

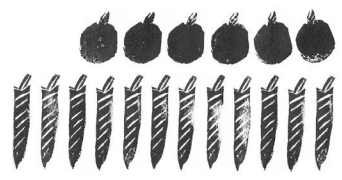
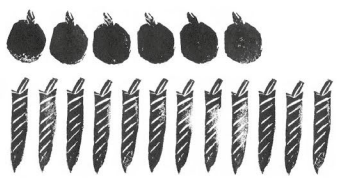


LET
GLASGOW
NOURISH



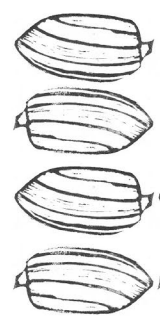
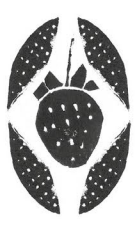
SUSTAINABLE

AFORDABLE

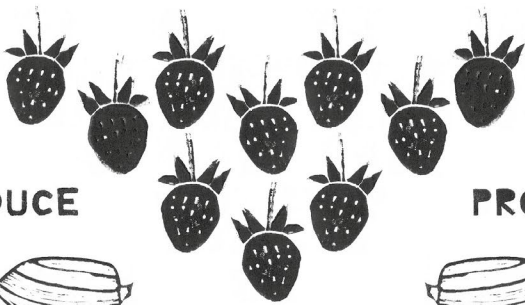


FOOD SECURITY FOR ALL

THRIVING FOOD ECONOMY



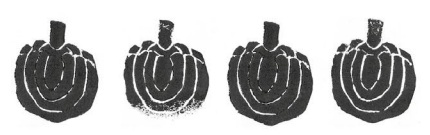
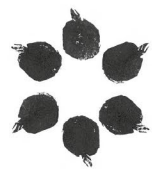
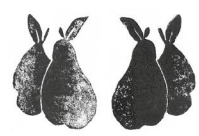
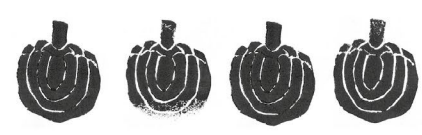
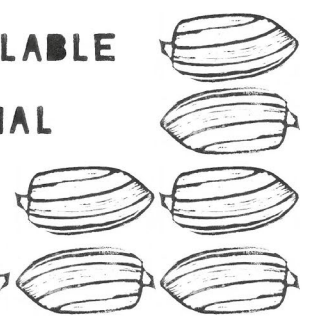
LOCALLY
GROWN



PRODUCE

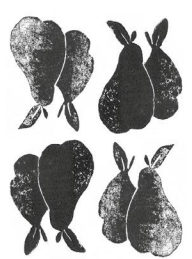
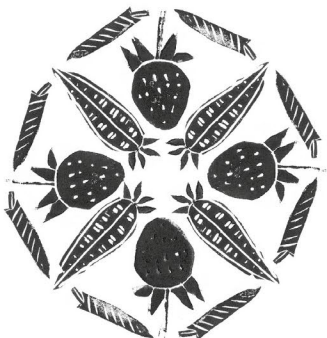
AVAILABLE
SEASONAL

PRODUCE



IMPROVED HEALTH
AND WELLBEING

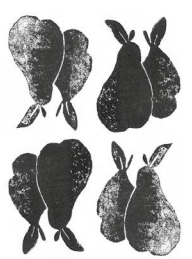
UNDERSTANDING
OF FOOD NUTRITION



REDUCED
FOOD
WASTE



REDISTRIBU-
-TION OF
SURPLUS





A Rights Respecting School

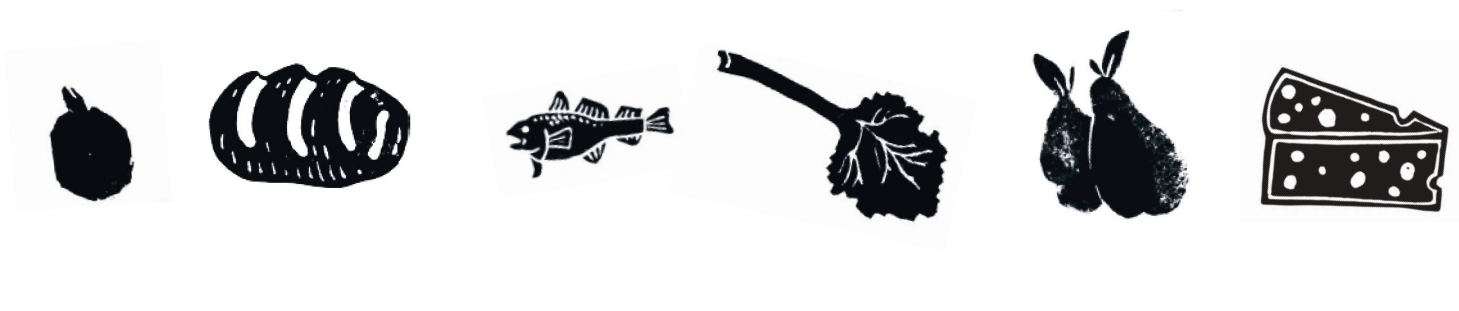
Looks like	Feels like	Sounds like
All working hard	Safe	Encouragement
People Learning	Supportive	Kind Words
People Sharing	Welcoming	Calming Words
People respecting their differences	Fair	Keep going!
Teamwork		

Safe
Respect
Ready

The Glasgow Food Policy Partnership team were invited to Bankhead Primary School to talk about our work. This was following a student chosen project this term where they've been learning about the food system.

We told them about our Partnership members, The Glasgow City Food Plan and the Working Groups, before moving on to some creative activities. The students completed a worksheet created by Hannah Brackston, following on from her previous work on a collaborative community tablecloth, 'Let Glasgow Nourish' crest, and Scottish food ceramic plates.

This booklet contains the worksheet created by Hannah and the crests as designed by the students. Thanks to Hannah for all of her work on the worksheet and the teachers at Bankhead Primary for inviting us and supporting the session.



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!

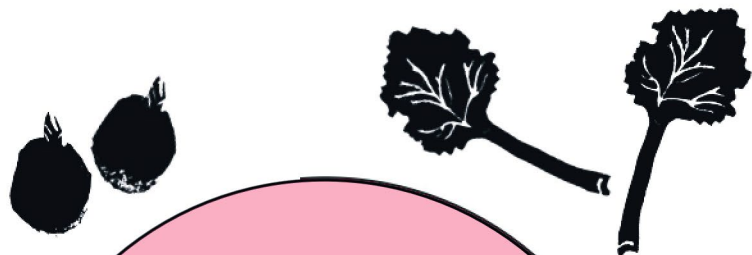
'Imagine a truly sustainable food city. A city where everyone can celebrate fresh, seasonal, local, organic and fair trade food that is delicious, healthy and affordable to all!'

(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

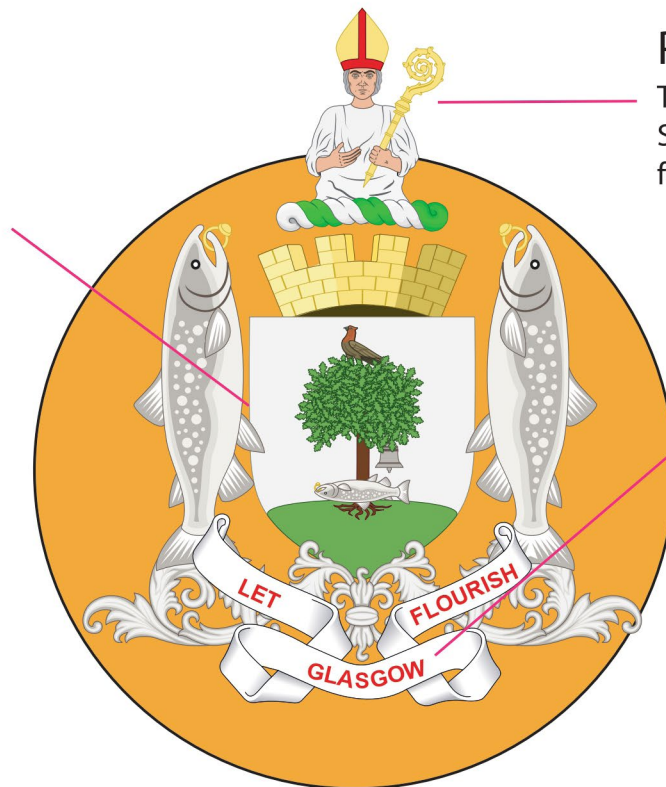
Your task is to make a poster that celebrates Glasgow as a sustainable food city!

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 Grows really well in Scotland?

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

What do we cook or Eat in Glasgow?

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

Who are your food champions?

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

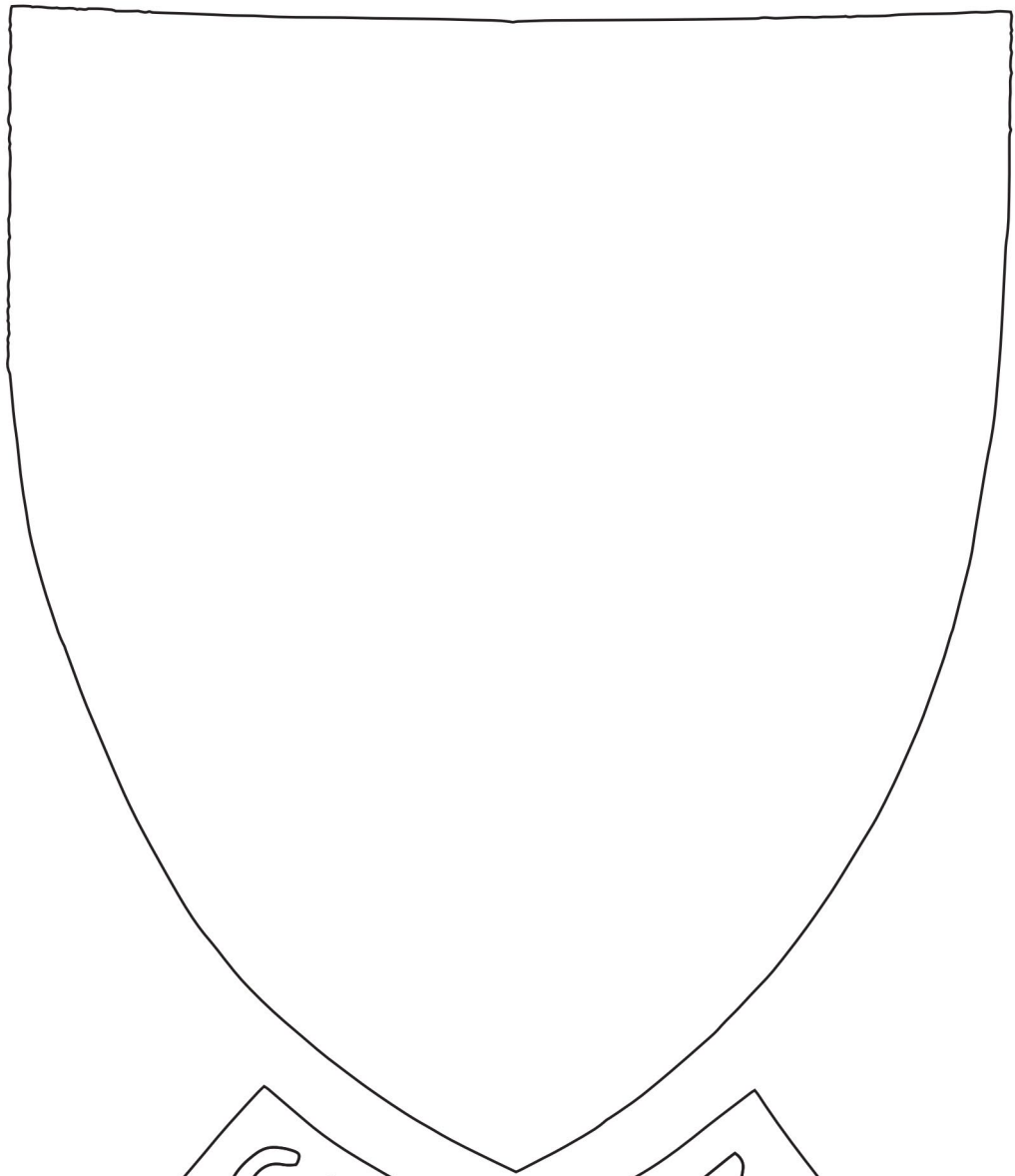
What tools are involved in growing, making and sharing Food?

Think about; Growing tools / Cooking utensils / Transport

What supports our food production?

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

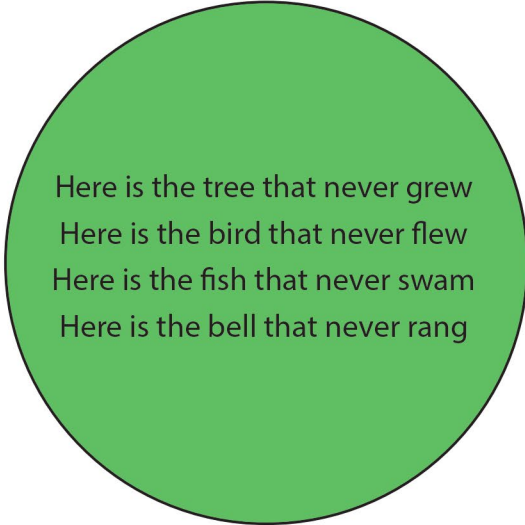
Using the outline of a Coat of Arms draw the different symbols that you came up with inside and around the 'Shield shape'. You can add colour to these, try using bold contrasting colours to help your drawings stand out.



LET GLASGOW NOURISH

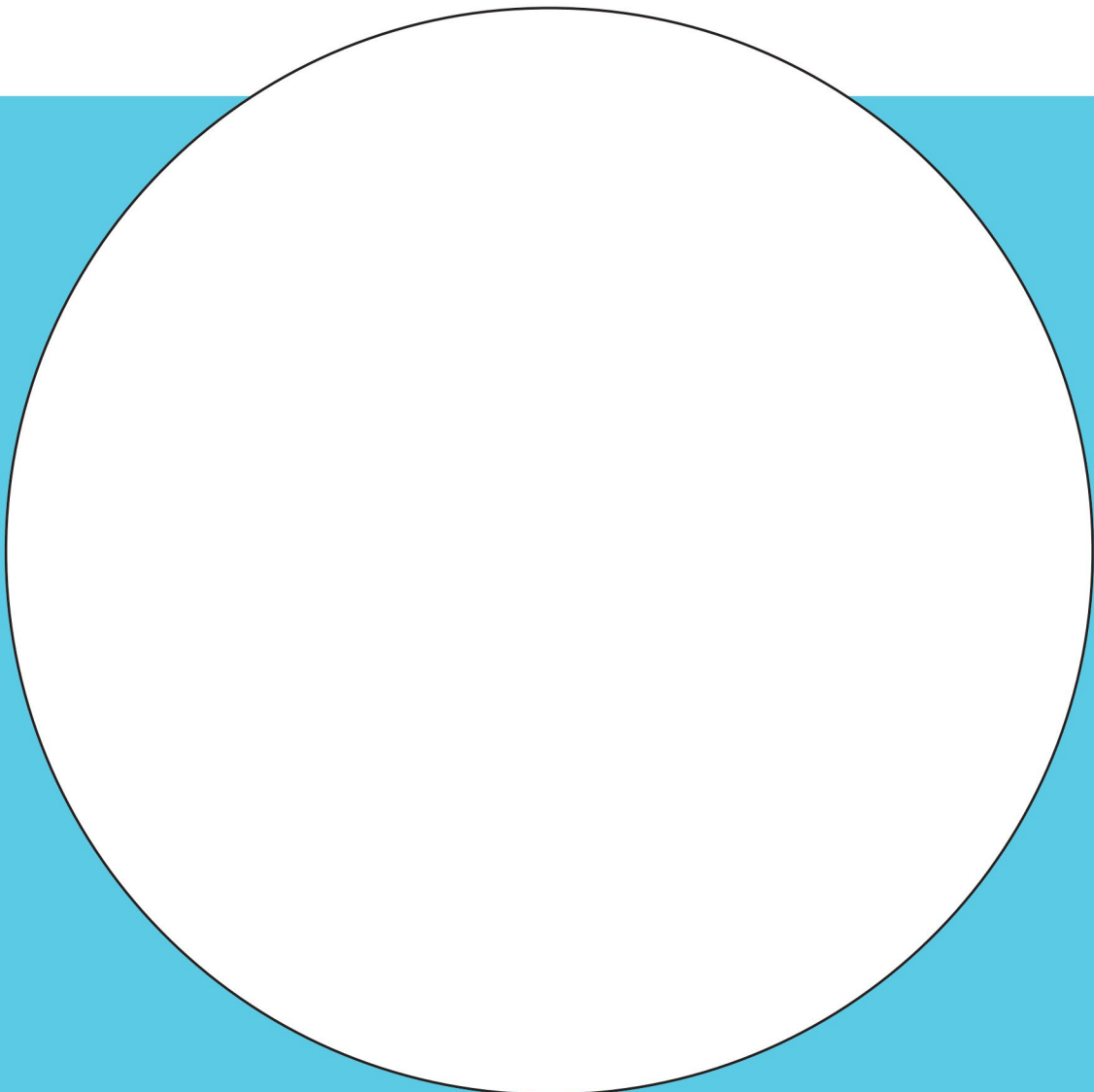
WRITE YOUR OWN FOOD POEM

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?



Angelica

P6



LET GLASGOW NOURISH

Kendrin
PG-5

PG-5



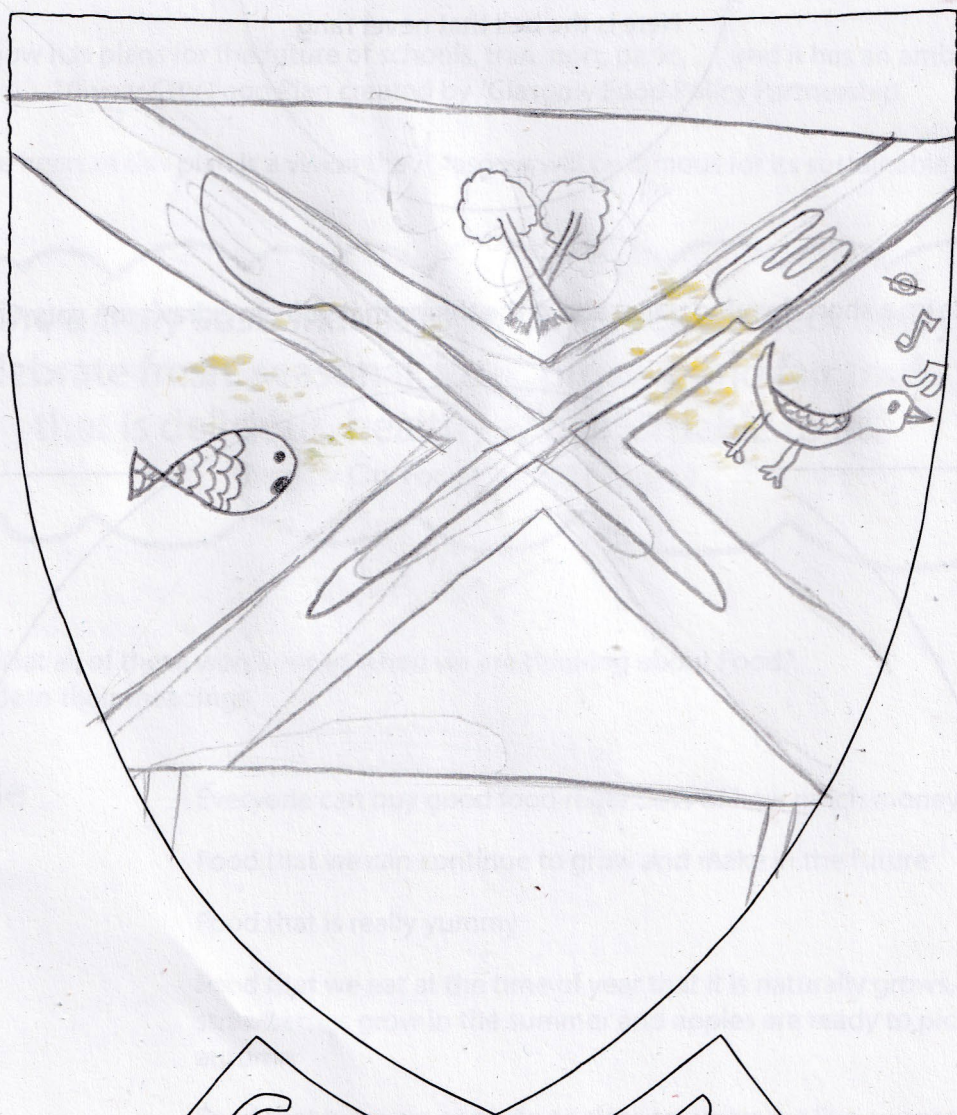
Murray

26



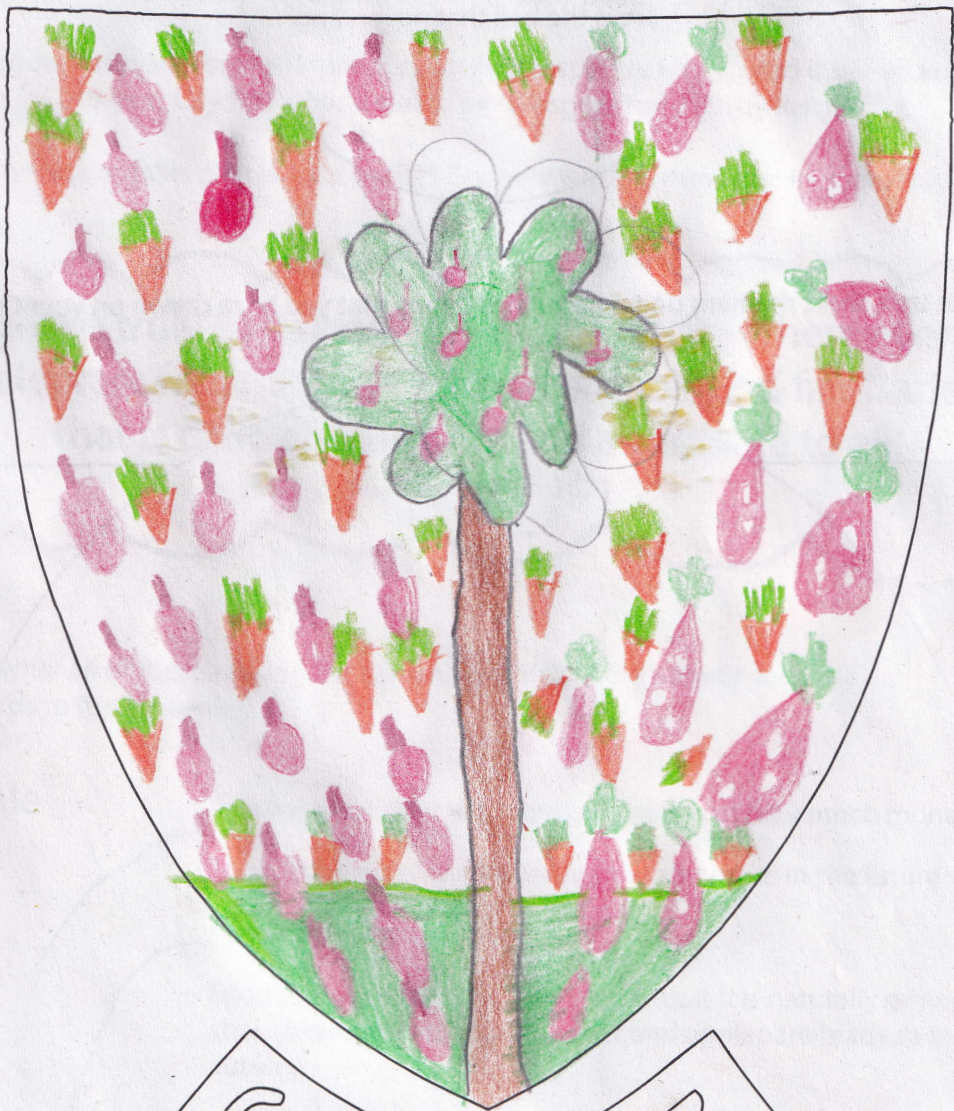
LET GLASGOW NOURISH

Martha P6/5



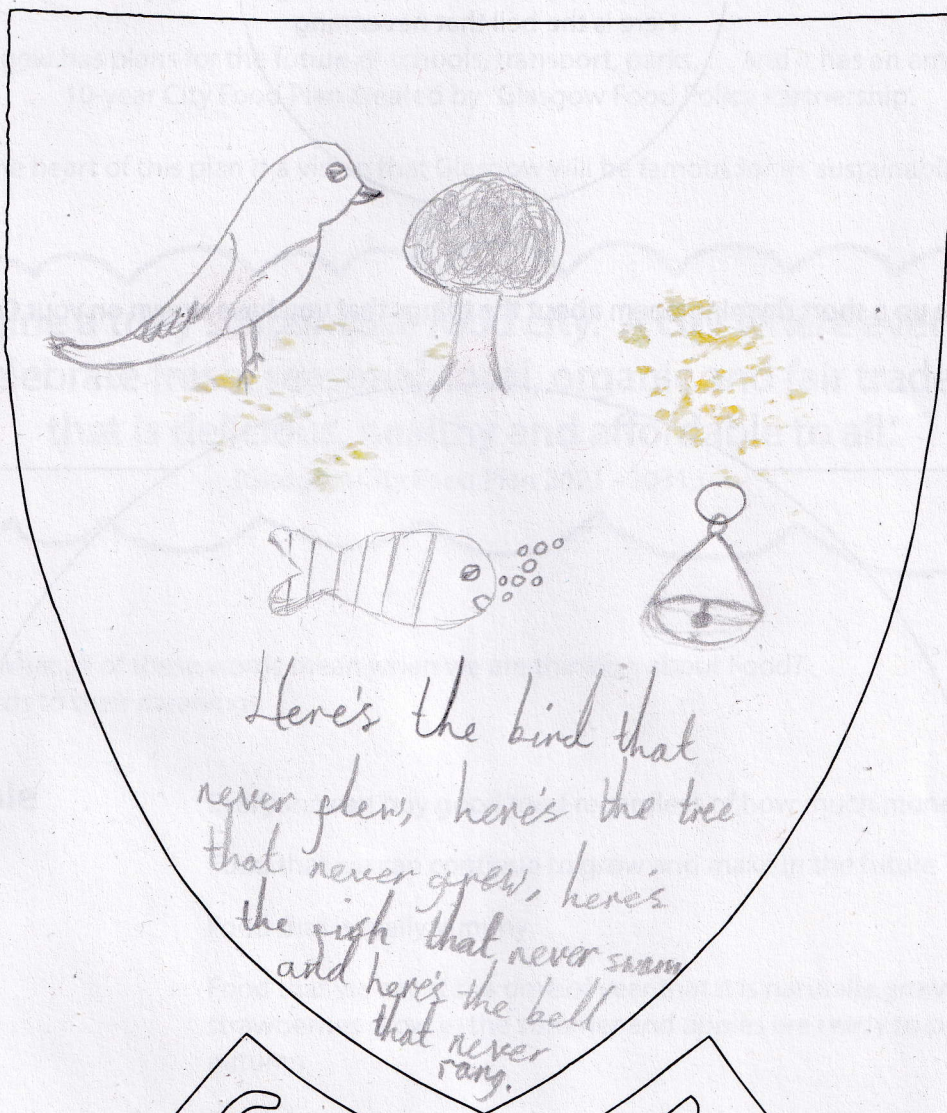
LET GLASGOW NOURISH

NAIN



LET GLASGOW NOURISH

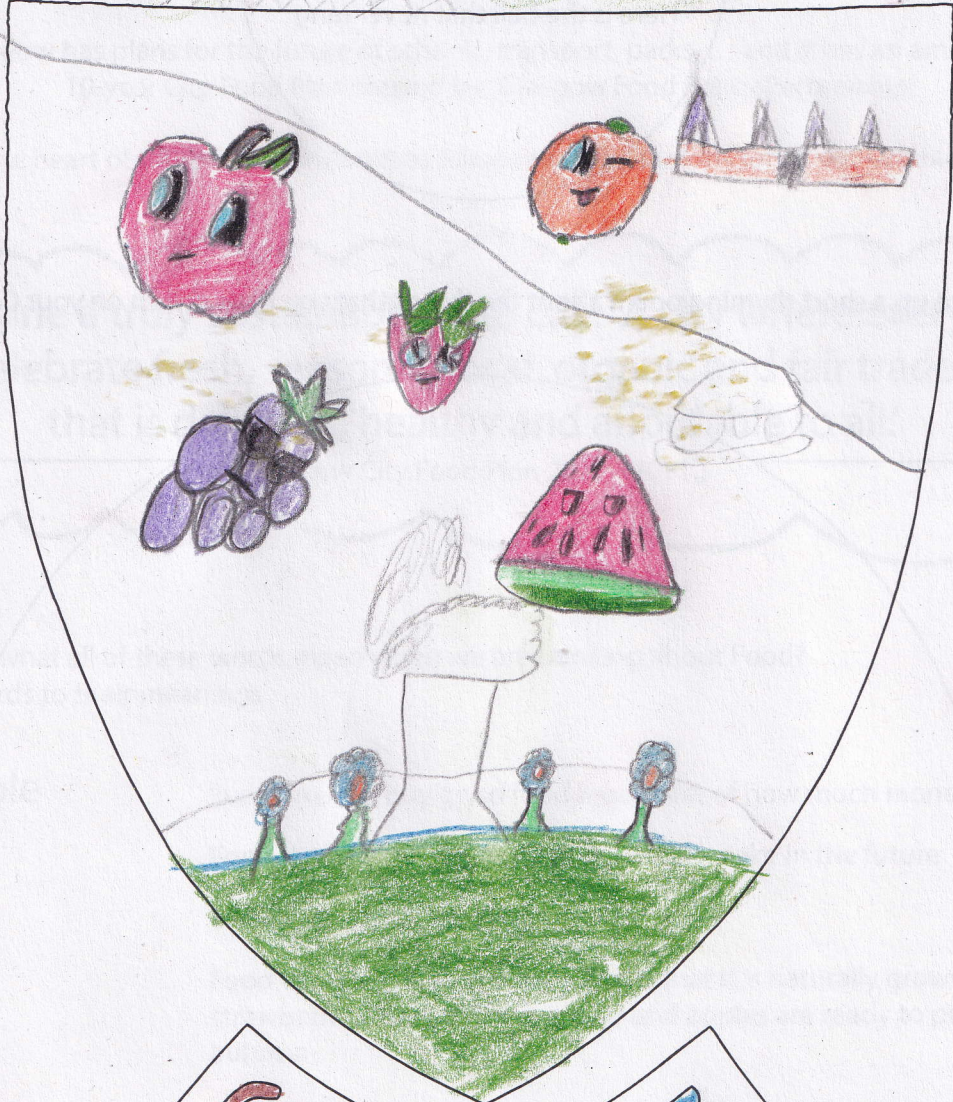
Amber P6/5
Hain



LET GLASGOW NOURISH

Holly ^{Heely} Foran PG PG

these food are
Good



LET GLASGOW NOURISH

Anna

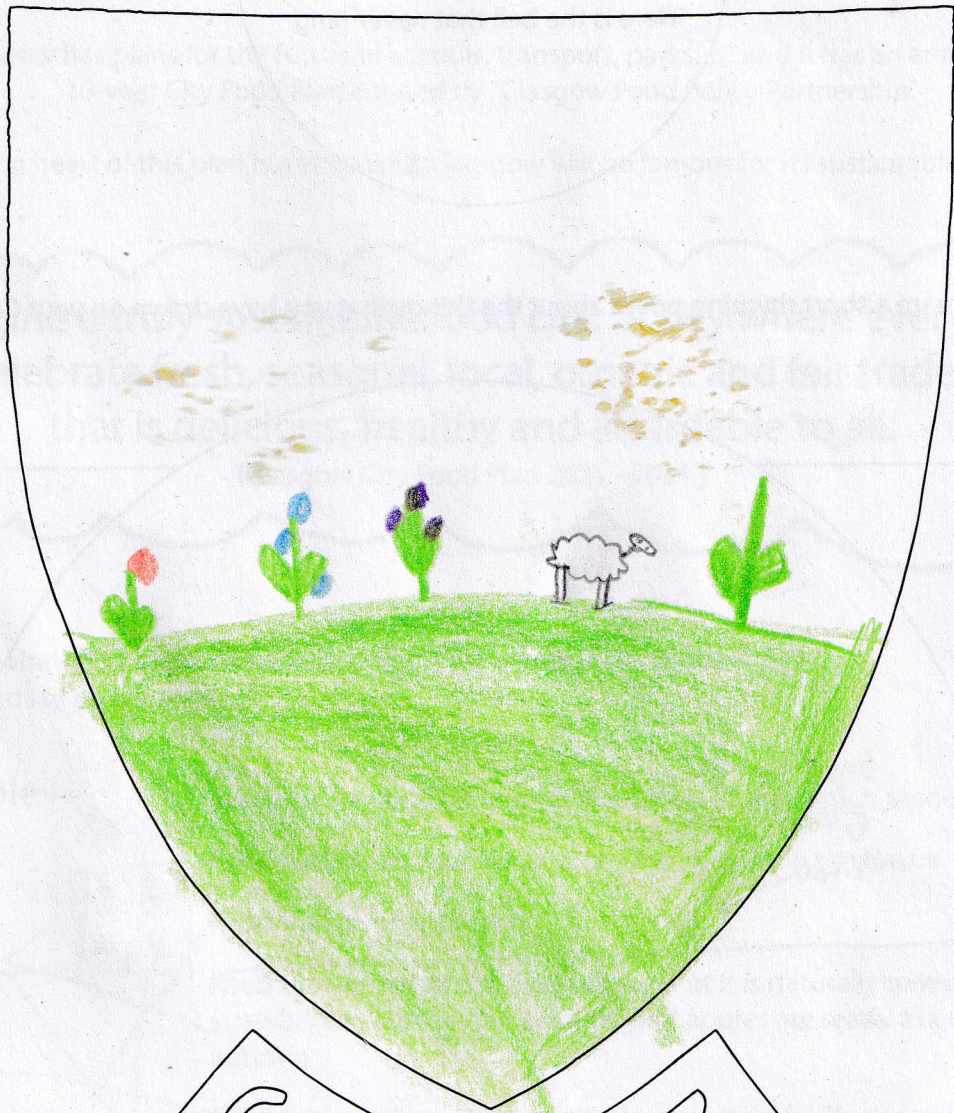
P6/5

WRITE YOUR OWN FOOD PLAN



LET GLASGOW NOURISH

Mohammed
V Smah P6



LET GLASGOW NOURISH

John P615



LET GLASGOW NOURISH

PG ELIJAH



YOUSSEF PG



LET GLASGOW NOURISH

Joshua P6/5



LET GLASGOW NOURISH

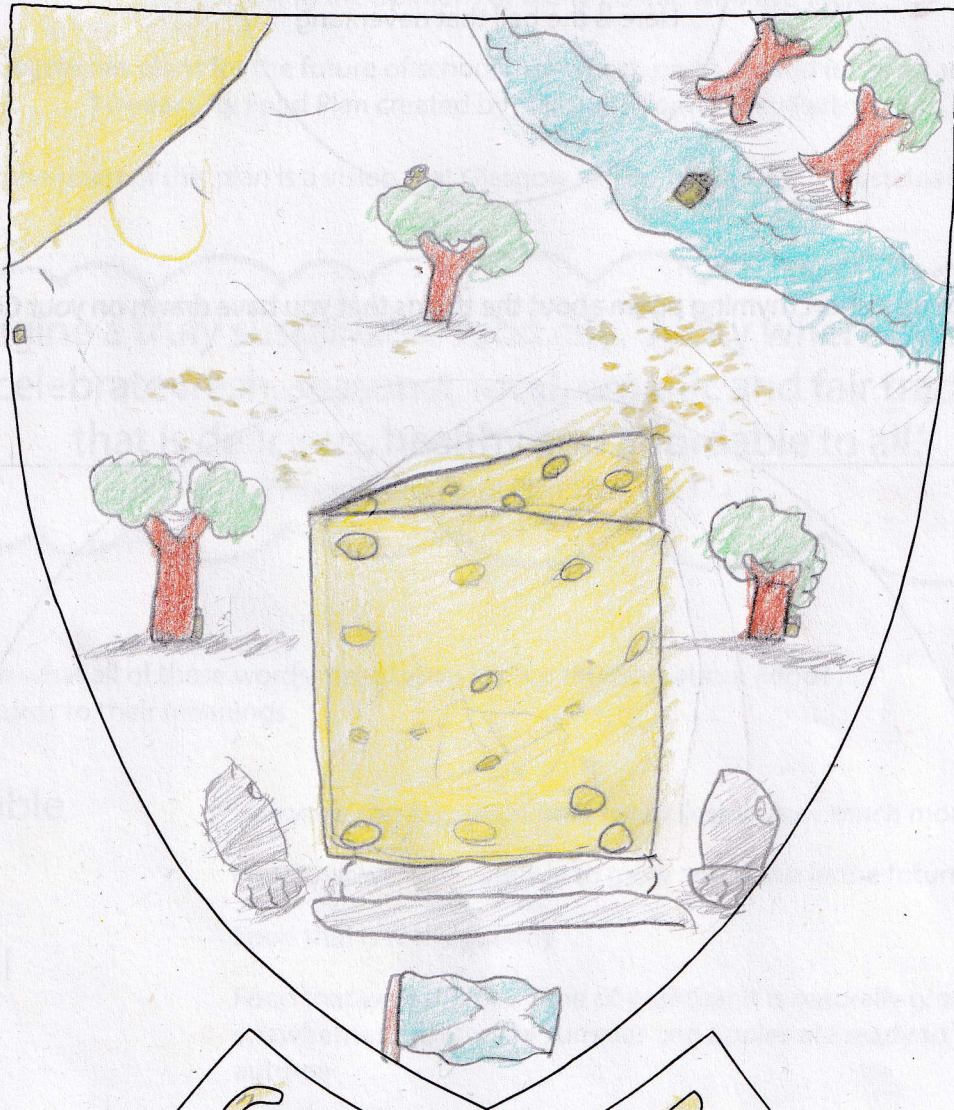
Walid

P6

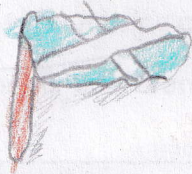


matthew

the holy cheese



LET GLASGOW NOURISH

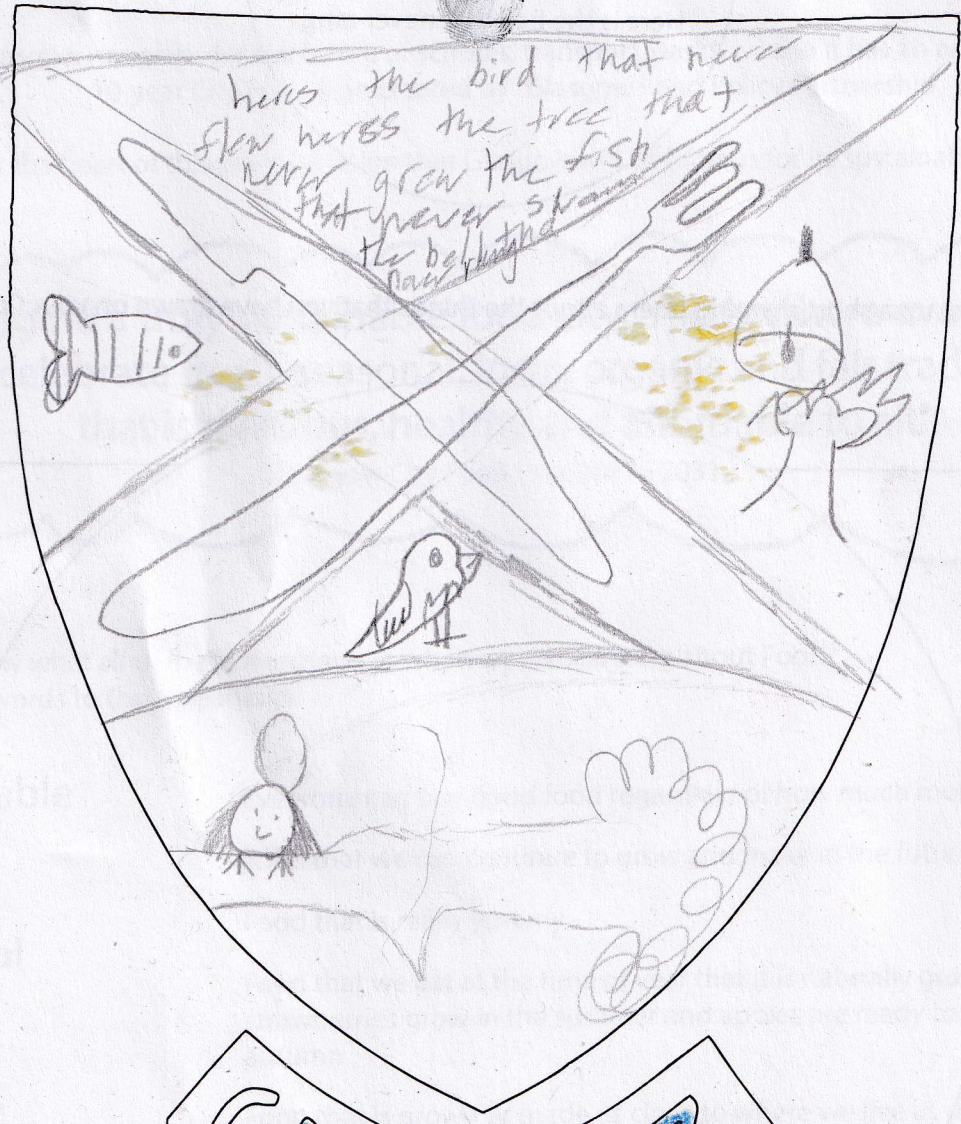


ho
ho
hello

hello

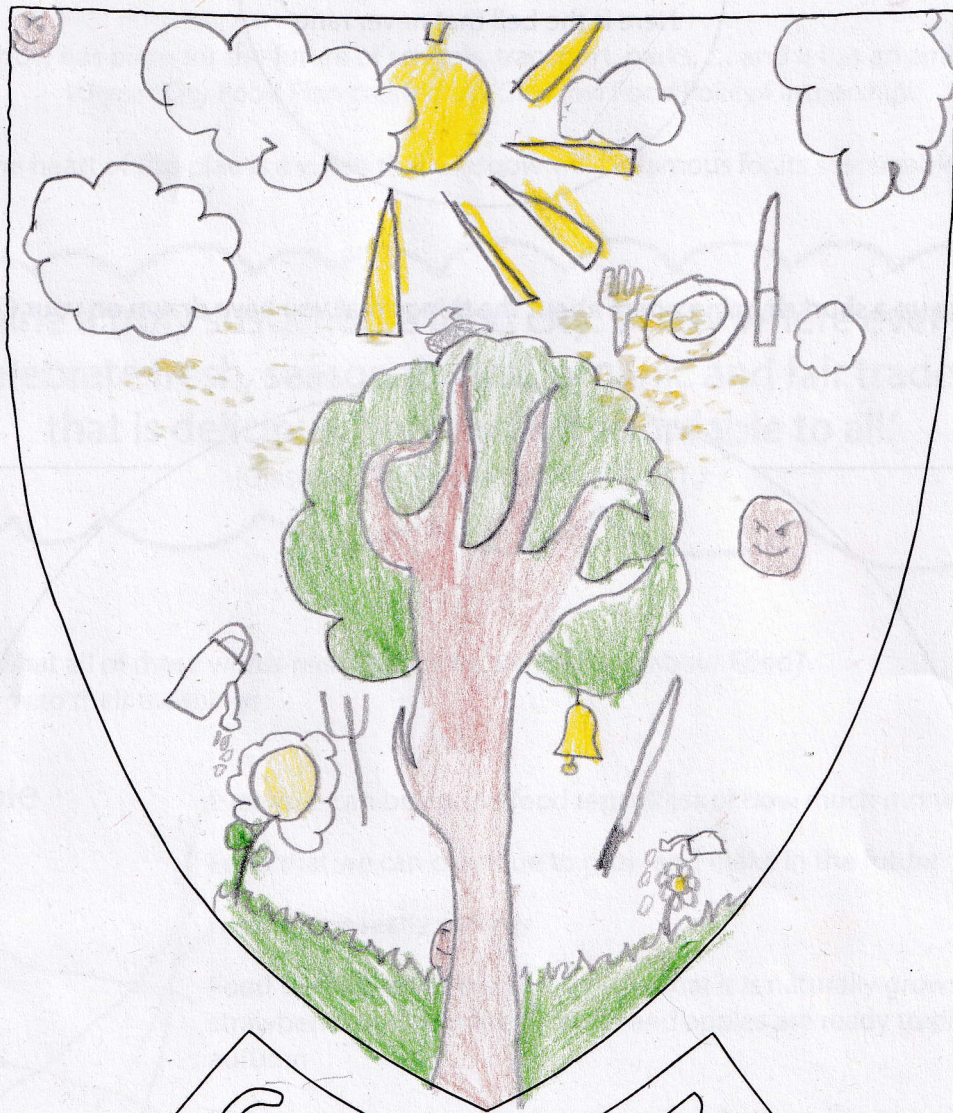
hello

L Ly B GAS



LET GLASGOW NOURISH

AVASH
P815



LET GLASGOW NOURISH

Qassem
P6



LET GLASGOW NOURISH



LET GLASGOW NOURISH

WRITE YOUR OWN STORY

Nathan Kaminski P6/15



LET GLASGOW NOURISH

Amed p6/5



LET GLASGOW NOURISH

Zain

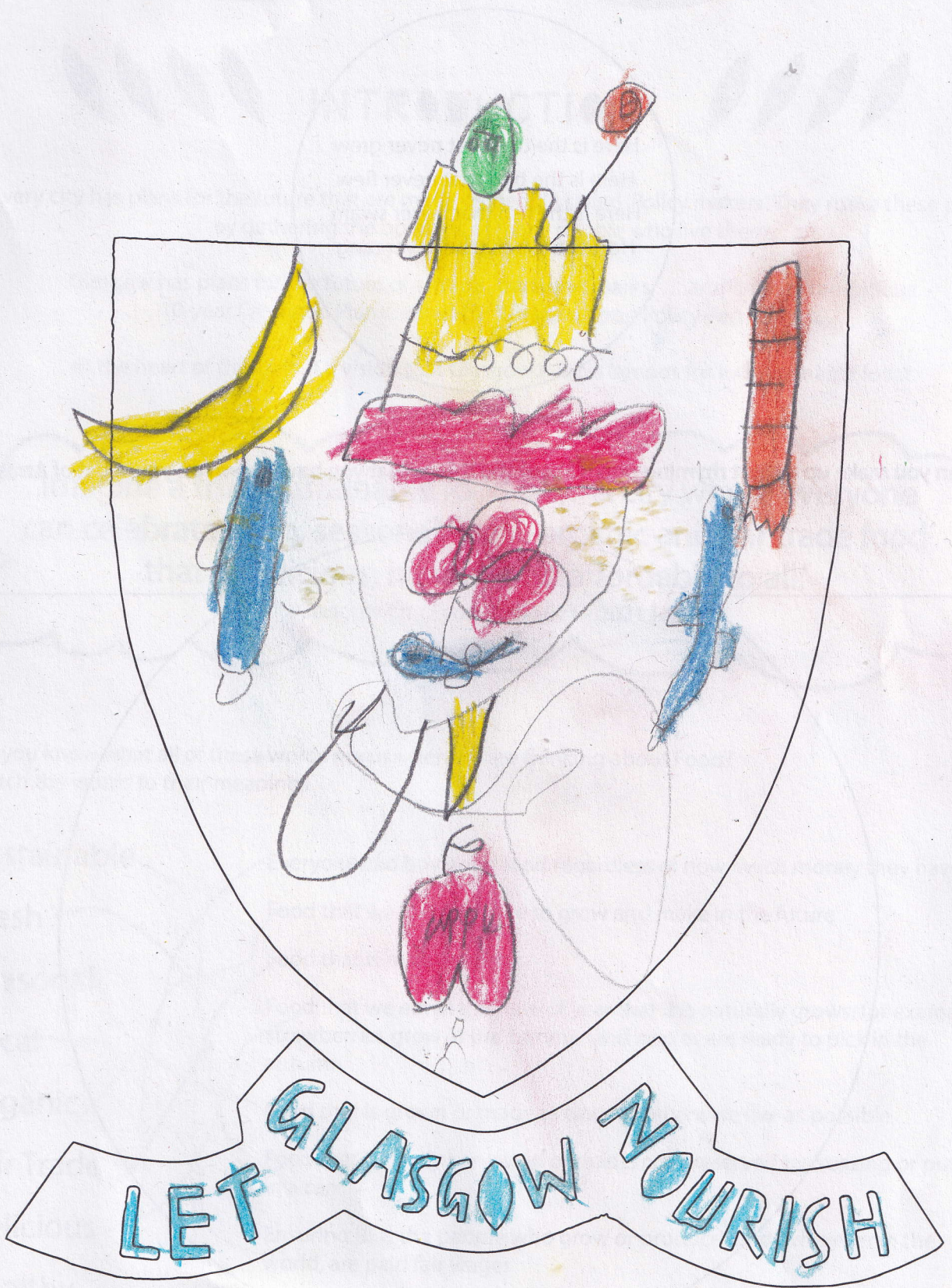
6/5



LET GLASGOW NURISH

A band

P6



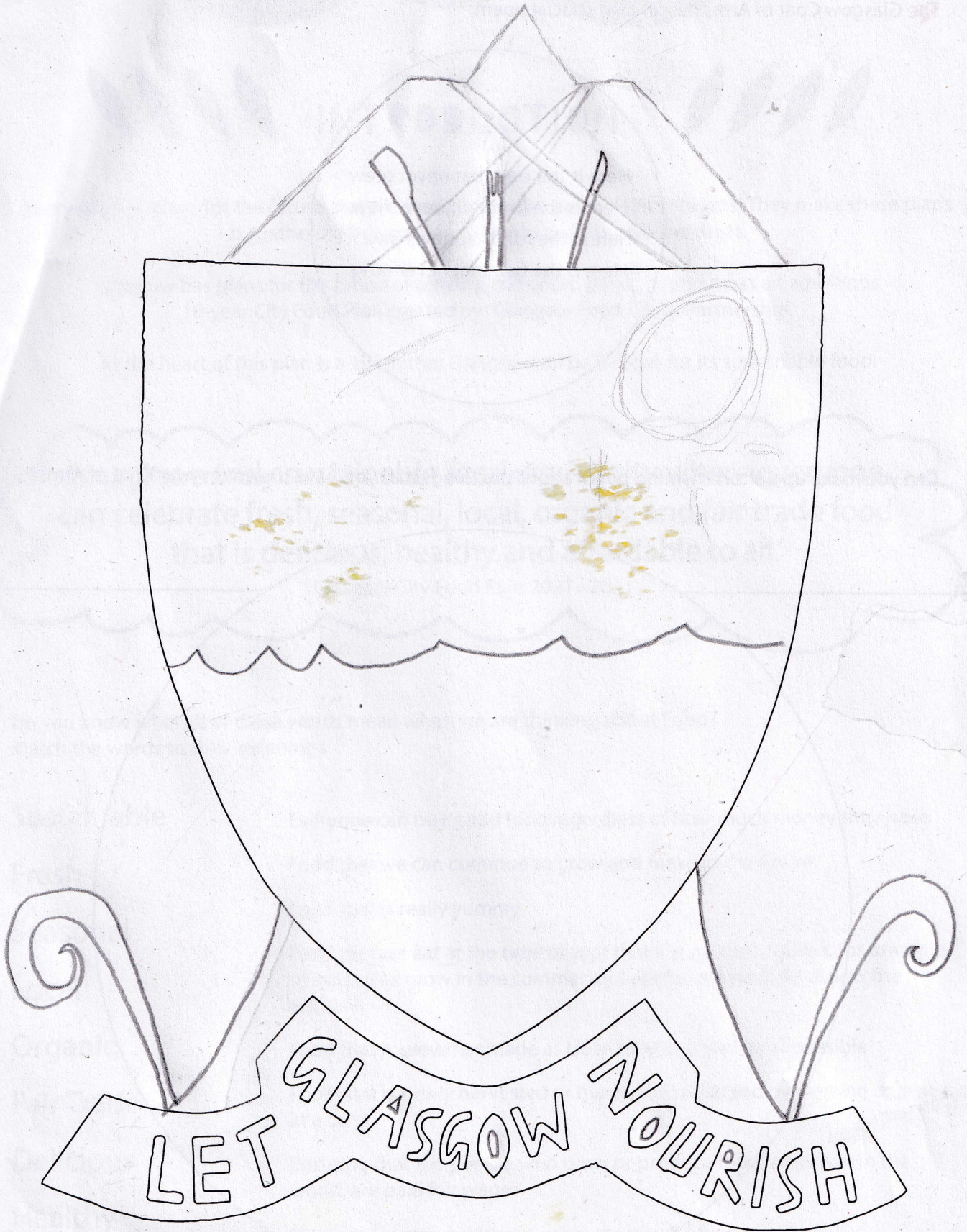
Barrie P 15

DANISH
P 15



LET GLASGOW NOURISH

leen P6/5



LET GLASGOW NOURISH

Robert P6

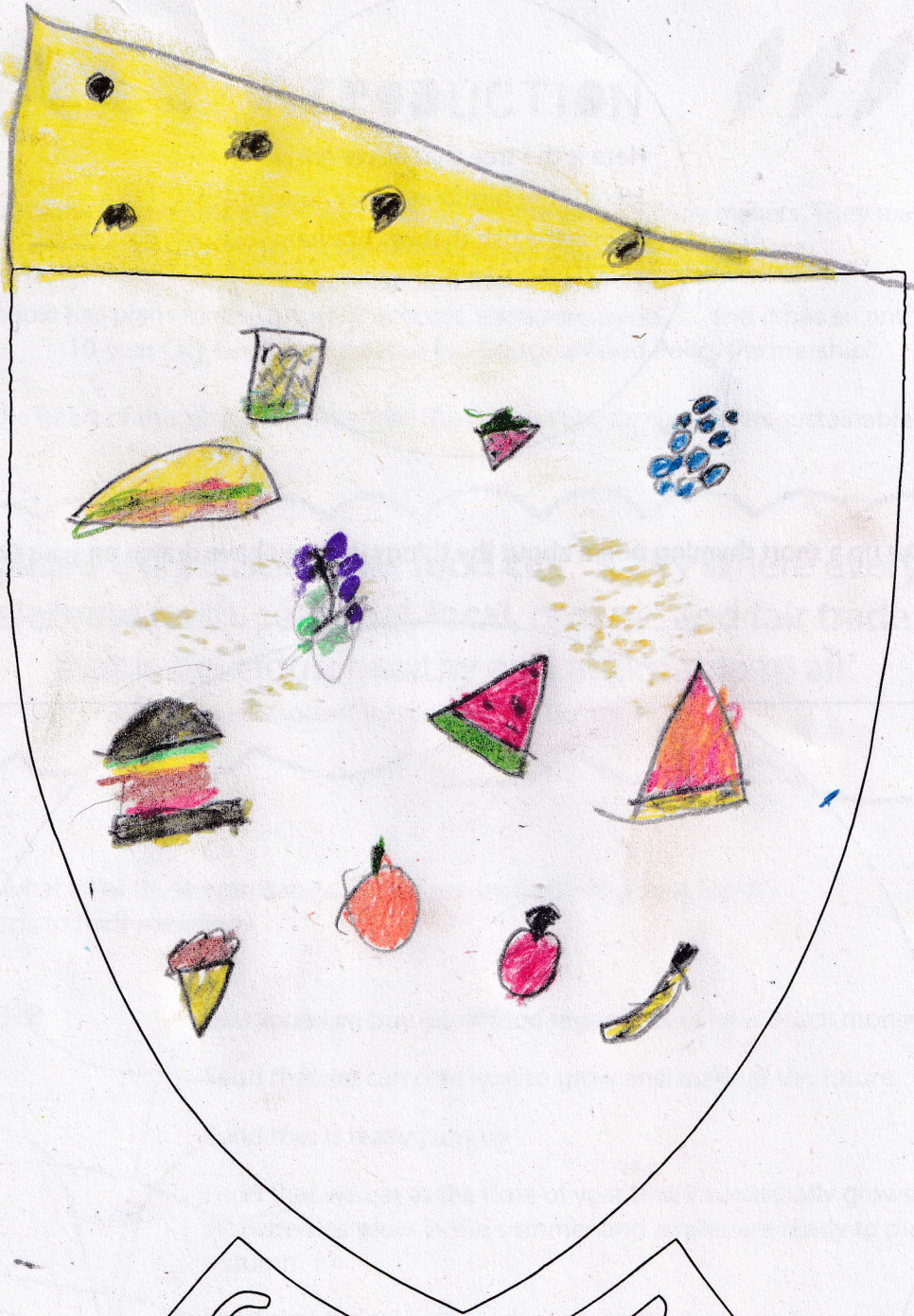


Ryan P6



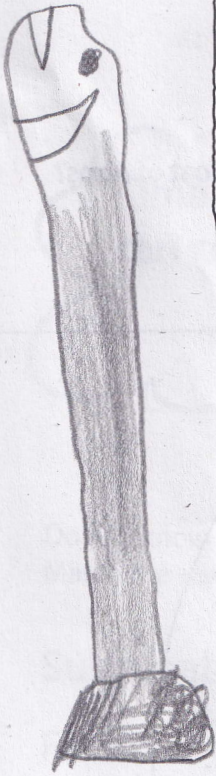
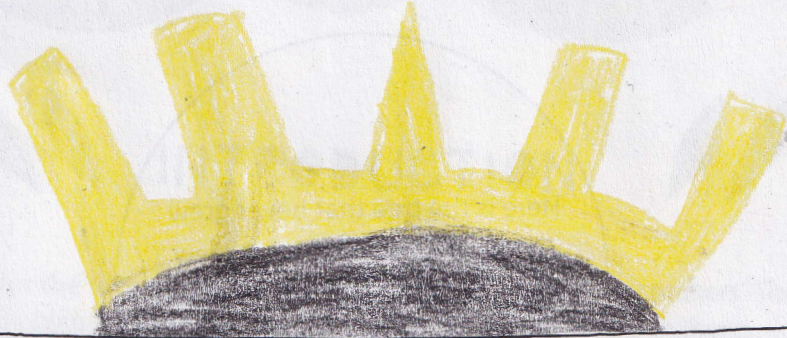
LET GLASGOW NOURISH

TTPC



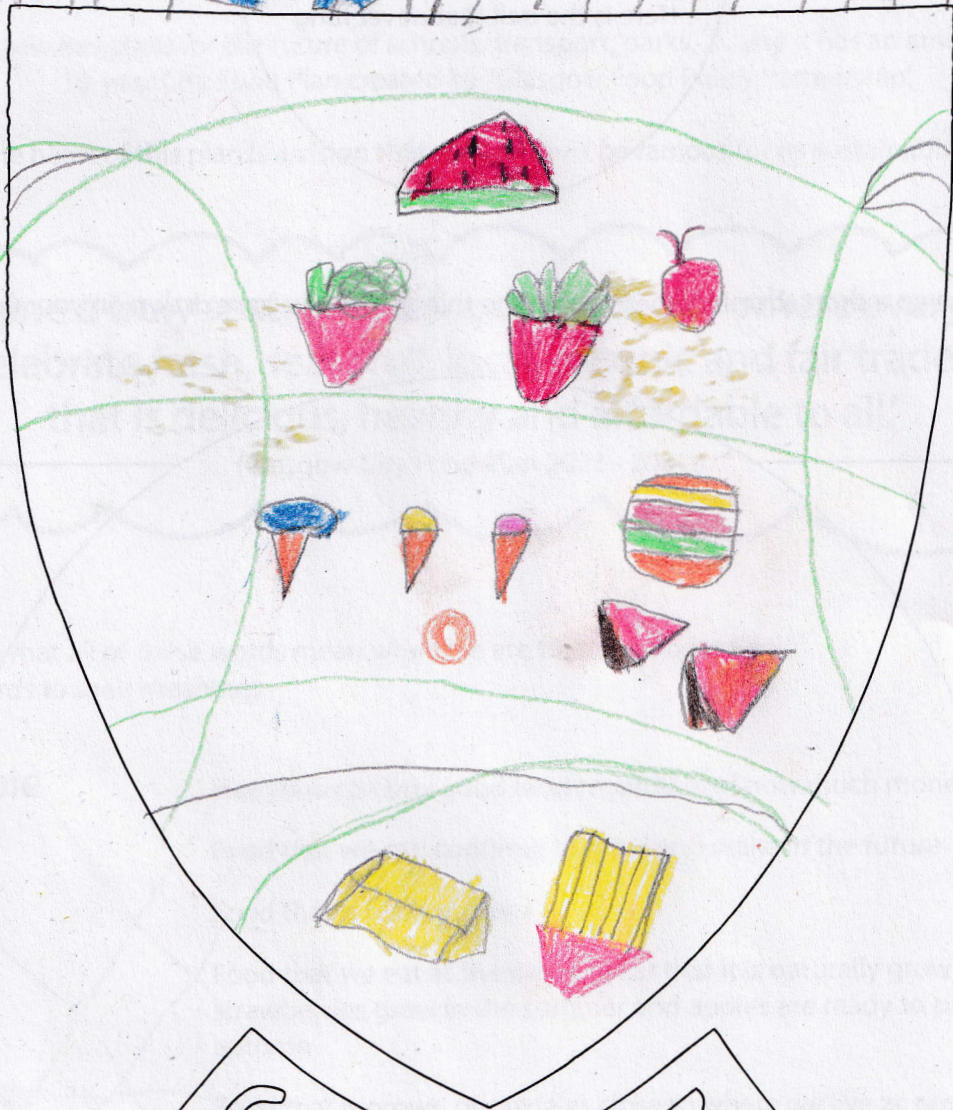
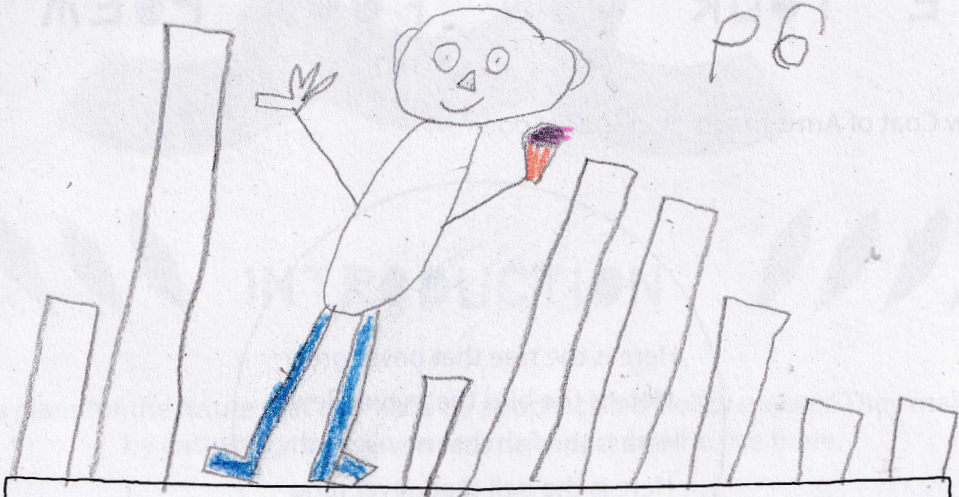
LET GLASGOW NOURISH

WRITE YOUR OWN FOOD PLAN
The Glasgow City of Food



LET GLASGOW NOURISH

Adam
P6



LET GLASGOW NOURISH

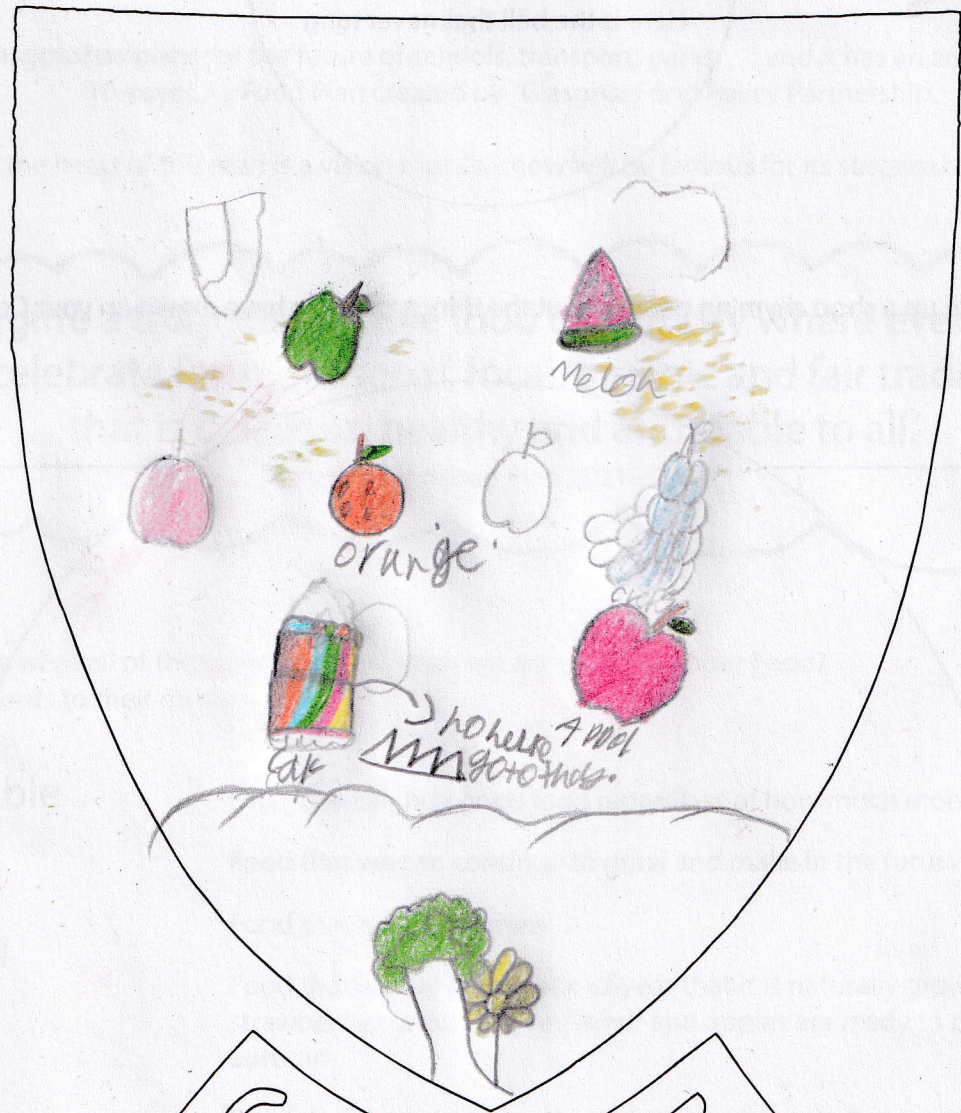
Archie P6



LET GLASGOW NOURISH

14/10/20

16
eu
les
TAMMAM



LET GLASGOW NOURISH

Ahmad P6

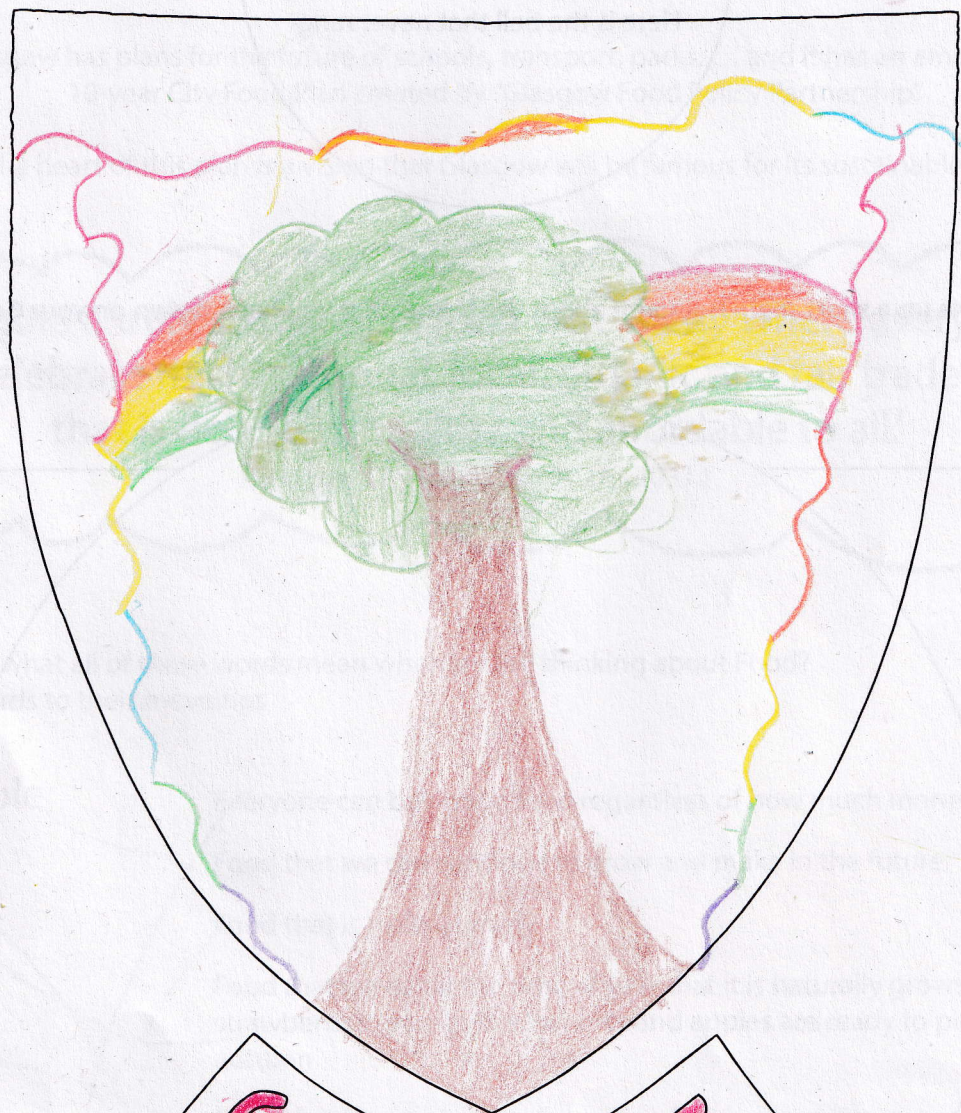


Zac p6



LET GLASGOW NOURISH

Olivia Pg



LET GLASGOW NOURISH

Gabriel

5/9/1



LET GLASGOW NOURISH

Yara pb



LET GLASGOW NOURISH

Arka p6



Apples

carrots
Haggis

LET GLASGOW NOURISH

Rebecca P6



LET GLASGOW NOURISH

TAQWA

WRITE YOUR OWN FORM

INTRODUCTION



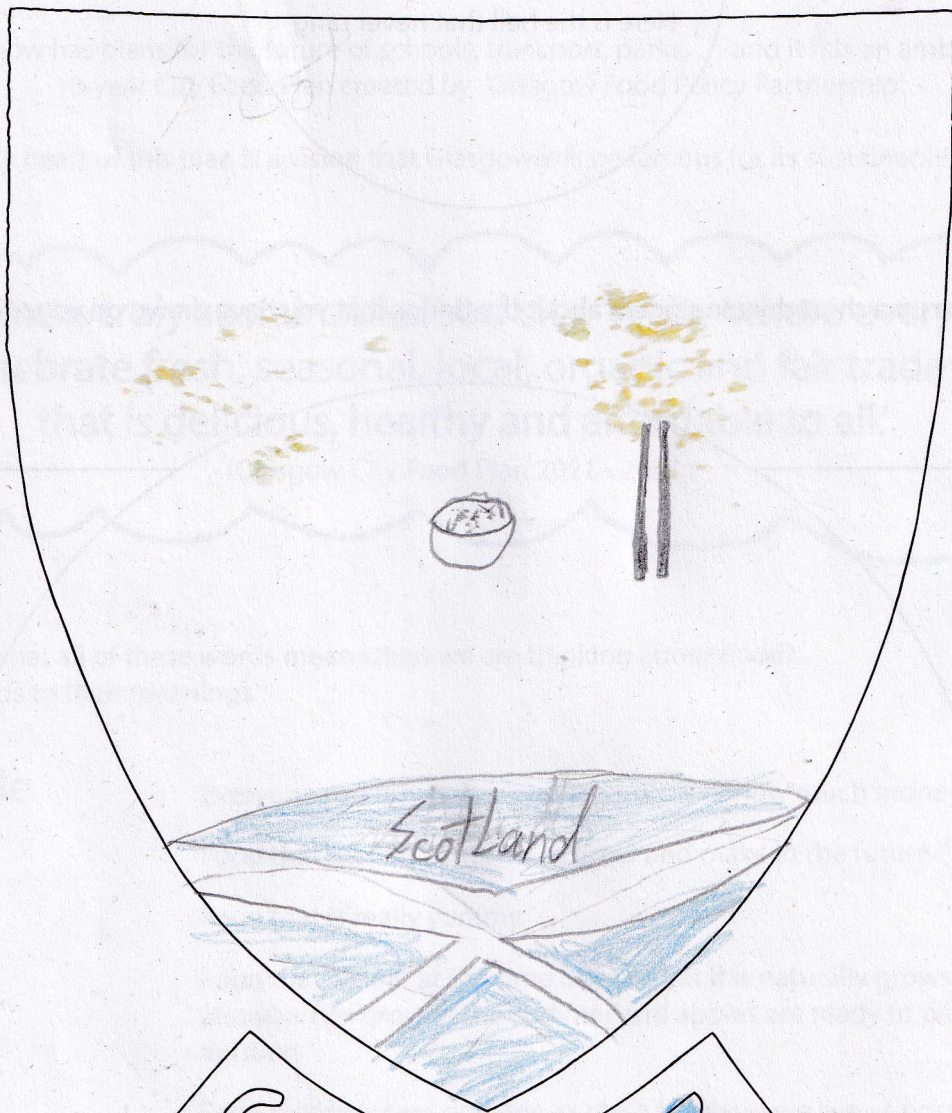
LET GLASGOW NOURISH

Coconut tree



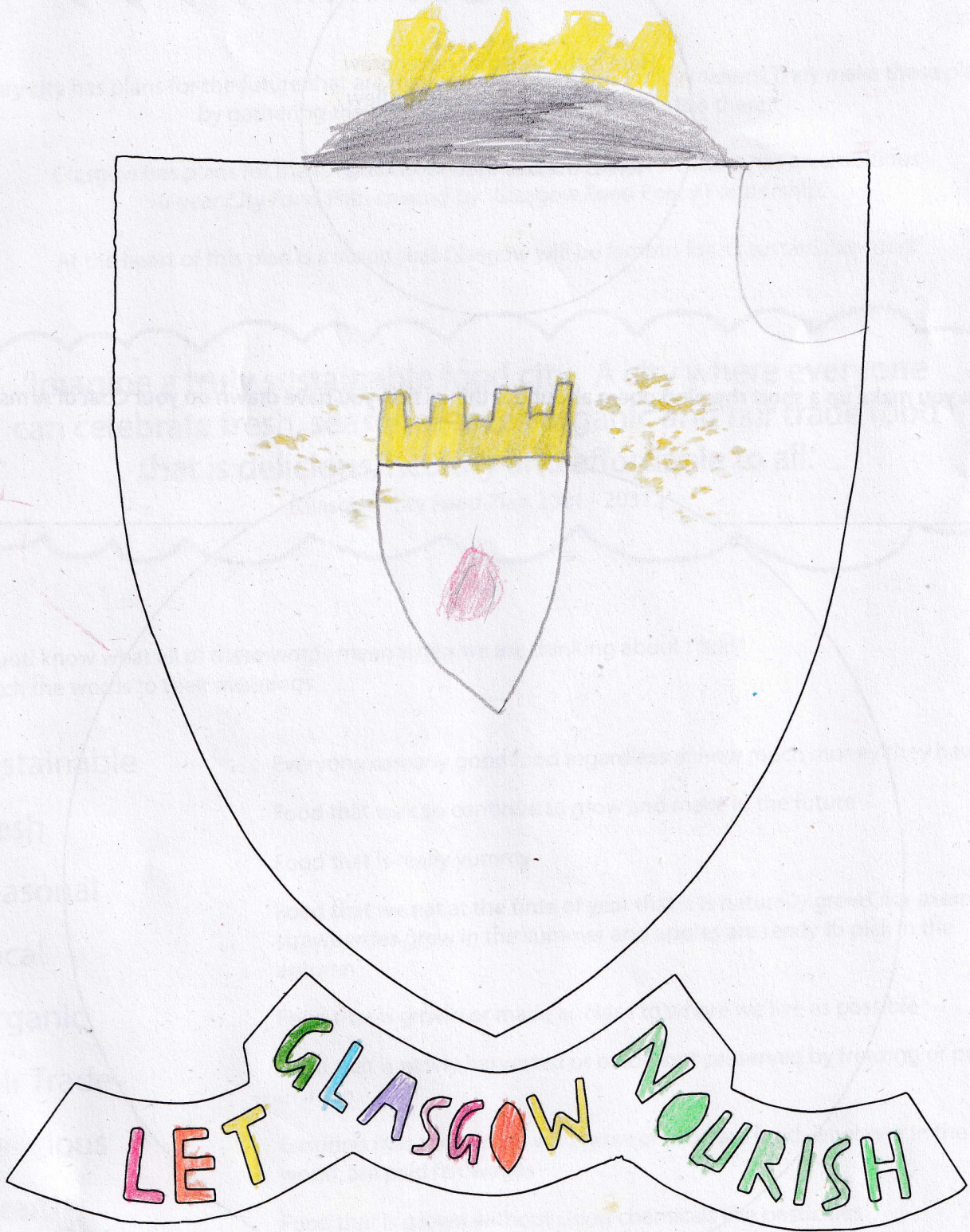
LET GLASGOW NOURISH

Cherry P6/15



LET GLASGOW NOURISH

Subhan P6/5

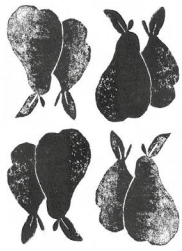
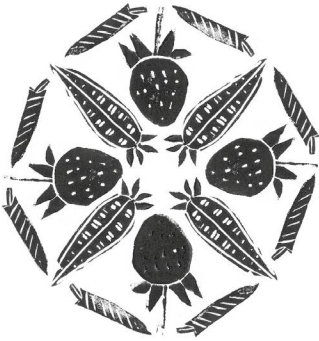


Meiad

P615



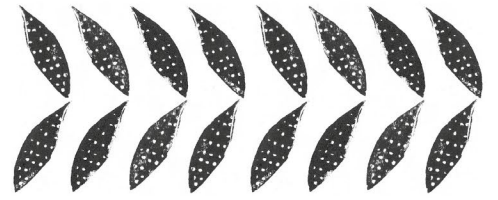
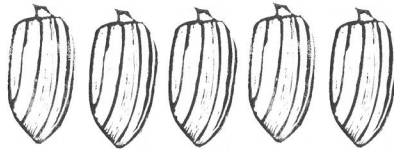
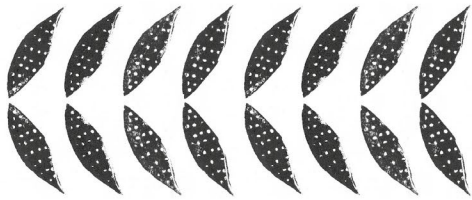
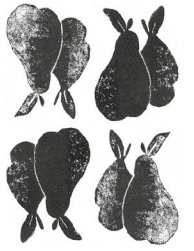
LET GLASGOW NOURISH



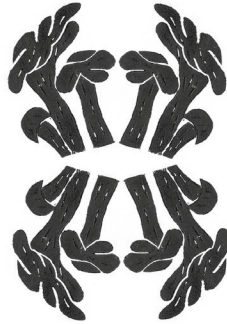
REDUCED
FOOD
WASTE



REDISTRIBU-
-TION OF
SURPLUS



FAIR WORK IN THE
FOOD INDUSTRY



FAIR WORK FOR OUR
FOOD PRODUCERS



ENVIRONMENTALLY
CONSCIOUS
FOOD PRODUCTION



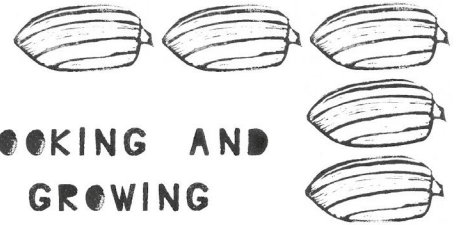
FOOD SYSTEM
CREATING LESS
GREENHOUSE GASS



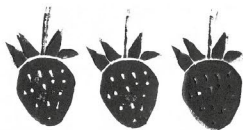
OPPORTUNITIES
FOR
COMMUNITIES



COOKING AND
GROWING
TOGETHER



INCLUSIVE



A CITY
KNOWN FOR
ITS FOOD



CELEBRATED

