

# Project 3: Eco-foods

## Overview

In this project you will design and make a food product to be sold in a local food shop of your choice.

### During this project you will learn about:

- c the importance of using local foods in season
- c organic foods
- c how foods can be produced, packaged and transported in a way that takes into account sustainability.

## Background to the project

In recent years we have come to expect more and more from the food we buy. Today we can buy almost anything, pre-packed and ready to use, at any time of the year. To meet this demand for convenience, farmers have turned to large-scale, energy-intensive farming; pesticides and fertilisers are widely used; and the amount of food packaging has increased enormously.

All of these changes have had a major effect on the environment.

## Your brief

Design and make a food product that will encourage people to eat organic produce or foods that are in season.

Your product should be:

- c made from locally available foods in season (which may be organic)
- c produced, packaged and transported in a way that causes as little harm as possible to the environment.

Think about sustainability when evaluating your design.

## Possible outcomes

The type of things you could design and make include:

- c a food product to celebrate the season (e.g. autumn pumpkins)
- c an organic food product for snack lunches (e.g. sandwiches sold from a bicycle trailer in a city).