

Objectives

1. To look at an environmental issue and how people affect the environment [Geog 6e]
2. To learn about the interdependence of communities in the world [PSHE]
3. To use atlases and globes [Geog 2c]

New Words

Food miles
Global Warming

Resources

- Pupils food labels
- Six tins
- Mpho Case Study +slides
- Google Earth
- Atlases and rulers
- Wool

Starter

Time: 5

- Put a tin of food on each table before the lesson starts.
- Ask pupils to find out where it was canned from the label.
- Ask - *is this where the food actually comes from? If not, where is it from?*

Lesson

Discussion

Time: 20

- Introduce the country of Lesotho (use Google Maps – Mpho lives outside of Morija), then Read Mpho 's Case Study to the class and show Powerpoint if possible.
- Discuss: *where does Mpho get his food? How far did it travel? Is his diet healthier than ours, why?*
- Pupils bring out the food label from home saying where it was grown or produced.
- Ask children where their food comes from by looking at their food labels. *How does it get here? Why is it grown there and not in the UK?*
- Choose five or so labels and use a world atlas or Google Earth (*under Tools , Measure*) to show how far the food travelled to get to our kitchen – the whole group could do this for their labels using an atlas and a ruler. Explain that the distance that the food has travelled is called *food miles* .
- Write these distances up in a table on the board.

Lesson

Practical

Time: 20

- Use a world map to refresh the pupils knowledge of the continents.
 - Organise the classroom so that the tables represent the continents of the world or go to the playground and place pupils in groups to represent continents (if you are really keen, set up an OHT world map at night and chalk the map out).
 - Get pupils to line up with their labels (children without labels can be continent Ambassadors) and go one by one to the continent where their label is from.
 - Explain using the space that our food has to travel huge distances to get to us so that we can have all sorts of different things to eat.
 - Explain that all the fuel burnt on food miles means that we use up fuel resources and release gases into the atmosphere that heat the earth up (Global warming).
- An extension of this is to use coloured wool in the playground to represent distances from the UK by using one metre to correspond with a thousand miles on the map.*



- Refer back to Mpho from Lesotho and his food list. The food miles that Mpho uses are very small, but his food is fresh and very healthy: *what are the advantages and disadvantages of this?*
- Point to make: it's important for us to eat healthy foods like Mpho and it's also important to have a healthy planet that isn't being polluted by moving food around thousands of miles.
- *What can we learn from how Mpho's family get their food and what they eat? (try and get food locally, eat fresh vegetables, try and grow your own food).*
- Ask pupils to see who can be most like Mpho and bring in the healthiest lunchbox for them and for the planet. This will mean that it has lots of fresh fruit and vegetables that they are from farms that are nearby, in the UK, or even better – grown at home!
- Give out a fresh fruit prize (strawberries, apples etc) to the winner.



Grown at Home

Spinach
Tomatoes
Lettuce
Cabbage
Peppers
Chillies
Beetroot
Carrots
Potatoes
Sweetcorn

Grown in Lesotho

Sweetcorn
Sugar
Chicken
Eggs
Apples
Apricots
Bread (wheat)

Imported food

Rice from China
Oranges from South Africa





Keyhole Gardens in practice

Mpho's story



Mpho (Mm-poh) is a four-year-old boy who lives in a tiny African country called Lesotho – known as the kingdom in the sky because it is so mountainous. He lives on the side of one of the mountains with his mum, grandma and next door to his friend Rafiri in a small village called Ha Maphathe (Ha-ma-patay). Mpho loves spending time with his grandma, staying by her side and watching her do the gardening and cook – her name is Mamatseliso (Mamat-say-leeso) Moji.



Ha Maphathe is a typical village in Lesotho, it is very rocky and mountainous and the temperature can get very cold at night. Mpho and Rafiri stay warm by wearing blankets, which is the national dress in Lesotho. You can see all sorts of colourful blankets with food designs being worn by locals there. In the daytime, however, it is usually sunny and sometimes it doesn't rain for months. When it does, it can be very heavy with thunder and lightning and giant hailstones fall from the sky. In the highest areas people even have to put car tyres on their roofs to protect them from the lightning!

The people in Mpho's village try to grow their own food in small gardens, but with all the rocks, hailstones and months without rain this can be very difficult. Villagers in Ha Maphathe sometimes go very hungry and some even die when they can't grow enough food. So, being able to grow as much food as possible in your garden is very important.

Luckily, Mpho's grandma was given help by the charity Send a Cow. You may think from the name of the charity that Mpho's grandma was given a cow - but she wasn't. In fact, she wasn't given any animals at all! That's because cows and other livestock can be difficult to look after on the mountains of Lesotho. Instead, Mpho's grandma needed help to grow more food in her small garden and to save rainwater.



Send a Cow taught her how to make special gardens that grow lots of food, called Key Hole gardens, good compost for her plants, a natural pesticide to kill insects and a pit to collect rainwater in. Everything they need to grow vegetables can be found where they live; they use old washing up water to water the plants, vegetable peelings to make compost, ash from the fire which is good for the soil and special leaves that grow locally can be mixed together to kill insects.

Since Mpho ' s grandma started to use her training the garden is full of plants growing really well like spinach, tomatoes, beetroot, peppers, onions, lettuce and cabbage. The family can go to the garden and pick food whenever they want to eat; they have so much food now that they can give some away to their neighbours, including Rafiri. A hailstorm won't ruin their lovely garden either because they have been given a net that protects it – the hailstones just bounce off! When it does rain, the family collects the water in a dam that their friends helped them to dig, meaning that they can still water the plants when they have had months of sun and everywhere else is dry.

Now the family and neighbours very rarely get ill. Mpho has a really healthy diet with lots of good food from the garden like spinach, tomatoes and his favourite, beetroot. He often eats his meals with his friend Rafiri – who also loves beetroot! They play together on the rocky ground and have lots of energy thanks to all the vegetables.

The people in the village often come and visit the family after seeing their garden and how healthy Mpho is. They ask how to grow such amazing vegetables and Mpho ' s grandma tells them about Send a Cow and offers to teach them what she learnt on her training. Now that many people in the village are starting to use the techniques taught by Send a Cow they can be confident that there will be enough food all year round - and Mpho can help more friends like Rafiri to have some healthy food too!

