



# UNITED KINGDOM!

## 45MINS-1HR

- Use world maps, atlases and globes to identify the United Kingdom, as well as the countries, continents and oceans studied at this key stage.
- Use simple compass directions (North, South, East and West) and locational and directional language [for example, near and far; left and right], to describe the location of features and routes on a map.
- Locate the world's countries, using maps to focus on Europe (including the location of Russia) and North and South America, concentrating on their environmental regions, key physical and human characteristics, countries, and major cities.
- Understand and apply the principles of a healthy and varied diet.

## LEARNING OBJECTIVES

- PowerPoint presentation for the lesson.
- A selection of broccoli including traditional and also purple sprouting broccoli, if in season.
- YouTube clip - <https://www.youtube.com/watch?v=FlzylbmyM78>
- Writing journals of A4/A3 paper to create adverts and posters.
- Eat them to Defeat them World Map.

## RESOURCES

1. Recap on the previous lesson and geography points, asking children to share some of the knowledge they learnt and locating the area on a World Map.
2. What place do you think this is?
3. What do you already know about the United Kingdom?
4. Ask the children to locate the four different countries that make up the United Kingdom.
5. Ask the children to use an atlas/map to name the waters around the UK.
6. Talk to the children about the type of food that the UK is known for:

The UK has a diverse food heritage that has been influenced over the centuries by many different cultures. In ancient times, British cuisine was influenced by the Romans and then in medieval times by the French. In Tudor times, the increase in trade and discovery of new lands resulted in an increase in the arrival of new foods, such as spices from the Far East, coffee and cocoa from South America, sugar from the Caribbean and tea from India. Potatoes from America also began to be grown.

Roast beef with Yorkshire puddings, steak and kidney pie, fish and chips, trifle – these are the dishes that everyone associates with the UK. But like the country, which is constantly changing and evolving, so is the food of the UK. The UK has well established links across the globe and this is reflected in the multicultural menus that can be seen across the country today. Dishes such as Chicken Tikka Masala and Vegetable Balti are now also part of the UK's food culture.

## LESSON OUTLINE

## CONT...

Broccoli is a 'cool season crop', which means that the temperate (not too extreme) climate of the UK is perfect for growing this nutritious vegetable. It is packed with vitamins and although we usually just buy the head of the broccoli in shops, the leaves and stalks can be very tasty as well (some kids even prefer the sweeter stalks!). Making the most of the whole plant also helps to reduce food waste.

### Activity

1. Broccoli was first brought to America by founding father Thomas Jefferson who loved gardening and Italian vegetables, but a US President who was not such a fan was George H. W. Bush who famously claimed he would not eat it anymore. Lots of people started sending broccoli to the White House to convince President Bush that it was both healthy and delicious! Ask the children if they know who Thomas Jefferson and George H. W. Bush are, and discuss words like "founding father", "President" and "The White House".
2. Ask the children to come up with an argument that explains why we should eat more broccoli and why it is good for us.
3. Discuss with the children what other vegetables we could create a campaign for to get more people to like them.
4. The children can write this as an advert or create posters encouraging other children in the school to try broccoli and explaining why broccoli is good for our health.

### Filling in the lesson information on their map

From the information shared in the lesson today, fill in the box on the children's individual world map that relates to the UK.

## LESSON OUTLINE

- Extend the exercise to other vegetables that the children can create a campaign for to persuade their friends to try and enjoy.
- The children could use broccoli to print their own artwork.
- Book Links: Monsters Don't Eat Broccoli by Barbara Jean Hicks.



## EXTENSION ACTIVITIES/HOMEWORK

FOR MORE GREAT TEACHING RESOURCES:

**EAT THEM TO DEFEAT THEM.COM**

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**UNITED  
KINGDOM**

