupils in your class who were born in non-European countries, or have non-European.

