

SENSE	TITLE	TIMING
    	British Food Fortnight	 45 minutes

AUTHORS	KEY WORDS	LANGUAGE
Petra Lewalder	Learn about promoting locally grown food in Britain	English

LEVEL	GROUP LEVEL	AGE
A2-B1	Secondary group	13-16

COMPETENCES			
•	Global	•	Oral Production
•	Oral Comprehension	•	Written Expression
•	Oral Expression	•	Written Comprehension

OBJECTIVES	
COMMUNICATIVE	- Making arrangements - Creating a fusion salad
FUNCTIONAL	- Reading and understanding an informative text - Answering questions on the text
CULTURAL	- Learn about British culture and - On how to love local food

METHODOLOGY	- Reading comprehension - Answering questions on the text
TECHNIQUES	Reading, writing, making arrangements
RESOURCES	Annex 1
ICT TOOL	Dict.cc to find out about words / smart board to show poster

DESCRIPTION OF ACTIVITIES		
Salad	5'	Activity 1 Milling around activity – instructions - Hand out a copy of the worksheet to every pupil - Students read and understand the instructions given there - Set a fixed time or a signal , when students have to stop working and come back to the plenum. - Tell the students to try hard and never ask a pupil twice (if the group is big enough).
		Activity 2 Students play the game and collect as many answers as possible.
Main Dish	20'	Activity 3 - Back in class you ask for some volunteers for a food profile - The volunteer's name is put on the board and all the pupils who talked to that person add answers to the profile. - Finally check the profile of the volunteer. - Ask the class to give this person a "foodie nick name", e.g. "fast food junkie"; "gourmand" - Having done that, the volunteer checks if he/ she agrees with his / her "food profile" or counterargues.
	10'	
Dessert	5'	Activity 4 Students discuss, if most pupils follow a healthy diet or not



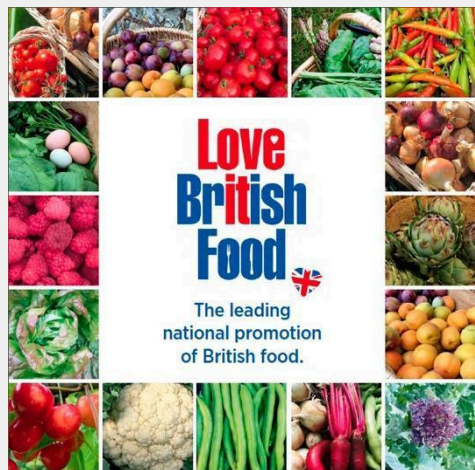
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ANNEXE 1

M1: The “Love British Food” Movement



(photo: Independent Cookery Schools Association)

M2: A national celebration of food

Each year during the last week of September and the first week of October people across the United Kingdom celebrate a food festival like no other: British Food Fortnight! Taking place in the autumn, at the same time as the traditional harvest festival, it is now the established national celebration of British food. Communities large and small, schools, universities, pubs, restaurants, hospitals, care homes, charities, public services and shopkeepers come together to champion British-grown and produced food, honouring both tradition and seasonal harvests. The two-week celebration is the nation's largest food festival, designed to promote the diversity and quality of local dishes. The idea began in 2001 after the foot-and-mouth disease crisis nearly crippled rural communities in Britain. Inspired by the harvest festival, a woman named Alexia Robinson founded the event to revive public support for British farming and food. Since then, British Food Fortnight has grown into an enormously popular event on the UK food calendar.

M3: Fun activities and foodie lessons

The fortnight encourages people to rediscover and enjoy British flavours while supporting farmers and producers. This event reaches millions who actively take part every autumn. It is delicious and huge fun, and people from the very young to the elderly love taking part. You can literally eat your way around Britain during the fortnight as nearly every county holds a food festival during it.

Restaurants and pubs often create special menus highlighting local produce. There are lots of activities, including food festivals, cooking demonstrations and tastings. Educational programmes in schools are full of fun activities and foodie lessons. Many schools use British Food Fortnight as a chance to teach children about where their food comes from and how to prepare simple, healthy meals. Competitions and food-themed activities often take place, allowing pupils to get hands-on experience with local ingredients.

M4: Buying local and eating seasonal

One of the main aims of British Food Fortnight is to champion local, seasonal produce. Attention is drawn to the health benefits of seasonal eating and the environmental advantages of sourcing food locally. Britain has a wealth of delicious foods available through the seasons. Autumn is particularly rich, offering everything from root vegetables like carrots, parsnips and swedes to orchard fruits such as apples and pears. Seasonal eating is not only good for your health, but it also benefits the environment, reducing the carbon footprint that goes with importing out-of-

season produce. If people enjoy doing so during British Food Fortnight, hopefully they will buy British year-round.

M5: Bringing people together

British Food Fortnight is also an important platform for British farmers, where they can show the hard work and love that goes into producing high-quality food. From organic vegetable growers to livestock farmers raising grass-fed beef or free-range poultry, British Food Fortnight puts the spotlight on the people behind the produce. For farmers, it's a chance to reach out directly to consumers, sharing the story of where their food comes from and the sustainable (= eco-friendly) practices they use. Many farms open their gates for special tours or events, allowing visitors to see first-hand how their food is grown (vegetables and fruit) or brought-up (animals). At a time where convenience and fast food often dominate, British Food Fortnight helps everyone to understand the value of home-grown, locally sourced ingredients. With concerns around sustainability and food security becoming ever more pressing, the event stresses the advantages of buying British and eating with the seasons. It highlights the importance of supporting British farmers and producers, helping to sustain local economies and preserve traditional farming methods. It also brings people together. Whether it's through a community food fair, a street party, a family meal at a local restaurant, or simply picking up British-grown vegetables from the supermarket, British Food Fortnight encourages everyone to reconnect with their food and to celebrate and enjoy the quality of what's grown on home soil.

Tasks on the text:

1. **a)** Describe and explain the picture.
b) Name the given food items and add more home-grown vegetables and fruits you may know (M1).
2. Summarise the main characteristics of British Food Fortnight and explain how this national celebration of food was born (M2).
3. What sort of activities and programmes are there during these two weeks dedicated to British food (M3)?
4. Highlight the main advantages of buying local and eating seasonal (M4).
5. Work out why this special food festival is such an important platform for British farmers (M5).
6. Comment on the statement that British Food Fortnight encourages everyone "to reconnect with their food" (M5).

ANNEXE 2 (for teachers only)**For the teacher : Solutions / Answers to be expected****Task 1:**

a) The picture is framed with a large and colourful variety of home-grown British farming products. There are loads of delicious looking fresh vegetables and fruits. In the centre, there is the slogan "Love British Food", arranged with a small heart featuring the Union Jack. The 'it' in the middle of the word 'British' is given the same red letters as the word 'love' so that one can also read 'love it'. The blue and red catchphrase against a white background also reflects the colours of the British flag.

b) Among the pictured home-grown food items there are tomatoes, different sorts of salads and beans, cauliflower, cabbage, artichokes, turnips, onions, radish, cherries, raspberries, plums, apricots and more. Other home-grown food items include apples, pears, blackberries, strawberries, gooseberries, blueberries, cucumber, carrots, potatoes, peas, mushrooms, pumpkins ...

Task 2: British Food Fortnight is an annual national celebration of food that takes place from late September to early October, aligning with the traditional Harvest Festival season. It promotes the rich culinary heritage of the United Kingdom. This event encourages people to enjoy and explore British cuisine, showcasing the diversity and quality of locally produced food and highlighting the importance of buying British products. It launched in 2002 to support farmers after the foot-and-mouth crisis.

Task 3: To celebrate British Food Fortnight, individuals and communities can participate in several ways. Hosting local food events, visiting farmers' markets, and trying out new recipes featuring British ingredients are popular activities. Restaurants and pubs often create special menus highlighting local produce, while schools organise workshops and tasting sessions to educate children about British food traditions. Through events, competitions, and initiatives the fortnight educates people on the benefits of consuming fresh, seasonal, and British food.

Task 4: British Food Fortnight really matters because this event is more than just a celebration of taste. It supports local economies, boosts farmer income, and promotes environmental well-being. Buying British reduces food miles and supports seasonal eating with all its health and food security benefits. Ideally, the fortnight inspires people to buy British food year-round.

Task 5: By demonstrating consumer demand for British food, the fortnight gives farmers the confidence to invest in and develop their businesses. The nationwide two-week celebration highlights the importance of farmers and the food they produce, making the public more aware of their valuable contributions to daily life. It creates opportunities for people to learn directly from farmers about how their food is produced, fostering a deeper connection to the land and food sources and building confidence in food security.

Task 6: The celebration supports the understanding of food origins, nutritional value, and the importance of food in health. It encourages a deeper connection between people and the production of their food. The movement reconnects people with where their food comes from and, most importantly, with the people who make British food possible. At the same time it strengthens community spirit by bringing communities together to celebrate a shared pride in local food and culinary heritage. Community involvement is a highlight of British Food Fortnight!

