



## Fruit & Veg for Schools

# Facts and tasks cards – Secondary

## About

The **Facts and tasks cards** are designed to help students explore six vegetables more closely. A short video clip is available for each vegetable, showing its ‘farm to fork’ journey. The cards contain some facts and tasks with a focus on sustainability. The tasks provide variety to engage students with the topic.

## How to use the cards

You could divide the class into six groups and give each group a card and laptop/tablet. The group can watch the related vegetable video clip and then work through the activities on the card together.

Alternatively, you could show a card on an interactive whiteboard and complete the tasks as a class. This could be completed in form time, built into a series of food lessons focusing on vegetables or as part of independent learning.

## Extension tasks

The **Facts and tasks cards** have been created to help students explore five vegetables more closely. Why not extend the learning for your students and cook the following recipes to develop their food skills along with the exploration of the five vegetables?

- [Black bean and red pepper shakshuka](#)
- [Mexican pockets](#)
- [Vegetable kebabs](#)
- [Mushroom and chickpea curry](#)
- [Tuna and broccoli pasta](#)

Find these recipes and many more: <https://www.foodafactoflife.org.uk/recipes/>

# Facts and tasks cards

<p><b>Peppers</b></p> <ol style="list-style-type: none"> <li>Why are peppers grown in a glasshouse? <i>As they need to grow in a hot climate.</i></li> <li>What height at the peppers plants when they are planted, and how tall are they once fully grown? <i>30cm and 4 metres.</i></li> <li>What temperature is the glasshouse kept at? <i>18-25°C.</i></li> <li>How many peppers can 1 plant produce in its lifetime? <i>60.</i></li> <li>What 4 conditions are needed for the peppers to grown successfully? <i>Sunlight, water, food, carbon dioxide.</i></li> <li>What colour do all peppers begin to grow as? <i>Green.</i></li> <li>What are the 6 colours peppers can be? <i>Green, red, yellow, orange, chocolate and purple.</i></li> <li>When are peppers harvested? <i>Between November- March.</i></li> </ol>	<p><b>Mushrooms</b></p> <ol style="list-style-type: none"> <li>Why must mushrooms be picked quickly? <i>They may grow too large if not picked in time.</i></li> <li>Why must pickers be careful when picking mushrooms? <i>They are soft and will bruise easily.</i></li> <li>What is the name of the container in which mushrooms are stored? <i>A punnet.</i></li> <li>Why should you wash your mushrooms before eating them at home? <i>They are not washed during processing to avoid damaging them.</i></li> <li>How are the mushrooms transported to the supermarket? <i>They are transported in a refrigerated lorry.</i></li> <li>How long does it take for mushrooms to arrive to supermarkets once they have been picked? <i>24 hours.</i></li> </ol>
<p><b>Sweetcorn</b></p> <ol style="list-style-type: none"> <li>What type of cereal is sweetcorn? <i>Maize.</i></li> <li>Sweetcorn only grows at certain times of the year. What is the name for this type of plant? <i>Seasonal.</i></li> <li>What is the name given to a sweetcorn seed? <i>Kernel.</i></li> <li>After 15 weeks the plant grows cobs, what is the name given to the hairlike projections which grown? <i>Long silks.</i></li> <li>A flower grows on top of the plant. How is sweetcorn pollinated? <i>Pollen from the flower falls onto the long silks to pollinate (fertilise) the plant. This is an example of wind pollination.</i></li> <li>What height does the crop grow to? <i>2 metres.</i></li> <li>Why is it important for sweetcorn to be harvested and processed quickly once they have ripened? <i>The natural sugars quickly turn to starch changing the taste of the sweetcorn.</i></li> </ol>	<p><b>Potatoes</b></p> <ol style="list-style-type: none"> <li>How many potatoes can be held in the large wooden boxes once they have been harvested? <i>1 tonne.</i></li> <li>What can farmers do to ensure we have potatoes all year round? <i>Store some potatoes in a cool, dark place.</i></li> <li>Why should potatoes be stored in a cool dark place? <i>This will stop them from sprouting or going green.</i></li> <li>How can potatoes in storage be prepared to be sold? <i>They are placed in a warmer environment of 10-12°C, as this is the optimal temperature to store them. It stops the starch from converting to sugar and changing the flavour.</i></li> <li>What are outgrades? <i>Potatoes which are damaged.</i></li> <li>How can damaged potatoes be used in other ways? <i>Used to make electricity or to feed animals.</i></li> </ol>
<p><b>Tomatoes</b></p> <ol style="list-style-type: none"> <li>Where is the tomato farm located? <i>Kent.</i></li> <li>Why are the tomatoes grown in glasshouses? <i>They like controlled climates (not too hot or cold) .</i></li> <li>What temperature is the glass house during the day and at night? <i>25°C and 18°C.</i></li> <li>Where are the tomato seeds grown for the first 4 weeks of their lives? <i>Holland.</i></li> <li>How are the flowers on the tomato plant pollinated? <i>They are pollinated by bees.</i></li> <li>Why are there strings attached to the young vines? <i>To give each tomato an equal amount of sunlight.</i></li> <li>How many ripe tomatoes are produced by the farm each week? <i>2.5 million.</i></li> <li>How long is the process from when tomatoes are picked and are in stores ready to be purchased? <i>3 days.</i></li> </ol>	<p><b>Broccoli</b></p> <ol style="list-style-type: none"> <li>When are broccoli crowns harvested? <i>June to November.</i></li> <li>How are purple sprouting broccoli processed differently to broccoli crowns? <i>The purple sprouted broccoli is trimmed, weighed and packed on the farm once picked.</i></li> <li>How many tonnes of broccoli crowns are picked in a day? <i>100 tonnes.</i></li> <li>Why are broccoli crowns cooled in large chillers immediately? <i>This will prevent them from turning yellow.</i></li> <li>What is the name of the packing used on broccoli crowns? <i>Perforated plastic wrapping.</i></li> <li>How many broccoli crowns are wrapped in a minute? <i>50 are wrapped every minute.</i></li> </ol>

# 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.

The deficiency disease associated with a severe lack of vitamin C is called scurvy. It affects our gum health.



## Looking after our planet

Did you notice in the video that the peppers were packaged in plastic bags? Rethink how peppers could be packaged to reduce plastic waste! Design a new eco-friendly packaging, using a drawing or recycled materials. Present your designs and consider the materials used, cost, practicality and how it is more sustainable.

### Watch the Crunchy peppers video.

Go to:

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

1. Click: 11-14 years
2. Click: Where food comes from
3. Click: Where food comes from videos

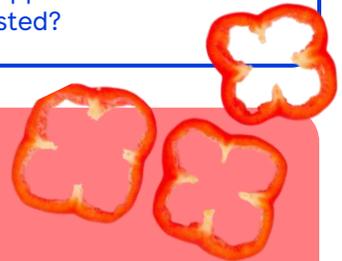


### Answer these questions about the video.

1. Why are peppers grown in a glasshouse?
2. What height at the peppers plants when they are planted, and how tall are they once fully grown?
3. What temperature is the glasshouse kept at?
4. How many peppers can 1 plant produce in its lifetime?
5. What 4 conditions are needed for the peppers to grow successfully?
6. What colour do all peppers begin to grow as?
7. What are the 6 colours peppers can be?
8. When are peppers harvested?

## Get creative

Taste some different coloured peppers, consider the flavours associated with each colour. Is one sweeter or more bitter? Taste them again without looking at what colour you are trying. Can you guess the colour by how they taste? List as many recipes as you can which include peppers. Consider the different methods of cooking peppers. Don't forget they can be eaten raw once washed!



# Facts and tasks cards



## Sweetcorn power!

Sweetcorn provides vitamin C which helps keep our skin, gums, teeth and bones healthy. It also helps our immune system to work normally. It also contains fibre, which is important for our digestive system and to help prevent constipation.

Teenagers fibre intake should be 25g each day.

**96%**  
of 11-18 year olds do not reach this goal!



## Looking after our planet

Investigate where sweetcorn (canned, fresh or frozen), sold in your local shops, comes from. Compare the food miles of each type and its impact on the environment. Consider if you could grow your own sweetcorn to reduce food miles! Plant sweetcorn in a pot. Track the growth over weeks in a journal or using pictures.

Watch the [Sunny sweetcorn video](#).

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Answer these questions about the video.

1. What type of cereal is sweetcorn?
2. Sweetcorn only grows at certain times of the year. What is the name for this type of plant?
3. What is the name given to a sweetcorn seed?
4. After 15 weeks the plant grows cobs, what is the name given to the hairlike projections which grown?
5. A flower grows on top of the plant. How is sweetcorn pollinated?
6. What height does the crop grow to?
7. Why is it important for sweetcorn to be harvested and processed quickly once they have ripened?

## BIG thinking!

You have been invited to a debate and must prepare your arguments.

The topic is "Is sweetcorn a sustainable crop?"

Research and prepare your arguments for or against. Topics could include versatility, low food waste, economic benefit, food miles, GMOs, selective breeding.



# Facts and tasks cards

## Tomato power!

Tomatoes provides vitamin C which helps our immune system work normally. Vitamin C is also an antioxidant. Antioxidants help to stop free radicals (unstable molecules) from harming the cells in your body.



## Looking after our planet

Consider yourself a waste warrior! You have been given a box of tomatoes: some have small bruises, some were leftover, some were overripe.

Design a recipe to solve each of these scenarios. Create a recipe card to share with the class. Consider creativity, sustainability and practicality.



Watch the [Tasty tomatoes video](#).

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[www.foodafactoflife.org.uk](http://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. Where is the tomato farm located?
2. Why are the tomatoes grown in glasshouses?
3. What temperature is the glass house during the day and at night?
4. Where are the tomato seeds grown for the first 4 weeks of their lives?
5. How are the flowers on the tomato plant pollinated?
6. Why are there strings attached to the young vines?
7. How many ripe tomatoes are produced by the farm each week?
8. How long is the process from when tomatoes are picked and are in stores ready to be purchased?

## Tomato 'top trumps'!

Choose 3 varieties of tomatoes and create 'top trump' style cards for each one.

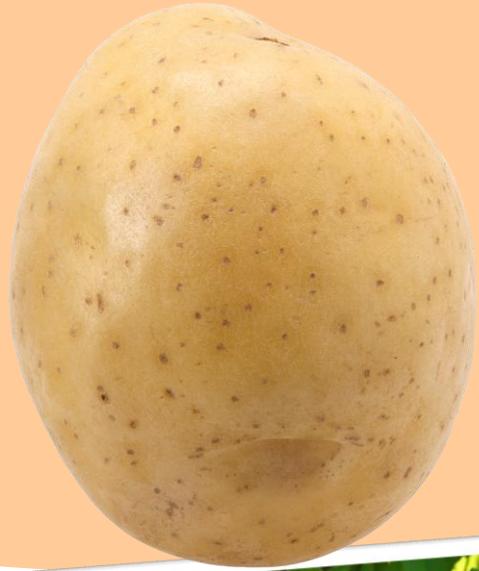
Carry out research and fill in the card with the following information:

- Size, colour, taste, growing time, sustainability.

Make some more cards for different tomatoes, or other vegetables, and use them to play 'top trumps' with your friends or family.



# Facts and tasks cards



## Potato power!

Potatoes contain fibre in their skin, this is important for a healthy digestive system. Try to cook potatoes with their skin on!

They contain vitamin C, for a normal immune system. They contain potassium, which regulates the water content in the body and helps the nerves and muscles to function.

### Looking after our planet

Potatoes are a sustainable food as they require low water for a high yield, and damaged potatoes are used to generate electricity and animal feed. However, potatoes are one of the top 5 foods that get wasted in the UK!

Create a new potato-based snack product that uses the whole potato, is packaged sustainably and is appealing to young people.



Your product name goes here

Watch the [Earthy potatoes](#) video.

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2. Click: Where food comes from
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Answer these questions about the video.

1. How many potatoes can be held in the large wooden boxes once they have been harvested?
2. What can farmers do to ensure we have potatoes all year round?
3. Why should potatoes be stored in a cool dark place?
4. How can potatoes in storage be prepared to be sold?
5. What are outgrades?
6. How can damaged potatoes be used in other ways?

## Get creative!

Potatoes are a very versatile ingredient and can be cooked in many ways.

Why not test your food skills and cook potatoes in different ways:

[chateau](#), [fondant](#), [noisette](#), [wedges](#), [herby mash](#).

Compare in terms of taste, texture and appearance.



# Facts and tasks cards



## Mushroom power!

Mushrooms provide a variety of nutrients. They contain vitamin B2, which helps to release energy from food and maintain a normal nervous system. They also contain fibre, needed for a healthy digestive system.

Mushrooms can be treated with sunlight or UV during their growth. They can produce vitamin D which helps to maintain healthy bones and teeth.

## Looking after our planet

Mushrooms (as fungi) play a role in decomposition. They break down dead plants, leaves and other organic waste. This process recycles nutrients back into the soil, making the nutrients available for other plants and organisms.



### Did you know?

Mushrooms are actually fungi! They are nutritionally similar to vegetables so still count towards your 5 A DAY!

Carry out research and create a comic strip showing mushrooms in action as decomposition heroes!



### Watch the Mushrooms video.

Go to:

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

1. Click: 11-14 Years
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### Answer these questions about the video.

1. Why must mushrooms be picked quickly?
2. Why must pickers be careful when picking mushrooms?
3. What is the name of the container in which mushrooms are stored?
4. Why should you wash your mushrooms before eating them at home?
5. How are the mushrooms transported to the supermarket?
6. How long does it take for mushrooms to arrive to supermarkets once they have been picked?



### Mushroom mission!

Find out what these varieties of mushrooms look like:

- Oyster mushrooms
- Shiitake mushrooms
- Portobello mushrooms
- Porcini mushrooms

Why not cook some recipes with these different mushroom varieties?

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



# Facts and tasks cards

## Broccoli power!

Broccoli contains vitamin C which contributes to a normal immune system. It also contains fibre needed for a healthy digestive system.

It is a source of vitamin K. This helps with the normal clotting of blood and is required for normal blood structure.

## Looking after our planet

Trace the journey of packaged broccoli from 'farm to fork'. Create a "passport" for a crown of broccoli, documenting each stage: farming, harvesting, packaging and transport.

At each stage, identify what resources are used, what waste is created, and how could it be made more sustainable?

Check out this video to help:  
<https://youtu.be/EEj14ihSikc>



## Watch the Budding Broccoli video.

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## Answer these questions about the video.

1. When are broccoli crowns harvested?
2. How are purple sprouting broccoli processed differently to broccoli crowns?
3. How many tonnes of broccoli crowns are picked in a day?
4. Why are broccoli crowns cooled in large chillers immediately?
5. What is the name of the packing used on broccoli crowns?
6. How many broccoli crowns are wrapped in a minute?

## Get creative!

Research recipes using broccoli, don't forget it can also be eaten raw once washed thoroughly.

Create a recipe card of your favourite dish. Include the recipe, ingredients, cooking instructions and any tips or tricks!

When looking for recipe inspiration check out:

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

