

About this web site – how to use the resources

Introduction

This web site contains pictures and audio files from three farms in the North East of Scotland, together with a wealth of additional resources for teachers and pupils. It is part of the 'Getting in Shape' project which links farming and food production with healthy eating and physical activity. All resources are copyright free.

This resource has been developed in line with Scotland's Curriculum for Excellence, but the ideas and activities can easily be adapted for use in England and Wales, and further afield! There is much to be gained in comparing different farms situated in different locations across the UK, and indeed, the world.

The 'Getting in Shape' project is a collaboration between the internationally renowned Rowett Institute of Nutrition and Health (part of the University of Aberdeen), Aberdeen Environmental Education Centre (part of Aberdeen City Education Department) and The Royal Northern Countryside Initiative (affiliated to the Royal Highland Education Trust).

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More about the project

Getting in Shape is an integrated, structured, cross-curricular programme of learning and teaching about how to develop a balanced lifestyle. There is a focus on food production, nutrition and health. The project has been developing and growing since its inception in 2005 and now fully meets the requirements of the Scottish Curriculum for Excellence.

An early ambition of the project was to ensure that the nutrition education was linked to farming and food production via farm visits organised by The Royal Highland Education Trust (RHET) in Scotland (and its local branches). The realisation that this was only ever going to be possible for a small number of schools led to the development of this farm web site. The interviews and pictures from the farms also includes some material from actual school visits.

This web site can never replace the experience of visiting an actual farm and we encourage all schools to try and organise a visit if at all possible. In

Scotland, you should contact RHET <http://www.rhet.org.uk/> who will put you in touch with one of their regional branches.

Resources

All resources have been thoroughly tested and evaluated with a number of schools in and around Aberdeen City and Aberdeenshire. We are very grateful to all the teachers and pupils who have helped us on this journey.

The resources these have been developed for pupils in the middle and upper stages of primary school, and early stages of secondary school.

- **Photographs** - these were mostly taken during classroom visits to the 3 farms. Clicking on any picture will launch it in a new web page and enlarge it. All images are copyright cleared.
- **Audio files** – the audio files are a combination of interviews with the farmers, and recordings of them talking about their farm with pupils during actual visits. Local classroom teachers have added additional material to help the pupils' understanding of what the farmers are talking about, and what the key points in each recording are.
- **Personal Record Sheets** – These relate directly to the farms on this site and will assist pupils to record what they have learned in a sequential and progressive manner. They are linked to each page of the farm sites – you will see them referred to as PRS1, PRS2 etc. They will open as a pdf so that if you are using an interactive whiteboard, pupils can 'write' their answers on them, or you can print them off. They can be displayed on the screen while pupils are listening to the audio files and looking at the pictures.
- **Personal Record Books** – these have been developed for pupils in the middle and upper stages of primary school, and early stages of secondary school. They provide a natural link between the farming topic on this site and nutrition and health. They have been extensively used by schools in the North East of Scotland and are also designed to assist pupils record what they have learned in a sequential and progressive manner.
- **Learning and Teaching Matrices** – three exemplar matrices have been devised dealing with early primary, middle stages and upper primary/early secondary. The learning and teaching ideas will give you a head start in devising your own cross-curricular programmes.

How to use this resource

We hope that in time teachers will email us their experiences of using this web site and the booklets/record sheets so that we can share ideas and develop a range of lesson plans.

[This is one example of a lesson/project plan using the dairy farm:](#)

1. Go to the web site using your interactive whiteboard.
2. Start the class off with considering the questions on sheet 1 on the homepage of this site. They could discuss their ideas in groups and record their thoughts before sharing with the rest of the class. Encourage them to think as creatively as possible about different types of farms.

How many different types of farms can they think of?

What might be the differences between a Scottish farm and one in Kent, England, for instance, or overseas?

There are links on the Teachers Resources page to other web sites that will help with this activity.

3. Sheet 2 features the countryside code. This could be used to facilitate a discussion on how the children might behave when visiting a farm, and how a farm visit would differ from a visit to e.g. a museum/ tourist attraction?

What sort of clothes and shoes should the children wear? They might like to come in on one day dressed as if they were going to visit the farm.

What will they hear andsmell!

4. Click on the dairy farm link from the homepage to go to the cartoon of the farm map.
5. Click on 'farmer'
6. Look at the picture of Lucy (if you click on any of the pictures they will enlarge to full screen or as big as you wish).

Play the two audio files. Pupils may wish to hear them several times.

7. Look at the PRS 1-3. The first one is quite straightforward and the pupils should be able to answer it from the audio files. These sheets open as pdfs so you can have them on display while you are listening to the audio file and looking at Lucy's picture.

It takes a bit of practice to get the pictures and pdfs of the PRS on the screen at the same time as you play the audio files, but once you've tried it a few times you will get the hang of it!

PRS 2 requires the pupils to do some work with a map, or using maps etc on the internet.

PRS3 features some additional thinking about what a farmer does.

8. Go back to the farm cartoon.
9. The logical next place to go is the link to dairy cattle, but the pupils could also choose where they would like to go next!
10. Follow the same combination of listening to the audio files, looking at the pictures and the PRS as above. Choose as much or as little of the farm to explore as you think will enable the pupils to gain an insight into how it operates. There is obviously the opportunity to study one of the farms in-depth, or to compare two or more of the farms at a more superficial level.
11. The Upper Stages booklet available to download from the teachers' resources page enables the link to be made about the role of milk and dairy products in a balanced diet. The activities include reference to an original piece of research undertaken in the 1920s which provided the first evidence that milk was an important part of the diet for young, growing children.
12. You can extend the whole project to include other aspects of food and health with the booklets and Leader's notes, and also the 'Getting in Shape for Life' matrix, which contains cross-curricular ideas for teaching and learning.
13. Please contact us with your comments on any aspect of the web site and the other resources. We will make every effort to amend and develop this resource as we get feedback on how it is being used.

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