

LET GLASGOW NOURISH



INTRODUCTION



Every city has plans for the future that are made by people called 'Policy makers'. They make these plans by gathering the opinions of many people who live there.

Glasgow has plans for the future of schools, transport, parks, ... and it has an ambitious 10-year City Food Plan created by 'Glasgow Food Policy Partnership'.

At the heart of this plan is a vision that Glasgow will be famous for its sustainable food!

'Imagine a truly sustainable food city. A city where everyone can celebrate fresh, seasonal, local, organic and fair trade food that is delicious, healthy and affordable to all!'

(Glasgow City Food Plan 2021 - 2031.)

Do you know what all of these words mean when we are thinking about Food?
Match the words to their meanings

Sustainable	Everyone can buy good food regardless of how much money they have
Fresh	Food that we can continue to grow and make in the future
Seasonal	Food that is really yummy
Local	Food that we eat at the time of year that it is naturally grows, for example strawberries grow in the summer and apples are ready to pick in the autumn
Organic	Food that is grown or made as close to where we live as possible
Fair Trade	Food that is newly harvested or made, not preserved by freezing or putting in a can
Delicious	Ensuring that the people who grow or produce food, wherever in the world, are paid fair wages
Healthy	Food that is grown without using chemicals like pesticides
Affordable	Food that is good for our bodies and health

WHAT FOODS COULD GLASGOW BE FAMOUS FOR



ONIONS

Glasgow's merchant city had its own specific 'onion merchants' in the 1800's and shortly after 'Onion Johnnies' came from France and sold their onions door to door.

Onions grow very well in Scotland and Glasgow and are affordable.



RHUBARB

Historically grown in the East end of Glasgow on scale, between 1800's - 1900's. It was affordable (like Potatoes) and grows really well in Glasgow's Climate.

It is great in puddings and full of vitamins.

HERRING

A part of Scottish culture, economy and ecosystems for centuries. In the 1700's Herring (and Salmon) was a major part of Glasgow's food trade.

Incredibly nutritious and one of the most sustainable Scottish fish.



CHEESE

Although Scotland is famous for its whiskey, fish and beef - its Cheese industry is just as large and important.

A couple of today's special locally produced Cheeses include the 'Ayrshire Dunlop Cheese' and the 'Lanark Blue Cheese'.



ICE CREAM

Ice cream came to Glasgow at the end of the 1800's when many Italians immigrated to the UK, setting up businesses. It was sold from barrows in the streets.

Today Glasgow is home to several famous icecream shops that handmake icecream in the city.

A COAT OF ARMS

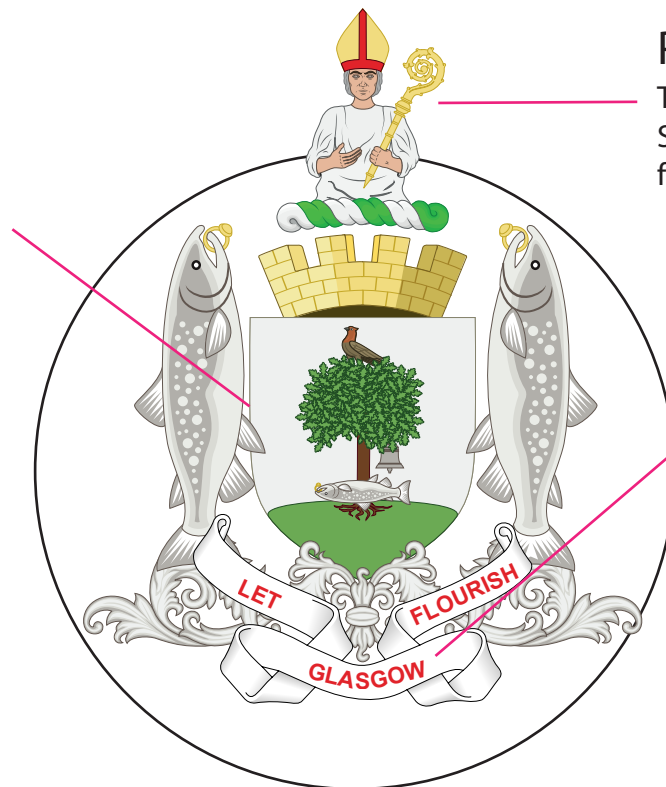
Your task is to make a poster that celebrates Glasgow as a sustainable food city!

We are going to take inspiration from the famous Glasgow Coat of Arms and then design a brand new Glasgow Coat of Arms that celebrates the future of food in our City.

Here is the Glasgow Coat of Arms that you will see today.
There are a few different elements to it;

Shield shape

Like shields used in the past during battles by knights in armour. Here the shield shape is a symbol of protection. The pattern on a shield tells others about the place that it is from and protecting.



Person

This is St. Mungo who was the Saint of Glasgow and helped found the city.

Moto

This is a short positive message for the city, here it says "Let Glasgow Flourish" but for your coat of Arms we are going to use "Let Glasgow Nourish"

Symbols / pictures

In the Glasgow Coat of arms there are images that all tell the story of St. Mungo. Can you find the following;

Oak
Tree

St. Mungo was left in charge of a holy fire, but when he fell asleep some jealous boys put it out. St. Mungo managed to re-light it just with a tree branch.

Robin

This tame bird was brought back to life by St. Mungo.

3 Fish +
3 rings

In memory of a golden ring belonging to a queen, that St. Mungo rescued from the mouth of a fish in the River Clyde.

Bell

Believed to be something given to St. Mungo by the Pope.

CREATE YOUR OWN DESIGN

To help you decide what to include in your coat of Arms, write or draw some answers to the following questions;

What do we cook or Eat in Glasgow?

Think about; Favourite foods / Healthy meals / School dinners / Cultural foods

What Grows really well in Scotland?

Think about; Farmed crops / Wild foods / Vegetables, fruit, fish, animals

Who are your food champions?

Think about; Who cooks for you / Farmers / Community growers / Teachers / Shop keepers

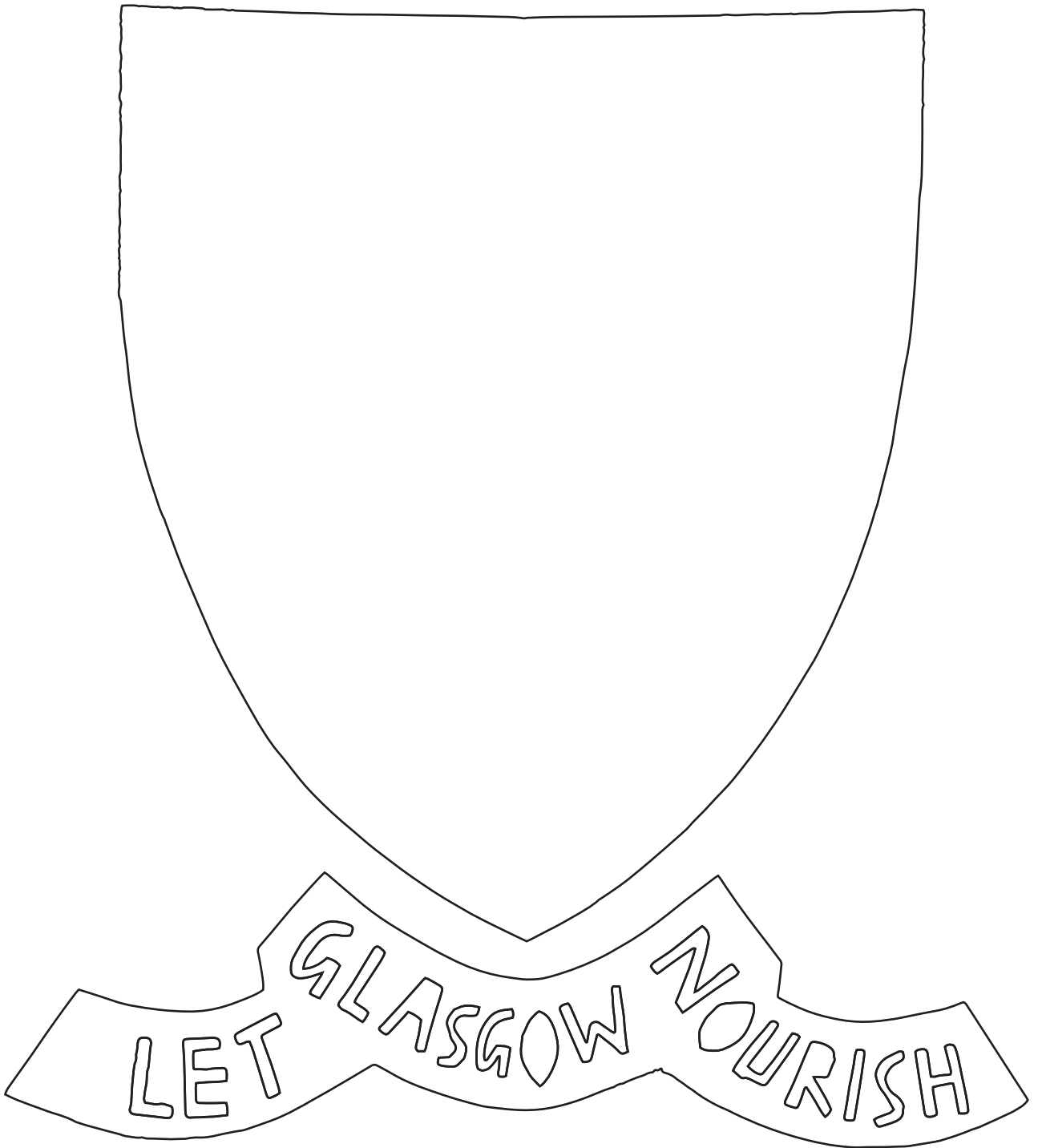
What tools are involved in growing, making and sharing Food?

Think about; Growing tools / Cooking utensils / Transport

What supports our food production?

Think about; Soil / water / microorganisms, worms, insects / Weather

Using the outline of a Coat of Arms draw the different symbols that you came up with inside and around the 'Shield shape'. You can add colour to these, try using bold contrasting colours to help your drawings stand out.



LET GLASGOW NOURISH

WRITE YOUR OWN FOOD POEM

The Glasgow Coat of Arms has its own special poem;

Here is the tree that never grew
Here is the bird that never flew
Here is the fish that never swam
Here is the bell that never rang

Can you make up a short rhyming poem about the things that you have drawn on your Coat of Arms?

