

Shopping Basket

This is a very simple activity based on a basket of food. There are questions to make you think about different foods and how they relate to health, nutrition and other important food groups.

There is a suggested shopping list, but this is by no means definitive. Once the items are chosen, questions can be asked about the shopping.

Following the suggested shopping list there is a table of answers; though there are no right or wrong answers to many of the questions, and the activity is an opportunity to start a discussion about the food we eat.

Shopping list: to potentially include:

Packet of tissues

Tin of beans

Fresh (packaged) fish or meat

Raspberries

Strawberries

Potatoes

Cabbage

Carrots

Milk

Porridge oats, oat cereal, oat bar

Green veg (seasonal)

Fairtrade bananas/produce e.g. coffee

Fresh mango

Dried mango

HAVE A LOOK AT THE BASKET OF SHOPPING

CAN YOU ANSWER THE FOLLOWING 10 QUESTIONS?

There is no necessarily one 'right' answer to these questions. The idea is for the visitor to make a reasoned argument for their answer.

QUESTIONS	ANSWERS
1)WHAT DO YOU THINK MIGHT BE THE 'ODD ONE OUT' IN THE BASKET?	A: The non-food item(s)
2) a) CAN YOU IDENTIFY TWO ITEMS THAT ARE A GOOD SOURCE OF PROTEIN?	There will be cans of beans, fish (packaged or tinned) and meat
2)b) Why do we need protein in our diet	Protein supplies building blocks for growth and maintenance of a healthy body
3)CAN YOU IDENTIFY THREE ITEMS THAT MIGHT BE GROWN IN SCOTLAND?	Various but soft fruit, oats, cabbage, carrots
4)a) WHAT IS THE BEST SOURCE OF CALCIUM IN THE BASKET?	Milk
4)b) Why do we need calcium in our diet?	Bones, teeth etc
5) CAN YOU IDENTIFY TWO ITEMS MADE FROM OATS ?	Various, but porridge oats, cereals, cereal bars
6)a) CAN YOU IDENTIFY AN ITEM THAT IS BRANDED 'FAIRTRADE'	Probably bananas, or coffee
6)b) What does 'Fairtrade' mean?	Fairtrade is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world
7) FIND TWO ITEMS THAT ARE GROWN OVERSEAS?	Check the labels, but coffee, tea, bananas, mango etc
7)b) Why might it be a good idea to buy these items?	Support local communities in developing countries
8) CAN YOU MATCH THE DRIED FRUIT TO THE FRESH FRUIT?	Mango...or raisins and plums
9) WHAT IS YOUR FAVOURITE FOOD IN THE BASKET?	Visitors' views
10) WHAT ITEMS WOULD YOU USE TO MAKE A HEALTHY AND TASTY MEAL?	Visitors' views