



Journey of food – Cheese

Suggested Participants – Primary 5/6/7 pupils

All the food we eat comes on a journey to reach us. Find out more about the journey of the ingredients used to produce a cheese. This session involves finding out more about how milk is produced and how cheese is made and there are a range of tasks including real life maths and making soft cheese. A great activity to cover involving food miles, nutrition and the journey of food.

What this pack contains:

- All the resources to undertake the 'Journey of food Cheese' activity with your p5/6/7 class.
- Learning Intentions, Success Criteria and Suggested Experiences & Outcomes.
- Learning for Sustainability links.
- Lesson plan.
- Suggested additional activities.

Learning Outcomes

- We are learning to identify where different ingredients come from.
- We are learning to annotate maps and calculate distances.
- We are learning to accurately weigh and measure ingredients.

Success Criteria

- I can give examples of locally produced foods
- I can make links between farmers and the food I eat
- I can interpret map scales
- I can present and explain an annotated map
- I can describe the journey of food from source to plate

Experiences and Outcomes

- **SOC 2-14a** To extend my mental map and sense of place, I can interpret information from different types of maps and am beginning to locate key features within Scotland, UK, Europe or the wider world.
- **MTH 2-17d** Having investigated where, why and how scale is used and expressed, I can apply my understanding to interpret simple models, maps and plans.
- **HWB 2-33a** Having learned about cleanliness, hygiene and safety, I can apply these principles to my everyday routines, understanding their importance to health and wellbeing.
- **HWB 2-35a** When preparing and cooking a variety of foods, I am becoming aware of the journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability.
- **TCH 2-04a** I am developing dexterity, creativity and confidence when preparing and cooking food

Learning for Sustainability

- **Goal 4** Quality education: achieve literacy and numeracy.
- **Goal 12** Responsible consumption and production: Promote public procurement practices that are sustainable.



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Lesson Plan

Introduction

- Share/discuss the learning intentions and success criteria.
- Use our '[The story of cheese](#)' resource to find out more about cheese. In this resource you will find information and supporting resources around how milk is produced, how much dairy farmers earn, how cheese is made, the different types of cheese, cheese nutrition and how to make your own soft cheese. Our 'story of cheese' resource is set up so that you can dip into it and pull out the resources/activities you are interested in.

Suggested discussion points

- Which animals produce milk we can make cheese from?
- Does anyone have a favourite cheese?
- Can you set up a cheese taste test?
- Where in Scotland can you find dairy farms?

Learning

- **Science outcomes:** The ability to contribute a number of relevant ideas, information and opinions when engaging with others. The ability to build on the contributions of others by asking or answering questions, clarifying points or supporting others' opinions or ideas.
- **Maths and Numeracy outcomes:** The ability to estimate, to the nearest appropriate unit, then measure distance accurately.
- **Health and Wellbeing outcomes:** The ability to identify ways to reduce the risk of food poisoning. The ability to describe the journey of food from source to plate.
- **Food and Textile Technologies:** The ability to demonstrate an increasing range of practical skills.

Additional tasks

- Do some hands-on cookery in class and a [pizza](#) using cheese.
- Find out more about the different types of meat we produce in Scotland by making your own [meat dial!](#)

More information

- You can find more information on [diary farming in Scotland](#) in our teach it SWAY.
- You can also find out more about the dairy industry with our comic strips – [James and his dairy cows](#), [Meet Natasha a dairy cow from Badenheath farm](#), [Find out more about dairy cow breeds](#) and our [History diary data maths worksheet](#).

Social media

Please tag [@TheRHET \(Twitter\)](#) or [@TheRoyalHighlandEducationTrust \(Facebook\)](#) in your lesson photos/comments.