



## **Food and Fairtrade**

### **Focus on Food**

"Before you finish eating breakfast in the morning' you've depended on nearly half the world." - Martin Luther King Jr.

Where does our food come from? Which foods come from Africa? What do you like to eat?

Also in this section: what is fairtrade?

# Where Does our Food Come From?

Every day we eat ingredients that come from different parts of the world. Just for breakfast, we often consume food which comes from three or four countries. Can you guess where these items come from (see answers at bottom of page) ?



Orange juice



Chocolate



Tea



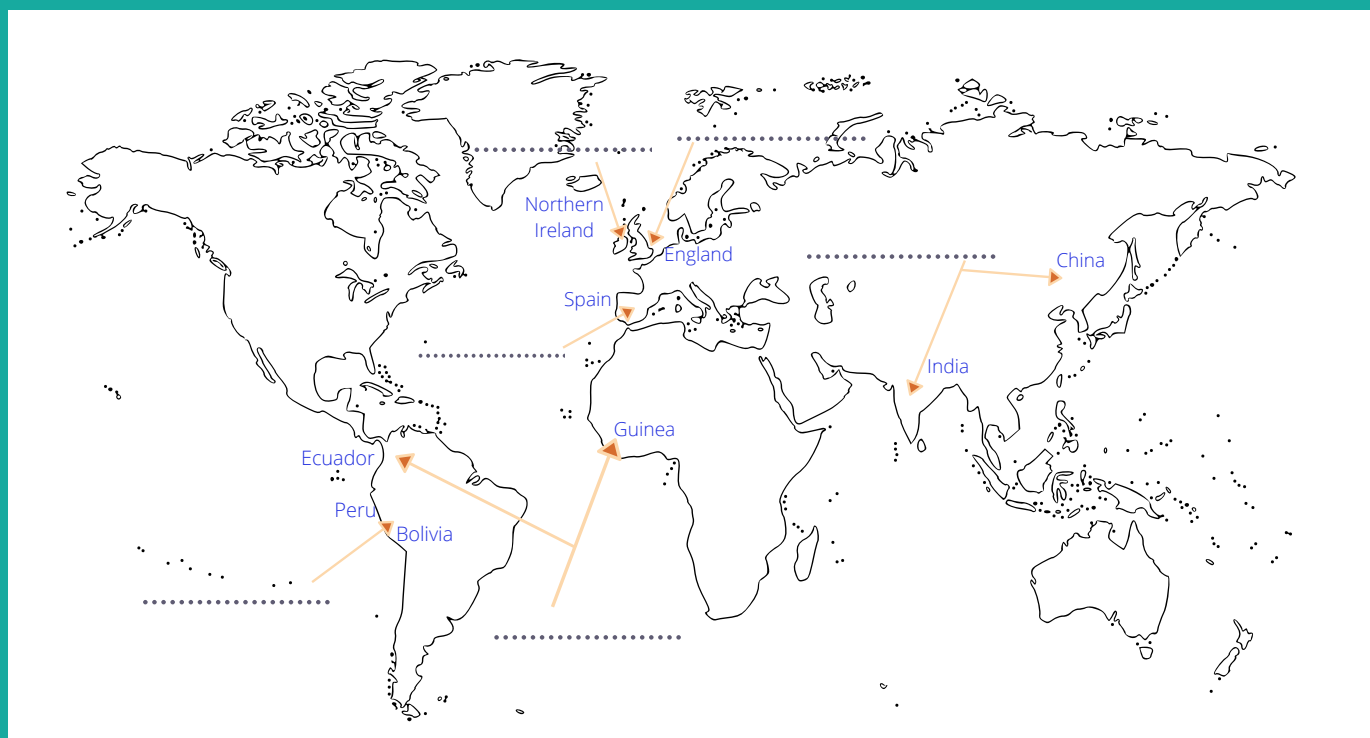
Bread



Peanut butter



Weetabix



## What do you like to eat for your breakfast ?

---



---



---

**Answers**  
 Orange juice: Spain  
 Chocolate: Guinea / Ecuador  
 Tea: India / China  
 Bread: Northern Ireland  
 Peanut Butter: Bolivia / Peru  
 Weetabix: England

# What Products Come from Africa?



We are connected to African countries in many ways. Here you can see some products that we get from Africa.



As you can see on the map we can get tea from Tanzania and other African Countries.

What else do we get from Africa?  
(Have another look at the map.)



- Metal for our \_\_\_\_\_ often  
comes from Congo.

*Tip: We use it to communicate.*

Did you know?

- Some local coffee and tea companies from Northern Ireland sell coffee and tea from Tanzania. You can find Tanzanian tea in Suki Tea's breakfast tea blend for example.

## Food and Drinks

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_





# Food: Match the Dish / Food to the Country



**Ugali**



**Golabki**



**Haggis**



**Kissra**



**Laverbread**



**Curry**



**Crumpet**

Poland

India

Syria

England

Tanzania



**Noodles**



**Stew**

China

Wales

Sudan

Ireland

Scotland



**Hummus**

Ugali: Tanzania - Golabki: Poland - Haggis: Scotland -  
Kissra: Sudan - Laverbread: Wales - Curry: India -  
Crumpet: England - Noodles: China - Stew: Ireland -  
Hummus: Syria

# Mark's Birthday Crumble

## Help Mark bake his apple crumble!

Mark's expecting 3 friends for his birthday party. He needs to bake his crumble but unfortunately some words are missing. Can you help Mark ? Use the word bank at the bottom to help you. Make sure you ask an adult to help you when baking or cooking.

### Ingredients

- 12 .....
- 200g butter
- 100g ground .....
- 100g flour
- 200g sugar
- 1 tsp .....



### Recipe

1. Preheat the oven to 180°C / 360°F.
2. Peel, ..... and chop the apples into bitesize pieces. Cook the apples in the ..... with the cinnamon until they are soft. Place them in an ovenproof dish.
3. Mix the flour, ....., almonds and butter in a bowl. Rub the ingredients until you have a breadcrumb consistency (add more flour if too wet or butter if too dry).
4. .... the crumble mixture over the apples and if you like, you can sprinkle with a little cinnamon.
5. Bake in the oven for 20-25 minutes (until slightly golden).

scatter

apples

cinnamon

sugar

saucepan

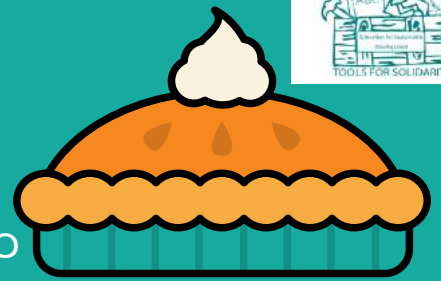
core

almonds



# Write your own recipe

Remember to ask an adult to  
help you with the cooking.

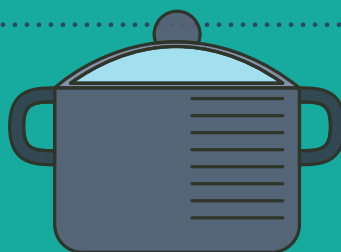
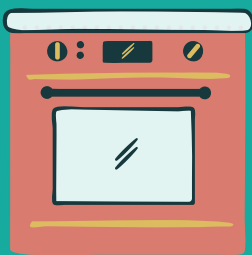
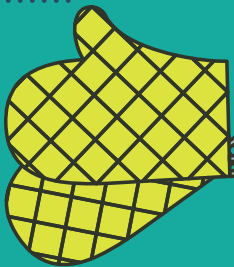


## Ingredients

## Utensils

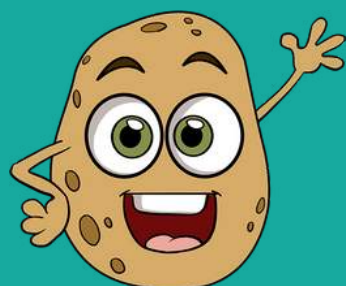


## Recipe

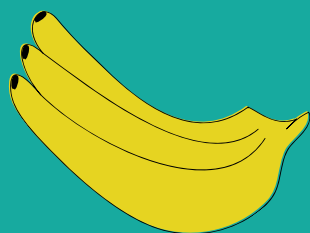
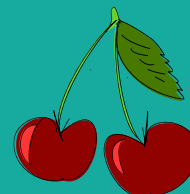
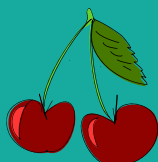
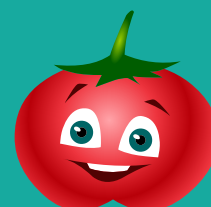
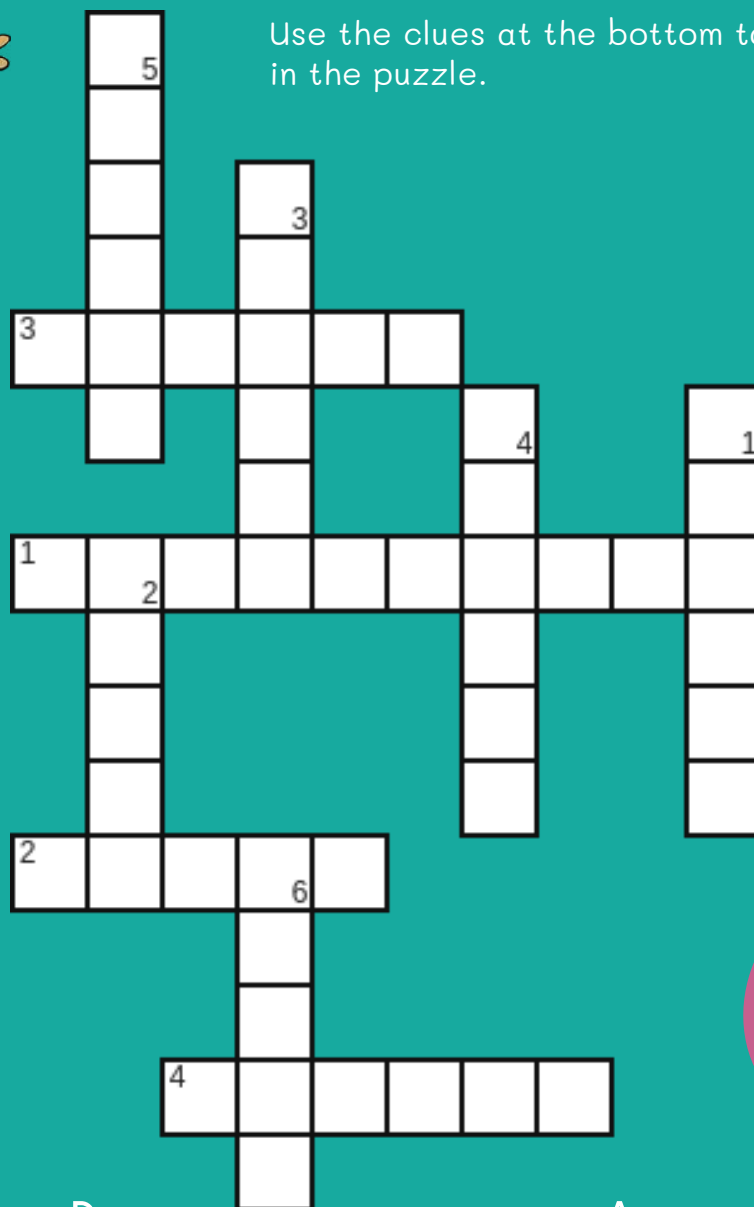




# Fruit and Vegetable Crossword



Use the clues at the bottom to help you fill in the puzzle.



## Down

1. yellow and curved
2. Granny Smith or Pink Lady
3. a citrus fruit
4. the \_\_\_\_ on top of the cake
5. Bugs Bunny's favorite food
6. makes you cry when you chop it

## Across

1. summer treat - it has a green rind and pink flesh inside
2. yellow and bitter
3. glossy red fruit (sometimes mistakenly called a vegetable)
4. used to make crisps

Answers: **Down** - 1. banana 2. apple 3. orange 4. carrot 5. potato  
**Across** - 1. watermelon 2. lemon 3. tomato 4. carrot 5. onion 6. carrot

