

# Harvest - Live Lesson

## Teacher and parent/carers guide

### Where and when:

**Date:** Wednesday, 22 September 2021

**Time:** 11:00am

**Duration:** 30 minutes

**Location:** [bbc.co.uk/livelessons](https://bbc.co.uk/livelessons)

*This programme is available to view from home or school, and no sign-up is required.*

*Simply visit the website on the day and follow the instructions on the page to watch.*



### Curriculum links:

Geography/ Personal, Social, Health and Economic Education (PSHE)/ Health & Wellbeing/Design & Technology for 5-11-year olds.

#### Geography

- Seasonal weather patterns in the United Kingdom
- Distribution of natural resources including food

#### PSHE

- Ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)

#### Health and Wellbeing

- Becoming aware of the journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability.

#### Design & Technology

- Use the basic principles of a healthy and varied diet to prepare dishes and understand where food comes from

### Setup:

This Live Lesson which will be broadcast on the CBBC channel and released simultaneously on the BBC Teach website at 11:00am.

We will be running a live commentary page on BBC Teach during the broadcast to reflect contributions from children watching from home and school.

## **How much space and equipment is needed?**

The lesson can be viewed in a classroom or at home with a device (computer, tablet or mobile phone) linked to a reliable broadband connection, or watched on a television on the CBBC channel.

## **Lesson content:**

This programme covers learning objectives across the Key Stage 1 and 2 Geography, PSHE and Design & Technology curriculums for England, Key Stage 1 and 2 in Humanities and Health and Wellbeing in the National Curriculum for Wales, Scotland's Curriculum for Excellence for 1st and 2nd Level in Social Studies (People Place and Environment) & Health & Wellbeing (Food and Health) and Key Stages 1 and 2 of The World Around Us in the Northern Ireland Primary Curriculum.

### **A harvest recipe with Suzie Lee**

In the programme, chef Suzie Lee will be talking about different vegetables that are ready for harvest and how they can be used as ingredients in a recipe. She'll be cooking the recipe in the studio, and the recipe will be available on the BBC Teach website so children can recreate it at home or in school.

Pupils will also learn how far food travels and how choosing food with fewer food miles can help reduce pollution and help the planet, as well as some surprising facts about fruit and vegetables.

### **Harvesting and planting with 'green-fingered' George**

The first ever RHS Young Gardener of the Year, George, will be taking us through some key questions from children around planting your own fruit and vegetables, including seasonality and how plants grow, and composting.

### **Food production at a factory**

We visit one of the UK's biggest factories to find out how food that is harvested is made into tinned vegetable soup. We learn how putting food in tins help to reduce food waste and enables it to be stored for a longer period of time, how soup is cooked in a factory setting, and how it's dispatched and distributed all over the world.

### **Q&A with Suzie Lee**

At the end of the programme, Suzie will answer viewer questions that have been sent in beforehand and showcase the final dish.

## Contact us:

If your child or pupils are planning on watching the Live Lesson in school or at home, let us know. Email us with your school name or names of your children to [\*\*live.lessons@bbc.co.uk\*\*](mailto:live.lessons@bbc.co.uk), or get in touch using the hashtag **#bbclivelessons** and they could be featured on our live commentary page.

We also want to know if your pupils have been growing plants and vegetables and what some of their favourite foods that keep them healthy are.

*If you are sending in any images or videos that feature children, please ensure that you have parental or guardian permission, as they may be shown on our website. Please be aware that the BBC may ask you to demonstrate that you have received verifiable parental consent.*

*In the email, please confirm your official relationship to the child/children featured, e.g. teacher, Brownie group leader, sports coach etc. and confirm that you have sought prior parental consent. Please also ensure the material is not sensitive or controversial.*

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