



Fruit & Veg for Schools

What are the Facts and tasks cards?

The **Facts and tasks cards** are designed to help children explore six vegetables more closely, with a particular focus on their 'farm to fork' journeys. A short video clip is available for each vegetable, showing how it is grown, processed, packed and transported. The link for each video (and its location) can be found on the related **Facts and tasks card**. Once the children have watched the video, they can work through the activities on the card and read the nutrition and sustainability facts about the vegetable. Six questions about the video can be found on each card. The answers to these questions are included as part of these teachers' notes.

Ways to use the cards

- **Option 1:** Divide the class into six groups and give each group a **Facts and tasks card** and laptop or tablet. The group can watch the related vegetable video clip and then work through the activities on the card together.
- **Option 2:** Show one card at a time to the class on an interactive whiteboard, and watch the related video. Complete the activities on the card together. You could work on one card a week, at the same time as tasting that vegetable in class.

Try growing some of the vegetables from the cards

- **Mushrooms:** Mushroom growing kits are readily available and provide an easy growing project for your class. Mushrooms grow quickly and most varieties are ready to harvest in around a month.
- **Tomatoes:** Tomatoes can be grown in grow bags on your school grounds. You can find growing information on tomato seed packets (and online), but as a guide: Grow the tomato seeds indoors from February to April. Plant them outside in grow bags at the start of May and harvest them as they are ready, around July. Tip: Try growing different varieties of tomatoes, so children can experience those that have more usual colours and shapes.
- **Potatoes:** Grow Your Own Potatoes (GYOP) provide FREE potato growing kits to primary schools. Register before the end of January each year to receive your kit in the February. Potatoes are ready to harvest in June!
<https://growyourownpotatoes.org.uk/>

Facts and tasks cards

Peppers

1. Why are the peppers grown in glasshouses? *Because they prefer climates that are warmer than the UK.*
2. How tall do pepper plants grow? *Up to 4 meters tall.*
3. How many peppers can one pepper plant grow in its life-time? *60 peppers.*
4. What colour peppers are mentioned in the video? *Red, yellow, orange, chocolate, purple.*
5. How many weeks does it take to grow a green pepper? *5 weeks.*
6. Are peppers picked by hand or by machine? *By hand.*

Mushrooms

1. Why do mushrooms have to be harvested quickly? *Because they grow quickly and will become too big.*
2. What is the name of the boxes the mushrooms are packed into? *Punnets.*
3. Where are the mushrooms taken once they are packed? *To the fridge room.*
4. Why are mushrooms not washed before they are packed? *Because they are sensitive and would get damaged.*
5. What is being checked when the mushrooms go on the fast-moving sorting line? *Weight and quality.*
6. How soon after being picked are the mushrooms likely to be on the shelf ready to buy? *24 hours.*

Sweetcorn

1. Sweetcorn only grows at certain times of the year. What is the name for this type of plant? *Seasonal.*
2. What is the name of the seed that the sweetcorn grows from? *A kernel.*
3. When is the sweetcorn planned? *Springtime - April or May.*
4. What happens when the pollen from the flower falls onto the silks? *The sweetcorn is pollinated.*
5. In which months are the cobs of sweetcorn ready to be picked? *July, August or September.*
6. How tall are the sweetcorn plants when the cobs are picked? *2 metres tall.*

Potatoes

1. How much does each wooden box of harvested potatoes weigh? *1 tonne (equivalent to the weight of a car).*
2. Why are some harvested potatoes put into cold, dark storage? *To keep them fresh for later in the year, so we can have potatoes all year round.*
3. What temperature are the potatoes stored at? *3 °C.*
4. What happens to the water that has been used to wash the potatoes? *It is cleaned and recycled, so it can be used over and over again.*
5. What are bad or damaged potatoes called? *Outgrades.*
6. Give two examples of what the bad or damaged potatoes can be used for. *To make electricity and feed cows.*

Tomatoes

1. Where is the farm in the video? *Kent.*
2. How many tomato crops a year does the farmer plant? *2-3 crops a year.*
3. How big is each of the glasshouses? *The same size as 8 football pitches.*
4. What do the glasshouses protect the tomatoes from? *Cold and frost.*
5. What temperature is it in the glasshouse during the day? *25 °C.*
6. How long does it take from the tomatoes being picked to them being ready to buy? *3 days.*

Broccoli

1. When are broccoli crowns harvested? *June to November.*
2. What other type of broccoli does the video mention? *Purple sprouting.*
3. Why can't the broccoli crowns be sorted and packed in the field? *Because there are too many.*
4. How many broccoli crowns can be picked in one day? *100 tonnes (the same weight as a blue whale, or 100 cars!).*
5. What happens if the broccoli is not chilled quickly? *It can turn yellow.*
6. What do you see happen to the broccoli wrapping when it goes through the heat tunnel? *It shrinks to fit tightly around the broccoli.*

Facts and tasks cards:



Pepper power!

Peppers provide vitamin C which helps keep our skin, gums, teeth and bones healthy. It also helps our immune system to work normally.

Looking after our planet

Did you notice in the video that each pepper plant is watered by a small tube? This means the plant gets just the right amount of water it needs, so water isn't wasted!

Get creative

Make a pepper fact sheet! Choose 3-5 interesting facts about peppers from the video. Make an attractive fact sheet by writing the facts and adding drawings.

Watch the [Crunchy peppers](#) video.

Go to:

www.foodafactoflife.org.uk

1. Click: 7 - 11 Years
2. Click: Where food comes from
3. Click: Where food comes from videos

Answer these questions about the video.

1. Why are the peppers grown in glasshouses?
2. How tall do pepper plants grow?
3. How many peppers can one pepper plant grow in its life-time?
4. What colour peppers are mentioned in the video?
5. How many weeks does it take to grow a green pepper?
6. Are peppers picked by hand or by machine?

Investigate!

A portion of vegetables for an adult is 80g. A portion for a child is what fits into the palm of their hand. What fraction of a pepper is needed to be a portion for an adult? What fraction is needed to be a portion for a child?

Start by...

1. Weighing a whole pepper.
2. Weighing a pepper without its core and pith.

How to prepare a pepper:

Hold a pepper with both hands. Place your thumbs either side of the core. Press firmly to push the core into the pepper. Then, reach into the pepper and pull the core out. Cut the pepper in half from top to bottom. Pull out the pith (white parts) with your fingers. Snip each pepper half into sticks.

You'll need: plates, a set of weighing scales, a small pair of kitchen scissors.



Pepper mission!

How many dishes and meals can you find that include peppers?

Do some research online, or in recipe books, and make a list.



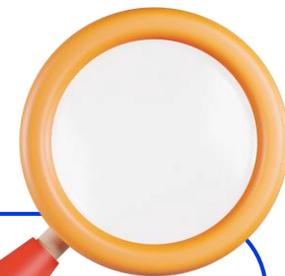
Taste tester challenge

Taste some different coloured peppers.

Then taste them again without looking at what colour they are. Can you guess the colour by how they taste?



Facts and tasks cards



Facts and tasks cards



Sweetcorn power!

Sweetcorn is a vegetable and also a cereal called maize. Sweetcorn provides fibre which helps keep the digestive system healthy. Our body does not fully digest fibre. This means it will partly stay solid, so it helps waste pass out of the body when we go to the toilet. You might notice that sweetcorn kernels are still whole when they leave your body!

Watch the Sunny sweetcorn video.

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Answer these questions about the video.

1. Sweetcorn only grows at certain times of the year. What is the name for this type of plant?
2. What is the name of the seed that the sweetcorn grows from?
3. When is the sweetcorn planned?
4. What happens when the pollen from the flower falls onto the silks?
5. In which months are the cobs of sweetcorn ready to be harvested?
6. How tall are the sweetcorn plants when the cobs are picked?

Looking after our planet

Sweetcorn is a seasonal vegetable. This means it can be grown outdoors in the UK between April and September. It makes use of the sunlight and rain available naturally, so it doesn't need extra water or a heated environment.

Get creative

Create a life-sized sweetcorn plant for your classroom!

Use craft materials to create the 2 metre high plant and life-sized sweetcorn cobs.

Investigate!

How many sweetcorn cobs are needed to make a can of sweetcorn?

To help find the answer...

1. Count how many kernels are on a full sweetcorn cob.
2. Count how many kernels are in a can of sweetcorn. (Do this hygienically so you can enjoy the sweetcorn afterwards!)

You'll need: a sieve to drain the sweetcorn, a bowl, plates and spoons.



Sweetcorn mission!

How many different ways is sweetcorn available? Visit a supermarket or look online and draw the different ways sweetcorn is sold or packaged.

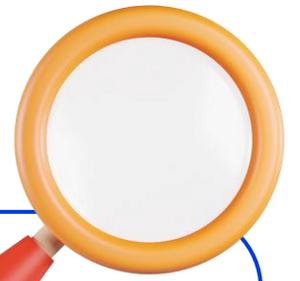


Taste tester challenge

Taste baby corn and canned sweetcorn and compare them. Write a description of each type, include the look, smell, taste and texture in your description. Can someone reading your descriptions guess which type you are describing?



Facts and tasks cards



Facts and tasks cards



Tomato power!

Tomatoes are a good source of vitamin C. Vitamin C helps keep our skin, gums, teeth and bones healthy.

It also helps our immune system to work normally.

Watch the Tasty tomatoes video.

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Answer these questions about the video.

1. Where is the farm in the video?
2. How many tomato crops a year does the farmer plant?
3. How big is each of the glasshouses?
4. What do the glasshouses protect the tomatoes from?
5. What temperature is it in the glasshouse during the day?
6. How long does it take from the tomatoes being picked to them being ready to buy?



Looking after our planet

Some tomato growers collect rainwater in reservoirs and use it to water their tomatoes. Some growers use solar panels to provide the energy to warm their glasshouses.

Get creative

Do some research to find out how a tomato grows.

Draw a cartoon strip to show the lifecycle of a tomato plant.

Investigate!

Is your classroom warmer or cooler than the daytime temperature of the glasshouse? glasshouse in the day?

Is the outside temperature today closer to the glasshouse's temperature in the day, or at night?

You'll need: a thermometer.



Tomato mission!

How far from your school is Kent (the location of the tomato farm in the video)?

How long would it take you to get there?



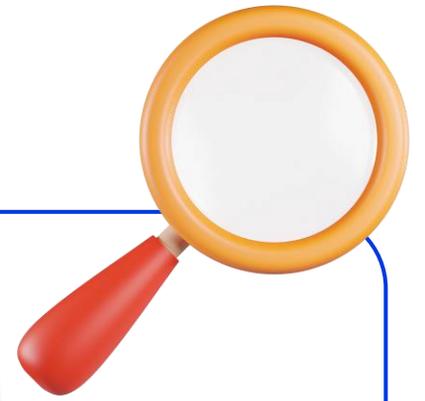
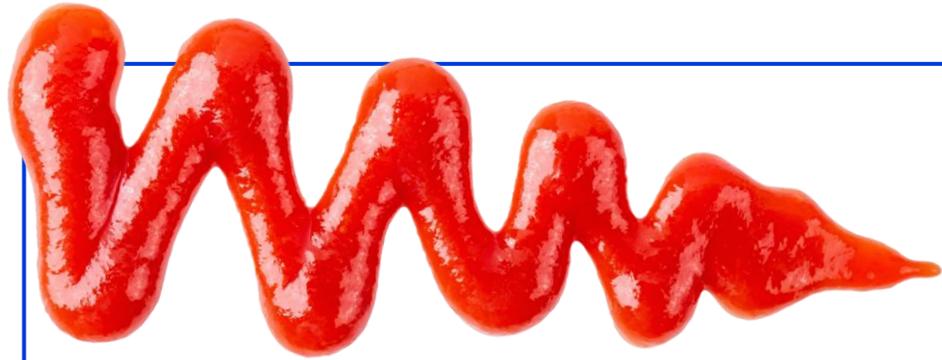
Taste tester challenge

Try different colour tomatoes without looking at which colour you are tasting.

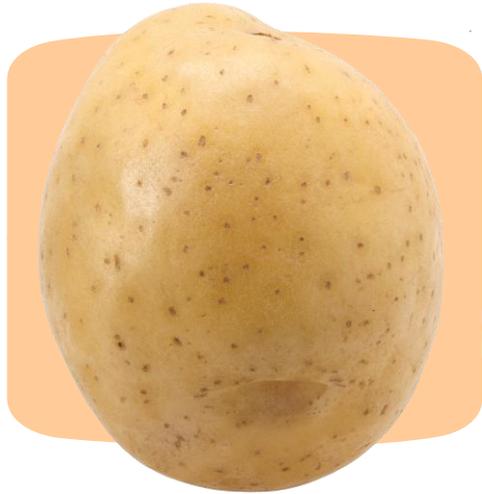
Do different colour tomatoes taste different?



Facts and tasks cards



Facts and tasks cards



Potato power!

Potato skins, such as those on a baked potato or new potatoes, provide fibre.

Fibre helps our body get rid of solid waste to keep our digestive system healthy.

Looking after our planet

Most of the potatoes we eat are grown in the UK. This means they don't have to travel too far, which is better for the environment.

Potatoes that are not good enough to eat can be used to create electricity and feed animals, so they are not wasted.

Get creative

Create a picture menu of dishes that include potatoes used in different ways. For example, baked potato and cheese, cottage pie.

Watch the Earthy potatoes video.

Go to:

www.foodafactoflife.org.uk

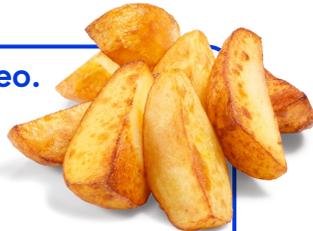
Click: 7 - 11 Years

Click: Where food comes from

Click: Where food comes from videos

Answer these questions about the video.

- How much does each wooden box of harvested potatoes weigh?
- Why are some harvested potatoes put into cold, dark storage?
- What temperature are the potatoes stored at?
- What happens to the water that has been used to wash the potatoes?
- What are bad or damaged potatoes called?
- Give two examples of what the bad or damaged potatoes can be used for.



Investigate!

Draw and label the different parts of a potato plant.

What part of a plant is a potato?



Potato mission!

There are lots of different varieties of potatoes and they have got some great names!

Find 10 names of different varieties of potato.

Which is your favourite potato name?



Taste tester challenge

Make a simple potato salad.

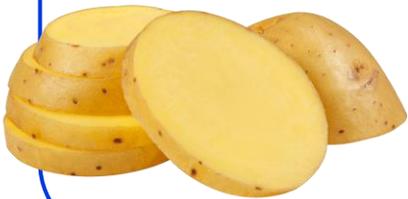
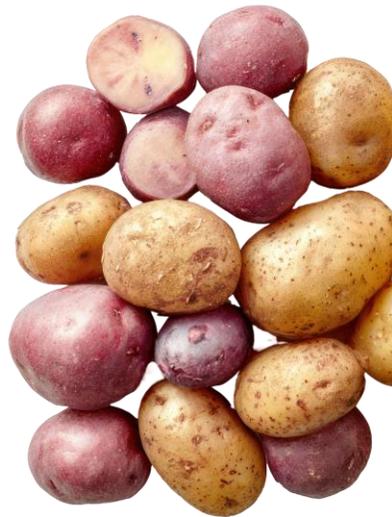
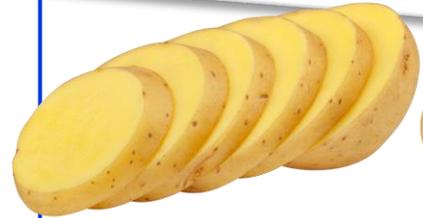
- 1 can of new potatoes in water, drained.
- 1 x 15ml spoon of light (reduced fat) mayonnaise or natural yogurt
- 1 spring onion, snipped.

Mix the mayonnaise or yogurt into the potatoes. Stir in the spring onion. Enjoy!

You could add a small amount of curry powder to create a curried potato salad



Facts and tasks cards



Facts and tasks cards



Mushroom power!

Our bodies make vitamin D from sunlight in the summer months.

Not many foods provide vitamin D naturally, but, when mushrooms are grown in the light, they contain vitamin D! Check the label on your mushrooms to see if they provide vitamin D!

Watch the Mushrooms video.

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Answer these questions about the video.

1. Why do mushrooms have to be harvested quickly?
2. What is the name of the boxes the mushrooms are packed into? Where are the mushrooms taken once they are packed?
3. Why are mushrooms not washed before they are packed?
4. What is being checked when the mushrooms go on the fast moving sorting line?
5. How soon after being picked are the mushrooms likely to be on the shelf ready to buy?



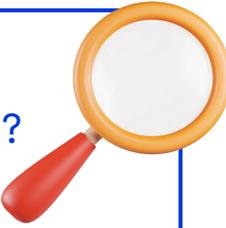
Get creative

Use a magnifying glass and take a close look at a slice of mushroom.

Make a detailed, close-up drawing of part, or all, of the mushroom.

Investigate!

What can you make with mushrooms?
Find three mushroom dishes that use mushrooms in different ways!



Mushroom mission!

Find out what these three varieties of mushrooms look like. Make a sketch of each one:

1. Oyster mushrooms
2. Enoki mushrooms
3. Chicken of the woods mushrooms

Find and draw 5 other varieties of mushrooms.

Important! Some mushrooms are poisonous. Never eat mushrooms you find outside, unless an expert is with you and says they are safe.



Taste tester

Did you know you can eat some mushrooms raw? Try chestnut or button mushrooms. Wash them well, slice them thinly and have a taste! Only have a small amount raw, because they can be harder to digest than cooked mushrooms. A good way to eat them is to sprinkle a few thin slices into a salad!



Facts and tasks cards



Facts and tasks cards



Broccoli power!

Broccoli is a good source of vitamin C which helps keep your skin, gums, teeth, bones and immune system healthy. It is also a good source of vitamin K to help with blood and bone health. Broccoli provides other vitamins and minerals to, so it's a great choice for helping to keep your body healthy!

Watch the Budding broccoli video.

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Answer these questions about the video.

1. When are broccoli crowns harvested?
2. What other type of broccoli does the video mention?
3. Why can't the broccoli crowns be sorted and packed in the field?
4. How many broccoli crowns can be picked in one day?
5. What happens if the broccoli is not chilled quickly?
6. What do you see happen to the broccoli wrapping when it goes through the heat tunnel?

Looking after our planet

In the video, we see broccoli being packed in plastic. We need to use less plastic to look after our planet, but sometimes there are good reasons why plastic is used. For foods like broccoli and cucumber, a plastic wrapping helps stop the food being damaged and keeps it fresher for longer. This helps reduce food waste.

Get creative

How does it grow? Use craft materials, such as crepe paper, tissue paper and card, to make a 3D model of a broccoli plant.

Investigate!

Did you know that broccoli is the flower of a plant? Find out and make a list of other vegetables that are the flower of a plant.



Broccoli mission!

Find out where broccoli is grown in the UK. Mark the places on a map.

Which place is nearest to where you live?



Taste tester

Did you know that you can eat broccoli raw?

Cut the florets from the broccoli crown. Wash them well. Chop or slice the florets into bite size pieces. Enjoy!

They make great dippers for hummus!



Facts and tasks cards

