



## Healthy People, Healthy Planet

### Food Feely Bags

*A fun activity giving students the chance to identify fruits and vegetables by touch alone and then find out more about where these mystery foods come from.*

You will need;

- World Map
- 6 drawstring bags
- Coconut
- Parsnip
- Orange
- Kiwi fruit
- Banana
- Potato
- Feely Bag Flags (see page 2 - 5)
- Country of origin information (see page 6)

To prepare;

- The map can either be put on the floor for students to sit around or on the wall.
- The flags can be mounted on poles (could use straws?) or can just be used as they are. They are designed so that they can be printed, folded and glued to produce a double-sided flag.

You can introduce the activity as you like. I usually say that, if I were to show them some foods, they would easily be able to identify them but, to make it a bit trickier, we are going to do it just by sense of touch.

Demonstrate how to use the feely bags (i.e. close your eyes and reach inside the bag).

It is good if the students can work in small groups of three or four for this activity and can discuss and debate what food they may have.

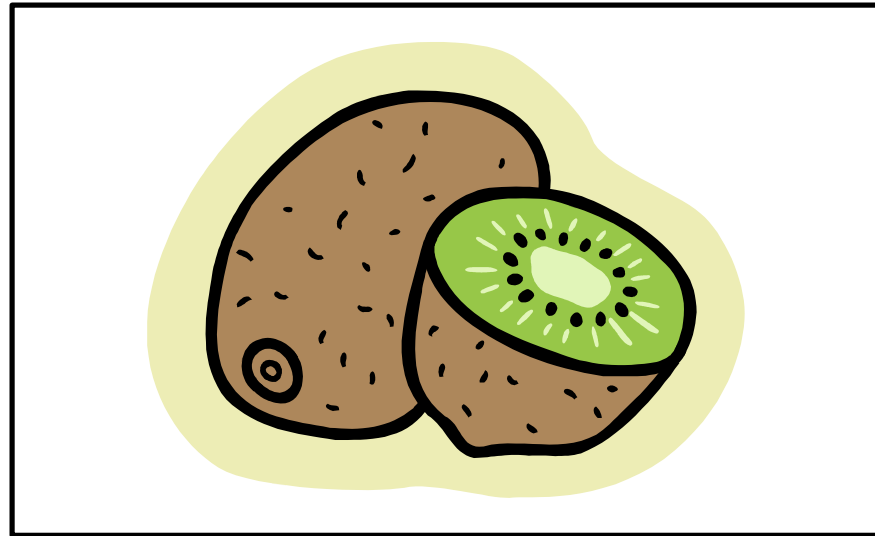
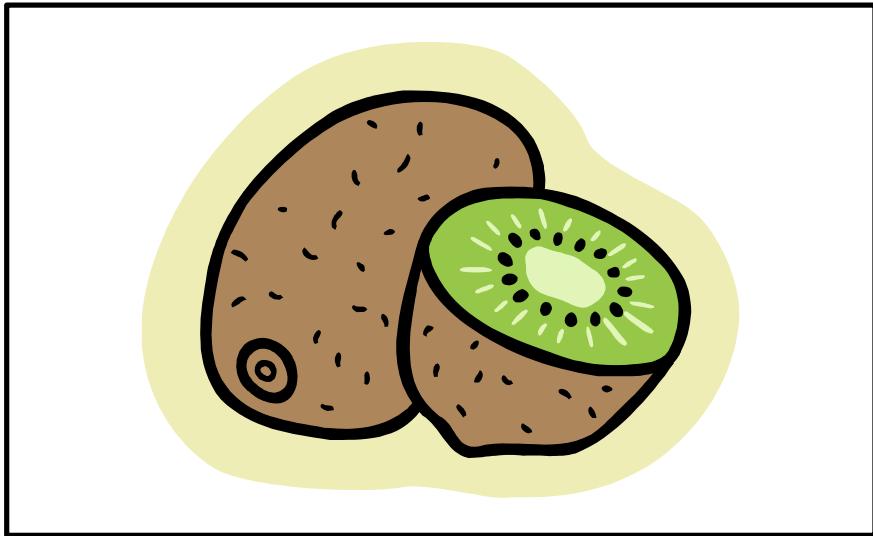
Once all have had a few minutes to work out what the foods are, get each group to reveal their food to the whole class and give each group the flag representing their fruit or veg.

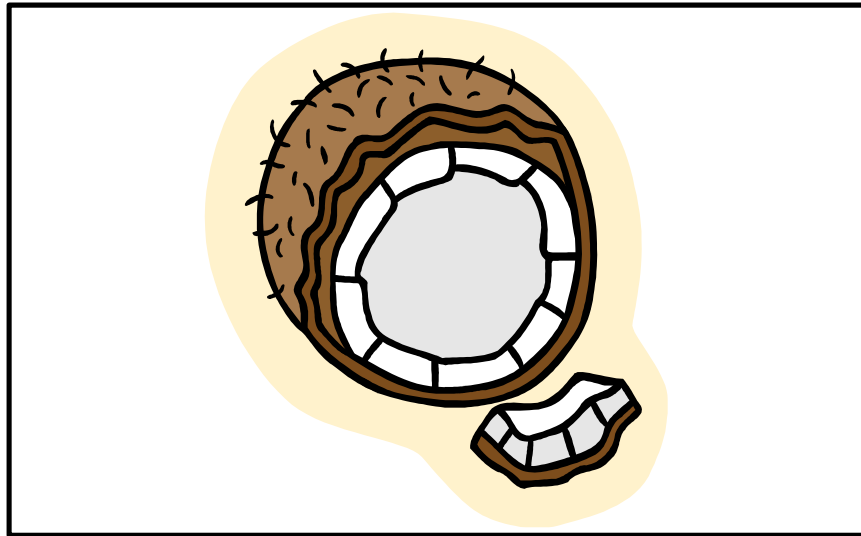
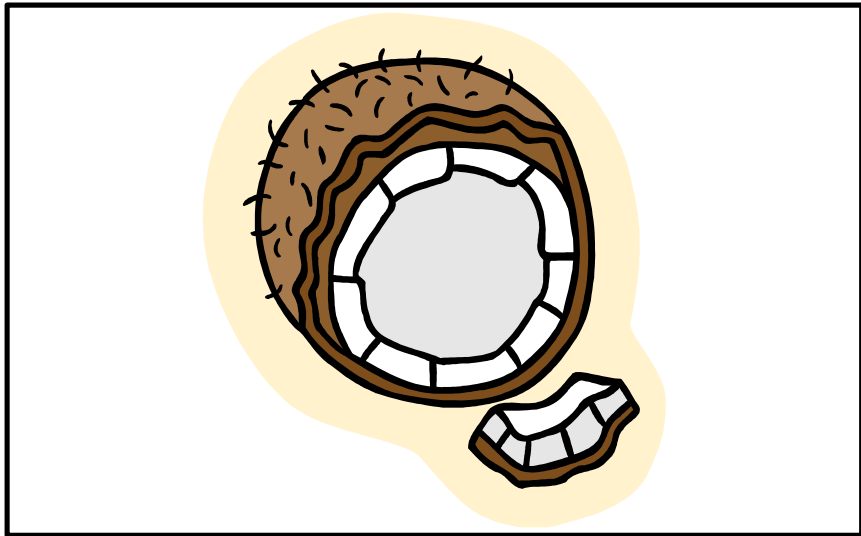
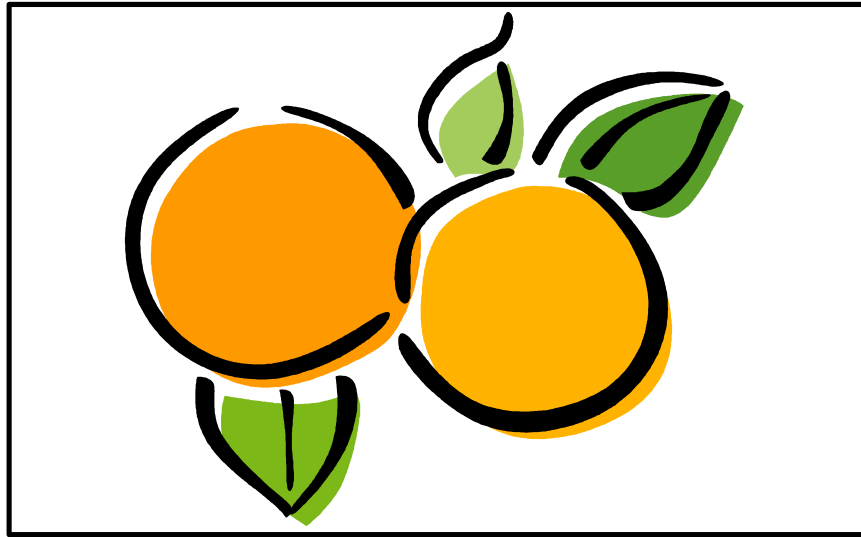
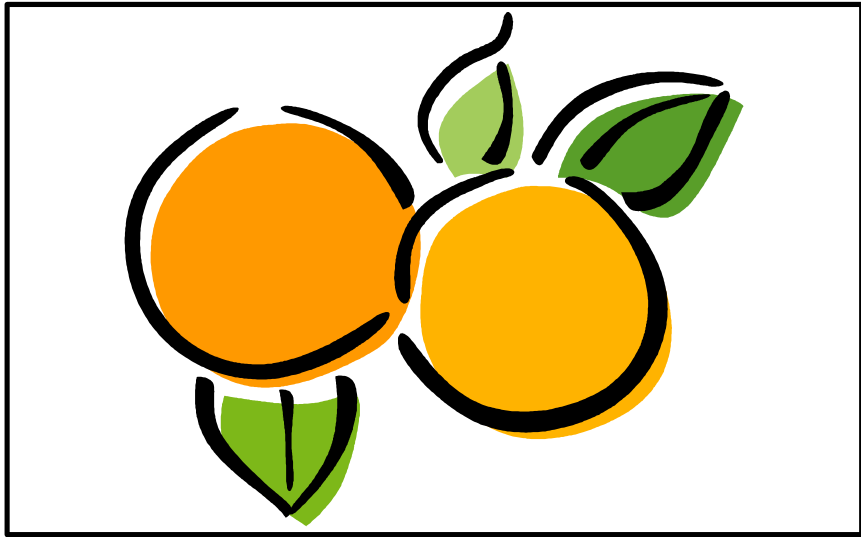
Give the groups time for discussion and then ask them to place their flag on the map where they think the food comes from.

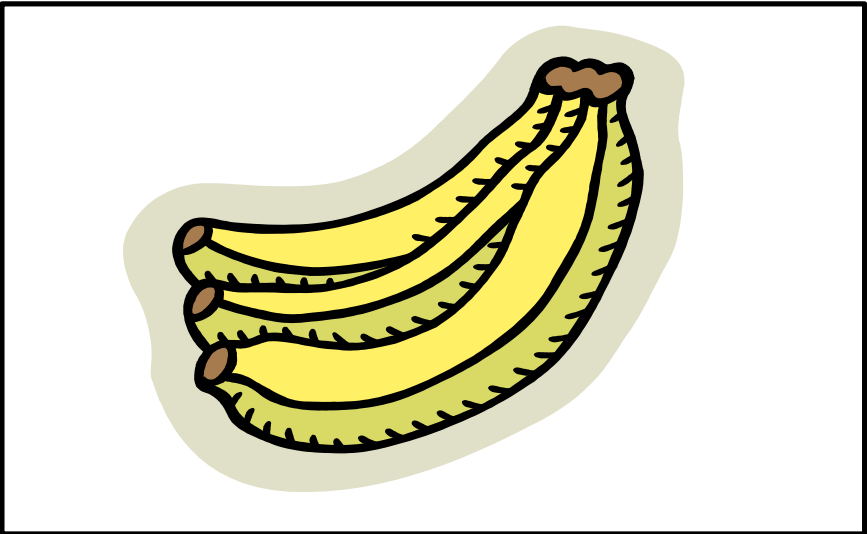
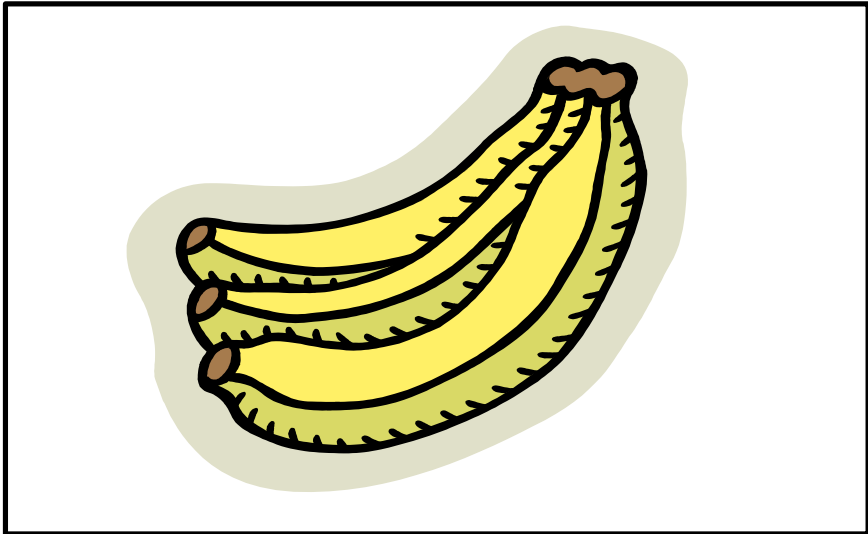
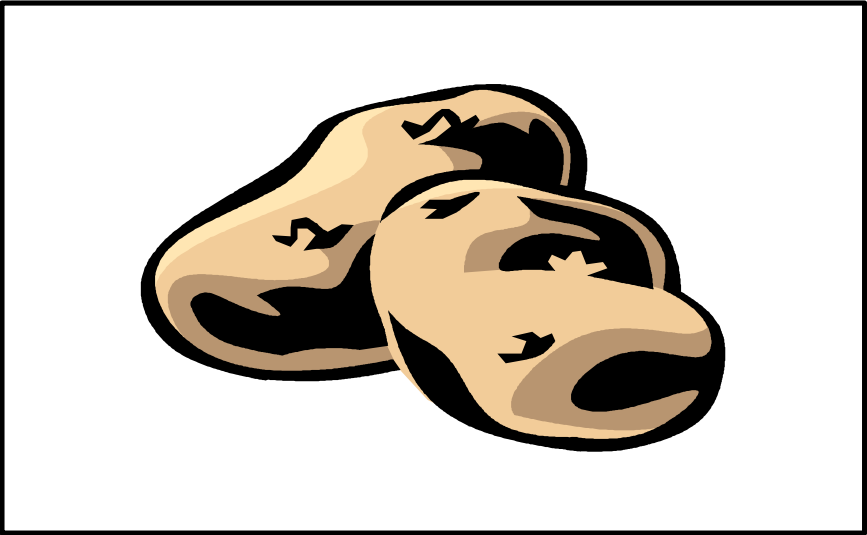
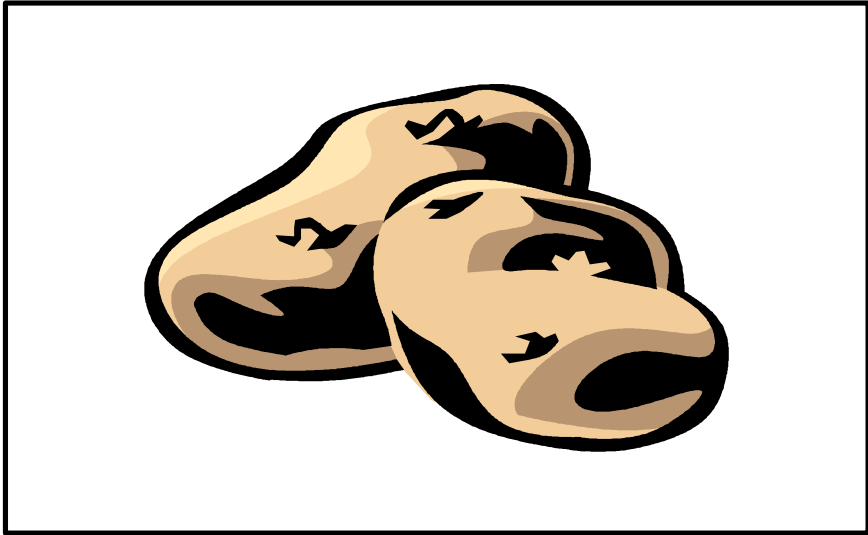
Answers available on page 6.

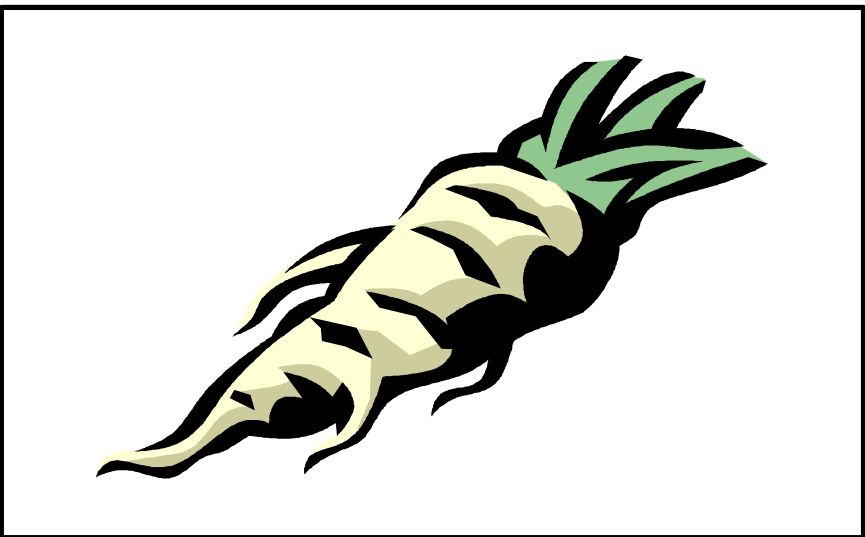
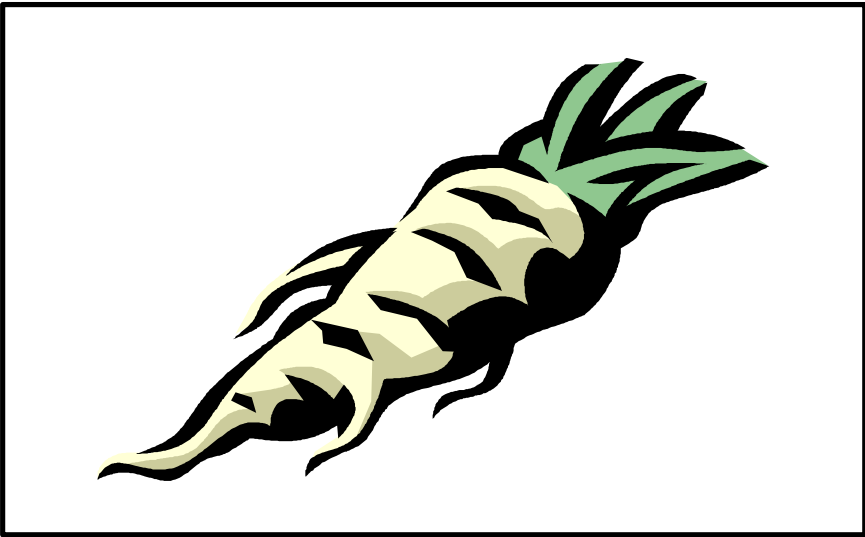
Discuss the answers with the class including;

- Which of the products can grow in Scotland?
- Why can't the others grow here?
- Explain that bananas and oranges grow in equatorial regions because it is warmer and sunnier in these places.











### Countries of Origin

#### **Coconut**

- Top 5 producers – Indonesia, Philippines, India, Brazil and Sri Lanka
- Asia is the continent that produces the most (85%)
- Also the Caribbean, Mexico, Papua New Guinea, United Republic of Tanzania.

#### **Parsnip**

- Europe, China, Japan, Russia, USA, Canada Mexico, India, Indonesia, Australia, Morocco.

#### **Potato**

- Top 5 producers – China, India, Russia, Ukraine, US
- Asia is the continent that produces the most followed by Europe.
- Also Europe, southern Africa, South America

#### **Orange**

- Top 5 producers – Brazil, USA, India, China, Mexico
- The Americas is the continent that produces the most (over 50%) followed by Asia.
- Also most Mediterranean countries, Pakistan, Iran, Egypt, Turkey and to a lesser extent Spain, South Africa, and Greece.

#### **Banana**

- Top 5 producers – India, China, Philippines, Ecuador, Brazil
- Asia is the continent that produces the most followed by the Americas.
- Also Africa and the Caribbean.

#### **Kiwi-fruit**

- Top 5 producers – Italy, New Zealand, Chile, Greece, France
- Europe is the continent that produces the most followed by Oceania. No kiwis are grown in Africa.
- Also, Florida, California, Brazil, Mexico, Pakistan, China, India, Iran, Egypt, Turkey.