

SDG2: Future of Food

MM5: The Food We Eat



Micro-Module 5: The Food We Eat

Exploration and Experimentation

Lesson 7: Food Trends

Subjects: Art and Design, Agricultural Science, CPSE, Home Economics, SPHE

Lesson Title and Summary: Food Trends

Learners will begin to explore the future of food in this lesson by investigating current food trends. Trends help us understand how behaviors are changing, what people want, and what the future might look like.

Vocabulary: Cultivated, Entomophagy, Forage, Future, Plant-based, Trends, Technology, Veganism, Viral

In this lesson, the learner will:

- Research local and global food trends
- Learn about behavior change and patterns
- Discover novel terms and products
- Work with peers to conduct research
- Consider what the future might look like

Materials

- Worksheet: What's Trending
- Internet access
- Markers/pens/pencils
- Paper



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11 SUSTAINABLE CITIES AND COMMUNITIES



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



13 CLIMATE ACTION



15 LIFE ON LAND



ACTIVITY INSTRUCTIONS

Activity 1: What's Trending? (35 minutes)

1. Divide the class into pairs.
2. Distribute the worksheet: What's Trending.
3. Assign one food trend from the following list to each pair of learners:
 - a. Cultivated Meat
 - b. Entomophagy
 - c. Fake Meat
 - d. Foraged Food
 - e. Veganism
4. Learners should work together to learn about the food trend assigned to them. They will need access to the internet to conduct the research and complete the worksheet.

Activity 2: Playback (15 minutes)

1. Each pair should prepare to share what they've learned with the rest of the class.
2. When everyone is ready, allow each pair to talk about their assigned food trend. They can simply read from their worksheet or pin their worksheet on the classroom board/wall for everyone to see and follow along.
3. Encourage the class to ask questions and share their own thoughts in response to each trend. Use these prompts to guide the conversation:
 - a. What do you all think about this trend?
 - b. Was anyone surprised to learn about it?
 - c. Has anyone tried these kinds of foods before?

REFLECTIVE EXERCISE: 3-2-1 (10 mins)

- Three things they feel they have learnt from the tasks.
- Two things they found most interesting and would like to explore more.
- One – their opinion they have about the tasks.

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EXTENSION / REDUCTION ACTIVITIES:

Reduction: For a shorter lesson, run this lesson as a flipped classroom.

Extension: For a longer lesson, assign more than one food trend to each pair of learners.

MEDIA BOX: (materials, online video links, extra resources, case studies etc)

Article: 10 Key Trends in Food, Nutrition & Health 2013 (Bord Bia)

<https://www.bordbia.ie/industry/news/insightful-articles/2021/10-key-trends-in-food-nutrition--health-2023/>

Article: Deliveroo Reveals Future Food Trends in 2040

<https://www.hospitalityireland.com/features/deliveroo-reveals-future-food-trends-in-2040-199338>

Article: 5 latest tech trends in food and drink manufacturing

<https://www.foodmanufacture.co.uk/Article/2023/07/06/food-technology-trends-2023>

Article: Food Trends (Failte Ireland)

<https://www.failteireland.ie/Product-development/taste-the-island/Archived-content-2020/Food-knowledge-library/Food-trends-in-Ireland.aspx>

Interview: Darina Allen: Here are the 28 food trends I think will become popular in 2023

<https://www.irishexaminer.com/food/arid-41050631.html>

LOCAL TRIP / EXPERTISE / ADDITIONAL WORK AND ASSESSMENTS

Visit some of your local restaurants or takeaways and look at their menu – do you notice any changes or new additions? Do they offer vegan options, for example?

Talk to older community or family members and ask them about food trends. Have they noticed any changes in the type of food available today in comparison to when they were young? Can they tell you about it?

MM5: L7 WS WHAT'S TRENDING



Food trends are changes in food preferences that have become popular over a certain amount of time. Just like other trends, food trends often go viral and usually last for a long time. Food trends are important because they indicate a change in how and what people eat and give us a glimpse into the future.

Use this worksheet to learn about the food trend assigned to you.

PART 1

Our food trend is:

Have you heard of this trend before?

In your own opinion, what do you think it involves?

PART 2: Use the internet to learn more about this food trend.

List your sources below i.e. websites, articles, videos etc. as you conduct your research:

1. _____

2. _____

3. _____

4. _____

5. _____

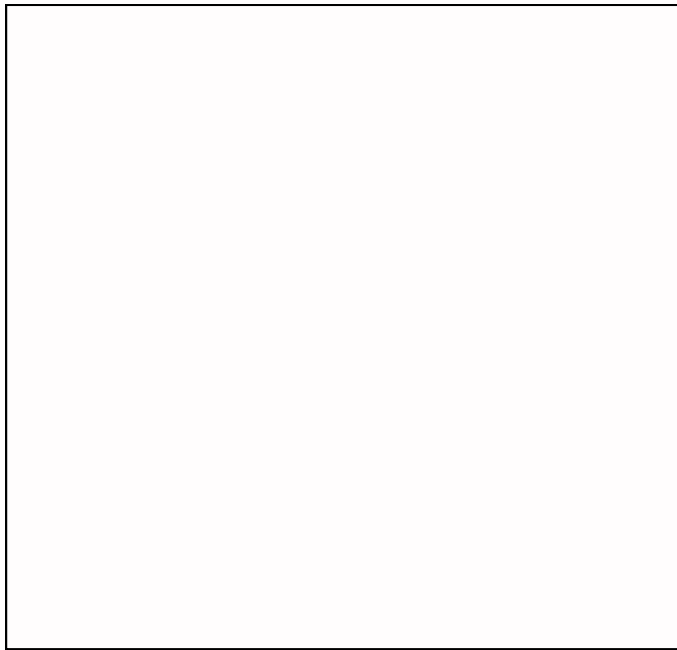
MM5: L7 WS WHAT'S TRENDING



WHAT'S TRENDING

Where is this food trend most popular? e.g. Ireland, Asia, Everywhere

What does this food look like? Draw it below or add a photo from the internet.



What is the official definition of this trend?

Does it rely on technology? If yes, explain how:

MM5: L7 WS WHAT'S TRENDING



Do you think it is expensive or cheap to eat this kind of food?

What type of food would you associate with this trend? e.g. meat, flowers, grain

1. _____
2. _____
3. _____

How is this food made? e.g. is it raw or cooked? Is it ultra-processed?

Could you make this type of food at home?

In your own opinion, do you think this a positive or negative trend?

Do you think it will become a popular food in the future?

Do you think people in Ireland will like it?

Explain your answer.
