

Children's Activities

3. Just Food

1. Food Map (10+)

Bring in a range of food items and a large map. Look at different food items / food labels as a group and discuss where the different food comes from. Place the food / food labels on the map on the country they come from and use string to mark out the food's journey to the UK. Discuss the various stages the food would have gone through to get from the soil / orchard / plantation to the packaged / 'ready to eat' state it is now in. Can you work out how far it has travelled? Does it need to travel this far?

What do I need?

- A large map, string and a variety of everyday food. Ideally ask the children to bring in the labels from food they eat at home.

2. Food Charades (Age 13+)

Split the children into two groups and create a list of different food 'terms' that you want group A and B to act out (no term should be repeated; for example, you might give group A 'free range', 'organic', 'seasonal', 'GM' and 'supermarket' and you might give group B 'factory farm', 'farmer's market', 'chemical fertiliser' and 'food miles'). One at a time, alternating between group A and B, whisper the chosen term to the participants and ask them to act out the food related expression for their group. After the game you could discuss the terms in greater detail.

What do I need?

- A list food terms for two groups!

3. Bible Background:

Read Luke 4:16-21 (The Message):

"Jesus came to Nazareth where he had been reared. As he always did on the Sabbath, he went to the meeting place. When he stood up to read, he was handed the scroll of the prophet Isaiah. Unrolling the scroll, he found the place where it was written,

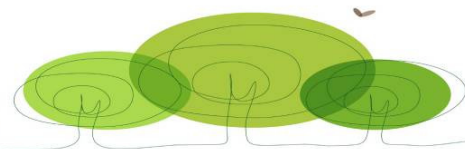
'God's Spirit is on me;

He's chosen me to preach the Message of good news to the poor,
Sent me to announce pardon to prisoners and recovery of sight to the blind,
To set the burdened and battered free,
To announce, "This is God's year to act!"

He rolled up the scroll, handed it back to the assistant, and sat down. Every eye in the place was on him, intent. Then he started in, "You've just heard Scripture make history. It came true just now in this place."

Discuss:

- What did Jesus say he has come to do?



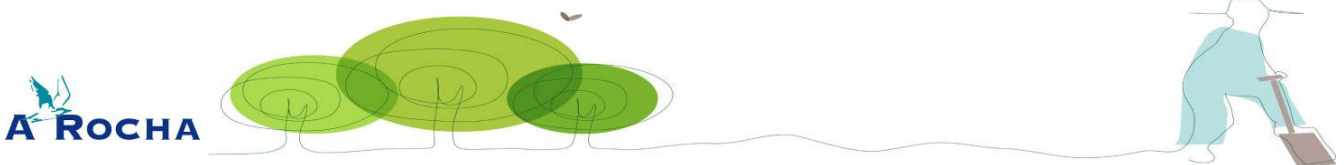
(bring good news to the poor, pardon prisoners etc etc)

- How can food be either bad news or 'good news to the poor'?
(encourage discussion about how it is grown, how much people are paid etc)
- Use the two images below (taken from the sermon PowerPoint for this week) and get the children to discuss what they know about these different labels and what they mean:



4. Fair Trade, Seasonal Picnic (All Ages)

Read one of the fair trade case studies, watch a short film or fair trade



(www.fairtrade.org.uk/resources/films) and check out a seasonal food calendar (http://sustainable.woodcraft.org.uk/1_act5a.htm). As a group, then plan a fair trade seasonal picnic!

What do I need?

- A printed copy of the seasonal food calendar, computer on which to watch the fair trade films, paper and pen to make a list of picnic food and then of course money for the food and picnic blanket!

5. Potato Printing Potato Poems (3-8)

Decorate these potato poems by Matt Harvey by cutting potatoes into fun shapes and printing these shapes around the poems using brightly coloured paint. You could even grow the potatoes together, or take the children to buy the potatoes from a local farmers market to involve them in the whole process.

The Whole Potato

I love the whole potato, skin and all,
the poe, the tay, the toe, it's criminal
to throw even a bit of it away
say, whoa! say hey! say whoa! hey whoa!
don't throw away the poe tay toe
do not betray the poe, the tay,
you know it's not the way to go, no way
you must be true to toe poe tay
to total poe and tay and toe,
the toe and tal of total too,
but not the be the tray the al
of betrayal, stay with the bee, the ing,
of being true, don't be the crim
the in the all of criminal
but love the whole po-ta-to, skin and all

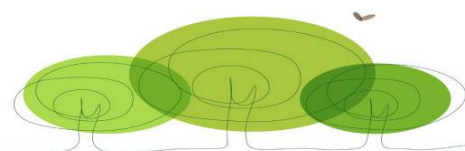
Oh Potato

No part of you's inedible – though all of you's inaudible
The taste of you's incredible – the price of you's affordable
No spud is dud – If you get sprouty
I don't go all throwy-outy
But focus all my passion
Into peeling and to mashing
I still need you – so I freeze you –
Saying softly, 'see you later, mashed potater'

What do I need?

- Poems written out on a large piece of card/paper, potatoes, knives (best if 1 or 2 adults are in charge of all the potato cutting!), brightly coloured paints and paint palettes.

6. Prayer



Give each child a piece of paper and pen / pencil. Read the verses from Luke 4:16-21 again, and ask the children to write down or draw positive things they would like to do in terms of how they eat food ... perhaps 'happy animals' or 'happy farmers'. Use the pictures / words as a basis for prayer, either getting the children to pray one-line prayers or with the leader incorporating their ideas.

