

## **Sustainable vegetables?**

**Time:** 1 hour

### **Group**

### **Purpose**

To find out how to analyse food products and compare how sustainable they are.

### **Background to the task**

We take vegetables for granted. But what is their impact? How were they grown? Were fertilisers and pesticides used? Has they travelled far from the farm to the shop? What kind of transport? What kind of packaging is used? How are they prepared? What waste is generated? How are they cooked? What does they look like and taste like?

### **Carrying out the task**

- You will work in groups of two.
- Your teacher will give you some fresh vegetables to cook and a piece of equipment. Some are organic, the others pre-packed.
- Work out and record the cost per kilo of all the vegetables (*use the handout sheet and fill it in as you go along*)
- Make notes on the handout sheet where each of the products was grown. How do you think it was grown? How do you think it would be transported from the field or greenhouse to people's homes? Save the packaging.
- One member of your group should prepare and cook the organic vegetables, and the other the pre-packed.
- Fill in the remaining questions on the handout.

### **Recording results**

Use the attached form.

## **Teachers' notes**

### **Materials needed**

*Fresh vegetables that are*

- 1. organic and if possible, local*
- 2. imported from outside the UK and sold pre-packed*

*Each group has just one pair of vegetables – e.g. local, organic carrots and pre-packed, imported, non-organic carrots.*

*Cooking utensils: wok, microwave + suitable container, cooker and pan, knives, potato peeler.*

### **Extension activities**

After the task has been completed, most of the cooked vegetables will be left. Ask students to get together with one or two other groups and make something really nice from their combined vegetables!

# Worksheet on sustainable vegetables

Members of team

Date

Method of cooking

	Organic and local	Imported and pre-packed
How much does it cost per kg?		
How is it packaged?		
Where was it grown?		
How was it grown?		
How was it transported?		
What waste was there?		
How long does it take to cook?		
What does it look like when cooked?		
What does it taste like?		
What texture is it?		