



SUMMER



BUCKET LIST



Food Activities

- Try a fruit or veg you've never tried before
- Make your own fruit or veg smoothie
- Cook a new recipe
- Bake a cake with seasonal fruit or vegetables!
- Learn how to read a food label
- Plant some seeds and watch them grow
- Create a self-portrait using fruit and veg
- Count how many food adverts you see in a day
- Go to a community meal
- Make your own healthy ice lollies
- Make a healthy picnic and take it to a park
- Create your own 'Food Lab'
- Track your food waste over a week
- Donate some food or money to those who might need it
- Create your own fruit and veg stall
- Go berry picking or apple picking

Links to these activities are on our website - just scan the QR code overleaf





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Food Places to Visit



- Go to your local fruit and veg shop or market
- Visit a farm to find out where your food comes from
- Visit a cheese or a fishmonger
- Find out more about where honey comes from
- Visit a community garden near where you live
- Visit a food event from our list of Summer Events
- Visit a street food venue and try food from another culture
- Visit a venue from Glasgow Sustainable Food Directory

Thanks to Sacred Heart Primary school P3 pupils for their fantastic ideas for activities



Visit bit.ly/4xk0NzB for links to help you complete these activities

