

Daily Challenge Week 2 Day 3 How fussy are you?

With our current 'lockdown', we may find it harder to get the food we want all of the time. Over the last decade, we have been able to buy any fruit and vegetables at any time of the year, from any part of the world. Now, we may have a limited choice of food.

1. Find out about World War Two and how people were encouraged to 'dig for victory'.

The Ministry of Food wanted people to waste less food and to grow their own. This would also help them cope with rationing. This campaign urged people to use any spare land to grow vegetables. Parks, golf clubs and, more notably, the moat at the Tower of London were used.

People were asked to turn their flowerbeds into allotments. Recipes were also given out suggesting new ways to cook vegetables, including 'curried carrot' and 'carotade'. By 1943, there were 3.5 million allotments in Britain and over a million tonnes of vegetables were produced.

Watch BBC Teach <https://www.bbc.co.uk/teach/class-clips-video/history-ks2-rationing-in-the-uk/zbgb9q> (aimed at 7+ year olds).

How far would you cycle for ice-cream?

You hear from an eye-witness called Graham, who recounts how he cycled ten miles because he heard there might be ice-cream, and Gladys, who describes how her dad made a carrot Christmas pudding as they couldn't get dried fruit.

2. Have a look at what fruit and vegetables you have in your house? Where in the world do you think they are from? How could you find out? Some fruits and vegetables can only be grown in the United Kingdom during the summer, when it is warm. If customers want to eat these fruits and vegetables all year round, shops have to transport them from warmer countries, so that people can still buy them. If people from the UK buy raspberries from the supermarket in the winter, they will have been grown in warmer countries, like Spain. Watch 'BBC Teach' to find out more about food miles:

<https://www.youtube.com/watch?v=9Opt06QF9WY>



3. Over to you. HOW PICKY ARE YOU?

Would you cope if food was limited and there was less choice? Do you refuse to eat most vegetables?

Rate yourself from 1 to 10 on pickiness.

Can you find an emoji for each one or design your own?

1	Not picky at all. I will give any food a go. I may not like the flavour very much but I know that if I keep trying new things and re-trying ones I have already tried, my taste buds change as I grow.	
2		
3		
4	I'm a little picky. I avoid tasting things I know I have not liked in the past even if it is cooked in a different way.	
5	I may roll my eyes and nibble it to show I'll try it.	
6		
7		
8	Very fussy. I get angry if I am asked to try vegetables. I must think my head will explode if I try them.	
9		
10	Extremely fussy. I get very upset if someone even puts a vegetable ON MY PLATE.	

4. Make a list of as many fruits and vegetables you can find.

Which ones are locally grown?

Which ones do you like?

Choose 3 fruits or vegetables that you don't like but that your family can buy now.

Research some recipes that include these vegetables and try them out.

There are lots of different ways to cook one vegetable.