

# Harvest 2025

## Classroom Resources



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## Article 24

Every **child** has the **right** to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that **children** can stay healthy. (UNICEF Rights of the Child).



## Introduction

This year we have created a short film to help children learn about an important topic in an age-appropriate way.

Alongside the film, this resource pack is full of ideas, discussion prompts, and activities to help you explore the themes together in the classroom.

The film introduces children to the reality of food poverty in the UK, helping them understand some of the challenges many families face, and the vital role food banks play in offering support.

It's a great starting point for building empathy, awareness, and thoughtful discussion.



The film can be accessed on either Vimeo or YouTube.

<https://vimeo.com/1107661517>

<https://youtu.be/EJEm1vU3PJo>

## General Overview

Opportunities	Primary
Teaching objectives	<p>The general learning objectives for each activity is to empower pupils to:</p> <ul style="list-style-type: none"> <li>• Engage with social issues as presented in the film and to broaden their outlook of marginalised groups in society</li> <li>• Develop critical thinking</li> <li>• Develop English language skills</li> <li>• Develop empathy skills</li> <li>• Make good choices when acting in order to make a difference</li> <li>• Raise awareness of United Convention on the Rights of the Child</li> </ul>
Cross-curricular	Maths, PSHE
Children's rights	<p>24. Health, water, food, environment  26. Social and economic help  28. Food, clothing, a safe home</p>
Events	<ul style="list-style-type: none"> <li>• Harvest Festival</li> <li>• British Food Fortnight - September 26th - October 12th</li> <li>• World Hunger Day - 28th May</li> <li>• Kindness Day - 13th November</li> <li>• International Day of Charity - 5th September</li> </ul>

## Opportunities

The following are a list of opportunities to review alongside the film.

### Builds Empathy and Understanding

#### Why:

- Many children may not realise that some families struggle to afford enough food
- A film can gently explain this reality in an age-appropriate way

#### Discussion Point:

- How might a child feel if they had to use a food bank?
- What would it mean for someone to get help when they really need it?

### Breaks down Stigma

#### Why:

- There is still a lot of shame around needing help from food banks
- Films can challenge these negative ideas and show that food banks exist because everyone deserves to eat

#### Discussion Point:

- Why do you think people might feel embarrassed to use a food bank?
- How can we show kindness and respect to anyone in that situation?

### Teaches Community and Compassion

#### Why:

- Food banks are run by volunteers and supported by donations
- Showing children how they work can inspire a sense of community and encourage helping others

#### Discussion Point:

- What could we do as a school, class, family to support our local food bank?
- How does it feel when you help someone else?

### Raises Awareness of Social Issues

#### Why:

- Food insecurity is part of a larger problem like low wages, high living costs, and inequality
- Films can introduce these ideas, simply helping children understand the world around them

#### Discussion Point:

- Why do you think some people can't afford food?
- What can be done to make sure everyone has enough?

## Encourages Action and Responsibility

### Why:

- After learning about food banks, children often want to help
- They might collect donations, write letters or start conversations at home

### Discussion Point:

- What actions could we take as individuals or as a group to make a difference?
- Why is it important for everyone to get involved?





## Classroom Activities

The following are a series of activities that can be completed in the classroom with the children around the topic of food poverty and the film we have produced.

### Task 1: Draw a plate of your favourite food

**Purpose:** To promote Article24.



### Task 2: Meal planner

**Purpose:** Raise awareness of social issues.

Using the food you might find in a food parcel, create a menu for the day.

Take a look at Resource 1 on page 11 of this pack for ideas.

### Task 3: Diary entry

**Purpose:** To develop empathy.

Write a diary entry imagining a day in the life of someone who uses a food bank.



### Task 4: Poetry

**Purpose:** Develop English language skills.

Look at different styles of poetry to use, for example, acrostic - F.O.O.D.B.A.N.K, rhyme etc.

Use a poem to write about someone's experience of going to a food bank.

### Task 5: Read aloud and discuss

**Purpose:** Build empathy through story.

Books to consider:

- 'It's a No Money Day' by Kate Milner
- The Great Food Heist by Onjali Q. Raúf

Talk about the characters' experiences and what we could do to help people like them.

### **Task 6: Design a poster**

**Purpose:** Encourage advocacy and creativity.

Children design a poster or leaflet to encourage people to donate food. Include what food is needed, where to donate and why it matters.



### **Task 9: Make a difference**

**Purpose:** Develops critical and creative thinking.

As a group or individual, imagine that you are in charge of the world. Create a list of 10 things that you would change that you think would make life better for yourself, your community or the world. Think outside the box - this doesn't just have to be about food banks, it could be about anything that you think would make a difference  
*"Be the change you want to see in the world"* Mahatma Gandhi.

### **Task 7: Food bank facts and figures**

**Purpose:** Use real data to practise maths and understand need.

Look at our latest Impact Report ([Black Country Foodbank Impact Report 2024](#)) and create bar charts, graphs or pictograms and discuss what the data shows and why it might rise in certain months.

### **Task 8: Plan a food bank collection**

**Purpose:** Children learn that not everyone has the same access to food and that hunger exists even in their own communities; this develops compassion.

Why not organise your own collection to help your local Black Country Foodbank or another charity.

- Research food banks in your local area
- Make sure you know which food items to collect - [Donate Food and Toiletries - Black Country Foodbank](#)
- Put posters up around your school asking other pupils to bring in the items you want to collect

You can take the food you have collected to your nearest food bank.



### **Task 10: Master Chef**

**Purpose:** This activity encourages creativity, teamwork, and problem-solving while helping pupils understand the challenges of limited ingredient choice. It also introduces budgeting and healthy eating concepts and builds empathy for those who rely on food banks.

Master Chef involves making a meal out of some ingredients which a food bank hands out.

In your class, ask each person to think of an item of food and write it on a piece of paper (or you can each write several if you have a small class).

Put them all into a bowl or other container.

Split your class into small groups - each group should close their eyes and pick 4 or 5 ingredients.

In their group, try to think of a meal that you could make with the ingredients.

Encourage them to talk about whether they think their meal would be tasty or disgusting? Would they eat it? Would their meal be for breakfast, lunch or dinner?

Extend the activity by searching online to find out how much each of the ingredients in their meal costs, and how much the meal would cost in total. Do they think the meal is expensive or good value for money? Is the meal healthy or unhealthy? Would it fill them up or not?

### **Task 11: Gratitude and giving wall**

**Purpose:** To reflect on what they have, develop empathy for others, and think of practical ways they can make a positive contribution to their community.

Create a classroom display where pupils can write or draw something they are grateful for, alongside ideas for how they could help people in their community e.g., donating food, fundraising, volunteering with an adult.

## Useful Links

Please find below some super websites with useful lesson ideas. The food portraits by Peter and Faith Menzel are particularly thought provoking.

- <https://www.blackcountryfoodbank.org.uk/>
- [https://www.teachingenglish.org.uk/sites/teacheng/files/SDG1\\_What\\_is\\_enough\\_lesson\\_plan\\_F2F.pdf](https://www.teachingenglish.org.uk/sites/teacheng/files/SDG1_What_is_enough_lesson_plan_F2F.pdf)
- <https://www.wfpusa.org/articles/students-hunger-lesson-plans/>
- <https://www.menzelphoto.com/gallery/Hungry-Planet-Family-Food-Portraits/G0000zmgWvU6SiKM/C0000k7JgEHhEq0w>
- <https://www.youtube.com/watch?v=eA5ZIV2c5EA>

## Resource 1 - What's In A Food Bank Parcel

The following images are resources we use to support people in making donations to our foodbanks.

BLACK COUNTRY FOODBANK LOVE . CONNECT . INVEST	
<input type="checkbox"/>	TINNED VEG
<input type="checkbox"/>	TINNED POTATOES
<input type="checkbox"/>	TINNED FISH
<input type="checkbox"/>	TINNED FRUIT IN JUICE
<input type="checkbox"/>	BREAKFAST CEREAL
<input type="checkbox"/>	LONG LIFE MILK
<input type="checkbox"/>	TEA BAGS 40'S
<input type="checkbox"/>	SMALL JAR COFFEE
<input type="checkbox"/>	1LT CARTONS OF LONG LIFE FRUIT JUICE
<input type="checkbox"/>	TOILET ROLL
<input type="checkbox"/>	BAR'S OF SOAP
<input type="checkbox"/>	SHOWER GEL
<input type="checkbox"/>	ROLL ON DEODORANT



BLACK COUNTRY FOODBANK LOVE . CONNECT . INVEST	
<b>HARVEST 2025</b>	
<b>SHOPPING LIST</b>	
BLACK COUNTRY FOODBANK HELPS VULNERABLE INDIVIDUALS AND FAMILIES IN CRISIS THROUGH THE PROVISION OF AN EMERGENCY FOOD AND TOILETRY PARCEL, WHILE A LONGER-TERM SOLUTION IS DEVELOPED	
PLEASE SUPPORT US BY DONATING ITEMS FROM OUR SHOPPING LIST	
<ul style="list-style-type: none"> <li>CARTONS OF UHT MILK</li> <li>TEA BAGS BOX OF 40'S</li> <li>SMALL JARS OF COFFEE</li> <li>CARTONS OF LONG LIFE FRUIT JUICE</li> <li>CORDIAL/SQUASH</li> <li>TINNED POTATOES/MASH</li> <li>TINNED CHOPPED TOMATOES</li> <li>TINNED VEGETABLES</li> <li>TINNED FISH</li> <li>TINNED SOUP</li> <li>TINNED READY MEALS (MEATBALLS/MACARONI CHEESE/CHILLI)</li> </ul>	<ul style="list-style-type: none"> <li>TINNED MEAT</li> <li>TINNED FRAY BENTOS PIES</li> <li>BREAKFAST CEREAL</li> <li>PASTA SAUCE</li> <li>SAVOURY RICE</li> <li>INSTANT NOODLES</li> <li>TINNED FRUIT</li> <li>TINNED CUSTARD/RICE PUDDING</li> <li>BAR'S OF SOAP</li> <li>SHOWER GEL</li> <li>TOILET ROLL</li> <li>ROLL ON DEODORANT</li> <li>SHAMPOO</li> </ul>
	PLEASE SCAN THE QR CODE TO RECEIVE A WEEKLY REMINDER OF OUR SHORTAGES LIST ON YOUR SHOPPING DAY
<b>BLACK COUNTRY FOODBANK</b> LOVE . CONNECT . INVEST	
T. 01384 671250 E. admin@blackcountryfoodbank.org.uk W. blackcountryfoodbank.org.uk Registered Charity No. 1136676	



## Resource 2 - Black Country Foodbank

Black Country Foodbank is a charity that supports local people in crisis with the provision of food and toiletries. We are forever grateful to the local communities, schools, business and faith groups who donate food, toiletries and funds to help us in our mission.

As we continue to face rising food and energy bills, we are seeing more families who struggle to afford the basics, forced to turn to charities like ours to put food on the table for their children. Every day, food banks across the UK meet this unprecedented challenge with care and compassion.



### WHO ARE WE?

Black Country Foodbank is a Christian based charity which helps vulnerable individuals and families in crisis through the provision of emergency food and toiletries.



### WHAT DO WE DO?

We have a network of over 25 foodbanks across the Black Country who provide emergency food and toiletry parcels to people in need.

The services we provide have an enormous impact on the people who use them, giving them an important breathing space at a time of great need.



### HOW CAN YOU HELP?

Our food banks can only exist with the help, support and generosity of their local communities.

We invite you to support us by either:

- Having a Harvest celebration and asking children to bring in an item of food
- Hold a mufti day, asking children to either make a financial contribution or bring in an item of food

To find out more visit our website <https://www.blackcountryfoodbank.org.uk/>.