



Engaging Families
Lorraine Muldoon



our food
our health
our planet

Our approach

- Make it a multi sensory experience.
- Use stories.
- Use games.
- Include the whole family.
- Use a variety of activities.

Rolling oats

Where food comes from
Food and your health



What is it? Have a look. Have a feel. Can you see the little grains? These are oats.



These are the harvested grains; they're called groats. Have a feel of one.



Do you like porridge, muesli, flapjacks? Do the oats in them look like the groats?

No; you need to roll them between the rollers to flatten them. They're still the whole grain so they're full of fibre; really good for your heart, cholesterol and your poo!



ROLL THE OATS.
TAKE YOURS HOME
– OR EAT THEM!
YUM!

Rolling Oats – The outcome



Children love a multi sensory approach to learning.
Let them see, touch, taste and 'do' if you want to really engage them.

The chocolate story

Where food comes from - The future of food



Shake the cocoa pod, smell and feel the cocoa beans and taste the cocoa nibs (raw chocolate).

Meet the evil villains that are attacking chocolate; witches broom and frosty pod rot! Will chocolate start running out by 2020?

Discover that most cocoa farmers have never tasted chocolate.



Food of the future

GRASSHOPPER



Known as **chapulines**, they are roasted to a crunch and tossed with chilli and lime. People buy them at street stands and eat them like chips. Tastes salty and spicy.



Although not everybody wanted to sample some delicious mealworms and crickets; many children and adults welcomed the opportunity. Indeed one girl spun round in excitement crying "I used to be a vegetarian; now I'm an insectivore!"

We also bought in some protein bars made with insect flour for the less adventurous to try.

Grinding corn and making tortillas



Although the children's contribution was only pressing the tortillas in the press, they still felt it was *their* tortilla they were eating – so it tasted so much better!

The 'Lumpie' bike



A really fun way to find out that you don't need to waste food. All the fruit and veg we used would have otherwise been thrown away.

If little legs couldn't reach the pedals then little hands could spin the wheels (with a little help) and mums and dads could always be relied on to add their pedal power.

Once again, so healthy (we looked at all the vitamins) and so delicious when you've made it yourself!



Finding iron in rice krispies



If they don't come to you; you can always go to them.

Global cup of tea/coffee

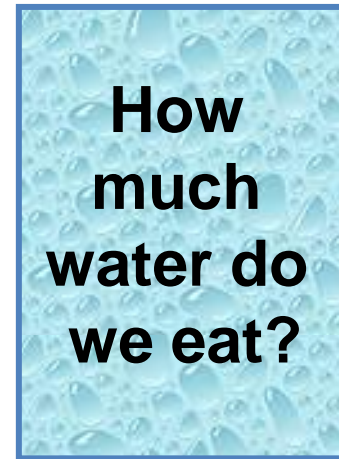


Where do all the ingredients for our cup of tea/coffee come from (including the power to boil the kettle and oil for petrol to transport it)?

We also had photographs of the producers- a coffee farmer in Brazil, a Russian miner, a Cuban sugar cane worker etc.

Really blew their minds when the little picture discs were spread around the world.

How much water do we eat?



Will the food on the next card use more or less water to produce?

Higher or lower?

Whether in house or on outreach we took a variety of activities; which we changed on a regular basis (maybe every 30 minutes or so) so that families could be encouraged to return to the stand and try different things. The activities we used were:

- Rolling oats
- The food of the future (insects)
- Global cup of tea game
- How much water do we eat game?
- The story of chicken
- World top 10 foods (displayed all the time with real or replica examples of each to handle)
- Pedal powered lumpie drink
- The story of chocolate
- Iron fish/iron in cereal
- Tortilla making
- Hungry City digital game

We used a chalk board to display 'current activity' and 'coming next'; with times for the more popular activities.

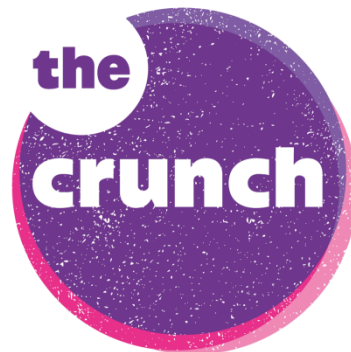
Thank you

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