Welcome to Mission: Explore

FOOD INTERDEPENDENCE

Once you've enjoyed a byte or two of this booklet, try nibbling and scribbling in the paper version.

www.missionexplore.net
Dear Educator,

This booklet will change your student's relationships with food forever. Do not go any further if you are afraid of going on adventures or tasting new things.

Inside this special Geography Awareness Week version of Mission:Explore Food (a big book of 159 missions) you will find 30 food-related missions. Each mission will help your students to think differently about their dependence on food and interdependence with the people, places and systems that connect them to each nibble, snack, meal and feast.

The challenge is for (you and) your students to complete and record the mission-based learning activities that you'll find on the following pages. On the Mission:Explore website (http://www.missionexplore.net/challenger/geographyawarenessweek) they can collect points and earn badges for doing some of these missions too. Turn over the page to discover how.

The illustrated activities that you find in this booklet are appropriate for learners of all ages.

With your help by the time your students have completed their unique copy of this book they will have a deeper understanding of their interdependence with all things food. They'll also develop their creative and critical skills in extreme exploration, guerrilla geography and munching on tasty stuff.

It's time to explore.

The Geography Collective
How to use this booklet

This booklet is not finished. It’s full of missions but not many answers. By exploring, searching, testing, experimenting, feeling, drawing, smearing, writing, photographing, sticking and sharing your findings you’ll complete this booklet and become a food expert.

Be random

You’re welcome to read this booklet from front to back or you can dip in and out instead. Keep track of your completed missions from page 37.

Be repetitive

Some people think that it’s boring to repeat things. Repeating is practicing and by repeating missions you’ll be improving your skills. Repeating is also a great way to remember things. Repeating yourself can be a little dull though, so we’d advise against saying the same thing over and over and over and over and over and over and over and over and over and over and over and over again and again.

Be rewarded

Do enough missions from this booklet and you can earn digital badges.

Be a member

Join thousands of Mission:Explorers on our website to discover lots more missions, win points and collect badges. Just follow these simple steps.

Pick a mission from the website

Complete the challenge

Collect points and unlock rewards

Join in now at www.missionexplore.net/challenger/geographyawarenessweek.
Food

You need food. Your life depends on it. Eat the right amount of good food and your body and mind will allow you to do some incredible things. Eat the wrong amount of not-so-good food and you’ll end up being ill.

To survive you don’t just depend on the ability to eat food; you depend on all the animals, plants, people, places and systems that grow, harvest, transport, trade and sell food as well.

Your relationship with food goes way beyond shopping, cooking and eating it. That’s why on the following pages you will find missions that cover all aspects of food including:

~ Growing
~ Harvesting
~ Cooking
~ Eating
~ Waste
~ Soil

Every time you buy, eat and waste food you have an effect on all six these parts of food and they have an effect on you.

Being interdependent

As well as depending on plants, animals, people and places to grow, harvest and cook your food, many places, people, animals and plants depend on you too. Without them you would not have the same meal and maybe not have one at all. Without you they may not be planted, reared, waged or maintained and so may not exist or be the same either. This relationship of depending on each other is called interdependence.
Being connected

Everything you put in your mouth and poop back out again is connected to other places. These connections are not just swapping money for food, but your choices changing how those in the “food chain” are treated. Sometimes these connections are easy to see, like a waiter smiling when you give a tip at the end of a meal. Other connections can be much harder to see, like if the person who has packaged your food has been paid fairly. Costs that go beyond the number of dollars that you pay for a product are called hidden costs and can include how people and animals are treated, water and energy consumption, soil exhaustion and waste.

Good food

Knowing that you are dependent on others and that others are dependent on you is a powerful thing. It means that you can choose to buy food from farmers and companies that treat animals, people and the land well and support their good work. In return for your support, they’ll then be able to make even better food for you.

Good food isn’t just food that’s good for you, but food that is good for those who produce it too.
Meet your meat

Find out where your meat comes from and arrange a meeting with the farmer. Interview the farmer and the animals to discover how they are grown.

Farmer's interview notes:

Always get permission from the landowner before visiting a farm.

Animal's interview notes:

WARNING!
Seed a soil map

Create an international seed map by following these (not so) simple steps!

1. Harvest a collection of as many different seeds coming from as many different places as you can.

2. Use some pebbles to copy an outline of this world map on some soil. The bigger your map is the better.

3. Plant your seeds into your soil map in the places where they're from.

Wait, watch and map your results here.

Only use seeds that are already commonly found in your local garden ecosystems. Introducing new alien species could cause more harm than good.
Form a private army

Stop pesky pests without using chemical sprays by forming a natural army. Recruit and deploy natural predators and barriers to stop your food being destroyed.

XXX TOP SECRET XXX EXPLORER DEFENSE PLAN XXX

PHASE ONE: INVESTIGATE ANIMALS TO RECRUIT

PHASE TWO: INVESTIGATE PLANTS TO DIG IN

PHASE THREE: MAP STRATEGIC GROUND LAYOUT

Ladybirds will defend your plants against invading aphids. Rosemary, thyme, clove and mint can all be used as barriers to ward off herbivores.
Become a guerrilla gardener

Guerrilla gardeners make sad, shared spaces more beautiful, useful and happy places to be. They do guerrilla things like putting fruit trees where bare earth used to be, clearing up litter, planting rows of sunflowers and sowing wildflowers in neglected places. Some have even built whole vegetable gardens in abandoned streets!

Anyone can become a guerilla gardener in any number of ways, but there are some ideas on the opposite page to get you started!

WARNING!

Don’t touch anything nasty, stinky or sharp when gardening, and get permission first. Most people are friendly and like guerilla gardeners but it’s best to be safe!

Missions to complete:

- Make a native wildflower seed grenade and stealthily launch it into some wasteland.
- Plant sunflowers somewhere that needs cheering up.
- Sow herb/salad seeds near a train station so people can pick something yummy, healthy and free for dinner.
- Plant strawberries for sneaky snacking.
- Plant a Christmas tree and decorate it with popcorn strings every year.
- Plant tulips to liven up the bare bit of soil around a street tree.
**Bee friendly**

Take these steps to help your local bees.

**Make food**
Plant nectar-rich wildflowers for bees. When they eat the sweet treat they’ll pick up and move the pollen plants need to reproduce.

**Make habitats**
Create a ‘bee hotel’ by drilling holes into a piece of wood. Leave parts of the garden untidy with long grass, piles of sticks and good places for bees to hide.

**Protect bees**
Try and stop scared people from killing bees. Ask them to let them go or move away from them.

Complete this bee resort.
Go freegan for a day

Try being a freegan for a day by only eating things that you can find for free. Stick imaginary grocery store receipts for all the things you find here.

WARNING!

You’re not a raccoon; don’t eat stuff from bins!
Spot where you don't get food

Draw lines from where you live to where your meals come from.

Where in the world don't you get food from?
Go bananas

Research all the types of transportation used to get bananas across the world to reach your mouth.

<table>
<thead>
<tr>
<th>Departure location</th>
<th>Arrival location</th>
<th>Type of transport</th>
<th>Miles travelled</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Ship" /></td>
<td><img src="image2" alt="Plane" /></td>
<td><img src="image3" alt="Train" /></td>
<td></td>
</tr>
</tbody>
</table>
Exploring for food is called foraging. Become a forager and make your lunch entirely from food that you have picked. Sketch, find and eat each of these common wild foods.

<table>
<thead>
<tr>
<th>Sketch</th>
<th>Found</th>
<th>Eaten</th>
<th>Yuk</th>
<th>Yum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nettle</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Elderflower</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Rose hip</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Wild garlic</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Apple</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Blackberry</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Dandelion</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

There are many ways to eat the wild foods you harvest, but here are some recipe ideas to start you off.

Nettle pesto – use any green pesto recipe but use young nettle tips instead of basil. Perfect with pasta.

Elderflower pancakes – use the recipe on page 107 but add the petals of elderflowers to the batter and serve with sugar and lemon. Yummy!

Fried flowers – dip young wild garlic or dandelion flowers in beaten egg then polenta and lightly fry them. Delicious with salt and lemon.

See page 104 for a recipe for apple and blackberry leather.

Eating the wrong plants can lead to puking all over yourself, bleeding out of your eyes and death. Mushrooms are especially dangerous. Only eat things if you definitely know what they are and an expert has advised you!
All animals in the world can be hunted down, harvested and eaten. That includes you.

All of the animals below are eaten somewhere in the world. Which of these animals do you think it's good to kill and eat, bad to kill and eat or somewhere in between? Draw them in an order of your choice on the line across the page.
Traffic light your food

Everything you buy has an effect on someone, something and somewhere. At the shops these effects are mostly hidden.

Investigate how your food affects other people, wildlife and places by discovering the answers to these questions. Keep a traffic light record of your findings after asking the questions below.

~ Were the people who grew your food given a living wage?
~ Were the animals well treated?
~ Is the animal or plant being over-harvested?
~ Was the food transported a reasonable distance?
~ Was the place it came from treated well?

Green = Good | Amber = Satisfactory | Red = Bad

As a guerrilla geographer you should ask questions like these to help you decide if you will buy a product or not. Labels can often help but sometimes you need to do your own investigations.
Buy direct

Buy ingredients for a meal from your local farmer’s market. Write your shopping list here.
MEF042

Do a marathon harvest

Only buy food that's been grown, harvested and produced within a marathon (26.218 miles or 42,195 meters) of the shop.

What foods are inside the allowed area?

What foods are outside the allowed area?

Which shops are best for sourcing local foods?
MEF044

Label unseasonal food

Shops sometimes label food that’s in season to tell you it’s fresher and more environmentally friendly. They’re not so good at labelling food that’s out of season and transported a long way.

Use this space to design an ‘out of season’ food label below then try and persuade your local supermarket to display it on their unseasonal food.
Hold an overharvest festival

People on Earth are harvesting fish, trees, fertile soil and other resources more quickly than they can reproduce, regrow and replenish. If we don’t become smarter about what, where, when, how and how much we harvest we’ll endanger the lives of wildlife and communities around the world. To raise awareness of this issue, hold an overharvest festival. Find out more about overharvesting and ecological debt on page 260.

Use this planner to help you organise your event.

~ Event name ~

~ Date ~

~ Overharvested foods to celebrate ~

~ Games ~

~ Performances ~

This mission is about living sustainably and finding a balance. You could invent games to play where contestants must balance in some way, or avoid going too far.
Where in the world do your pigs come from?

Eat pork? Visit your local supermarket to find out where it gets its pig meat from. Record what you can find out about the place where it was raised.

<table>
<thead>
<tr>
<th>Meat type</th>
<th>Welfare conditions</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free-range</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outdoor-bred</td>
<td>Sow (mother pigs) give birth outdoors but are transported indoors along with their piglets after a few weeks.</td>
<td></td>
</tr>
<tr>
<td>Indoor straw</td>
<td>65% of British pigs spend their whole lives indoors in crates, pens and other systems with straw inside.</td>
<td></td>
</tr>
<tr>
<td>Indoor slats</td>
<td>These pigs live their whole lives indoors, on slats and without straw to play with.</td>
<td></td>
</tr>
<tr>
<td>Sow stall</td>
<td>Mother pigs are kept in a small stall while pregnant, then put in a crate to give birth to and suckle their piglets before slaughter. Sows can spend five years in cages where they eat, poo and sleep. This is illegal in the UK, but practiced around the world.</td>
<td></td>
</tr>
</tbody>
</table>

Free-range
Free-rangers live outside, have freedom to explore outdoors and sleep in straw filled huts. In the United Kingdom about 4% of pigs are reared in this way.

If you are in the UK, look out for the Freedom Food label to avoid eating animals that have been treated badly. Don’t eat pork? Adapt this mission to research another animal.
Harvest the elements

Design a machine that can cook food by harvesting wind, rain and solar power.
MEF053
Culinary cartography

Draw a map of where your local free food supplies are.
MEF078

Map your recipes

Where in the world aren't your recipes from? Color in the origins of your cooking until the whole of this map is covered.
MEF080

Create a cultural mash-up

Bring together two or more famous cultural dishes into one fantastic food. You could make:

~ Indian masala + Cornish pasty = masala pasty
~ Arabic coffee + Chinese spring roll = Arab spring roll
~ Japanese sushi + Mexican burrito = sushi burrito
~ Ghanian fufu + French onion soup = French onion fufu

Write your mashed-up recipe here.
Draw a cooking tree

Create a family tree and collect a recipe from each person in it. You may even be able to get recipes that were used by people who have now died if you ask the right people the right questions.

Draw your tree here.
Live below the line

Spend 5 days living on a budget of just $1.25 a day.

Plan your meals here.

1.4 billion people live in extreme poverty, surviving on the equivalent of less than $1.25 each day. To find out more and support the Living Below the Line poverty campaign turn to page 258.
Compare global calories

Our bodies need energy to think and move properly. The amount of energy that's in food can be measured in calories and these are often listed on food that you buy. People from some countries eat, on average, far more calories than people from others.

Use this page to draw the amount of food eaten by people in a day from these two different countries.

United States of America
3,770 kcal per person per day

Eritrea
1,590 kcal per person per day
Eat international

Eat a dish cooked by someone from each of these places and write in what you ate. Are they typical national dishes?

<table>
<thead>
<tr>
<th>Origin of person</th>
<th>Name of dish</th>
<th>Origin of dish</th>
</tr>
</thead>
<tbody>
<tr>
<td>France</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mauritius</td>
<td></td>
<td></td>
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<tr>
<td>Ethiopia</td>
<td></td>
<td></td>
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<tr>
<td>Japan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mexico</td>
<td></td>
<td></td>
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<tr>
<td>Greece</td>
<td></td>
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<tr>
<td>Iran</td>
<td></td>
<td></td>
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<tr>
<td>Jamaica</td>
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<tr>
<td>Vietnam</td>
<td></td>
<td></td>
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<tr>
<td>Poland</td>
<td></td>
<td></td>
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<tr>
<td>Wales</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bangladesh</td>
<td></td>
<td></td>
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<tr>
<td>Russia</td>
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</tr>
</tbody>
</table>
Sing for your supper

Compose a salad by asking for one free leaf or ingredient from lots of different shops in exchange for a dance, a poem, a song or a thank you letter. Make a note of your generous donors and the performances you gave below.
Around the world in 80 cheeses

Taste 80 cheeses from 80 different parts of the world. Keep a note of your favourite cheeses and where they are from below.
MEF121

Where has your bottom been?

Mark all the places on this map where you've deposited a poop.

Tip! No map is 100% accurate. Can you spot anything missing or wrong with this one?
Ditch your packaging

Encourage supermarkets to use less packaging by asking to leave all the bits you don’t need at the till before taking your food home.

Keep a diary of how people respond to your actions here.

Tip!

Some supermarkets encourage customers to do this so they can understand how to reduce their packaging costs.
Cook your soil a meal

Composting decomposes unwanted waste, turning it into food for your soil. Feed your soil well, it will feed your plants well and they will then feed you well. Here’s how to cook your soil a meal.

The pot
This is your compost bin. It could be a homemade fenced area in your garden, but it’s best to use a Darlek-shaped bin that has no gaps and a lid to cover it. The easier it is to get to the more likely you’ll keep filling it up.

The stove
Put your compost bin on bare soil and in the sun if you can. The heat will help your ingredients to ‘cook’, decompose and mix more quickly.

The ingredients
You can compost anything that used to be alive. Unless you’re an expert with special kit it’s a good idea to avoid animal or dairy products and food that’s been cooked. This can go into a food bin if you have one.

Good ingredients from your kitchen to pour into the top of your compost include:
- leftover fruit
- leftover vegetables
- washed seaweed
- tea bags and coffee grounds
- toenail clippings and hair
- clean, crushed egg shells
You can also add leaves, clippings from plants, sawdust and cardboard.

Recipe

1. Tip your ingredients onto your compost heap as they become available.
2. Add some (tiger) worms to help speed things up.
3. Keep adding your waste ingredients. Mix and mash them up before putting them in to help speed things up.
4. Repeat until until dark brown soil-like stuff appears at the bottom of the compost. This could take up to a year depending on your ingredients, worms and how hot it is.
5. Remove any unwanted big bits then spread on your growing beds.
Be a hero

Save the life of an animal by going litter picking. Keep a record of what you recycle here.

Tip!
Did you know that animals can be trapped in litter? Put on some thick gloves and become a hero by collecting and recycling litter.
MEF150

Make a decomposing body

Make a body from things that you find. Start with a stick skeleton and then add leaves and other stuff to make it look as real as possible. Draw it here then watch while it decomposes.

Put your body together in a sheltered place so that it doesn’t just blow away!
Grow mission checklist

- MEF001 Grow a pea pod
- MEF002 Produce a chilly chilli
- MEF003 Find your plant's funny bone
- MEF004 Grow a Kobe-style carrot
- MEF005 Design a scarecrow
- MEF006 Design a friendlycrow
- MEF007 Meet your meat
- MEF008 Eat a bunch of flowers
- MEF009 Make rubbish plant pots
- MEF010 Hold a growing olympics
- MEF011 Grow something you can't eat
- MEF012 Seed a soil map
- MEF013 Form a private army
- MEF014 Plant life
- MEF015 Help grow unusual species
- MEF016 Become a guerrilla gardener
- MEF017 Make a petal palette
- MEF018 A-maze-ing onions
- MEF019 Grow some bread
- MEF020 Send a cress message
- MEF021 Grow a free meal
- MEF022 Inner beauty contest
- MEF023 Bee friendly
- MEF024 Microgarden
- MEF025 Get sowing
Harvest mission checklist

- MEF026 Don’t bite endangered fish
- MEF027 Harvest some green things
- MEF028 Go freegan for a day
- MEF029 Spot where you don’t get food
- MEF030 Go bananas
- MEF031 Forage for food
- MEF032 Good hunting
- MEF033 Make a t-shirt bag
- MEF034 Got milk?
- MEF035 Become a preservation professional
- MEF036 Egg propaganda
- MEF037 Which comes first...
- MEF038 Traffic light your food
- MEF039 Go fishing
- MEF040 Eat the whole thing
- MEF041 Buy direct
- MEF042 Do a marathon harvest
- MEF043 Make a disaster plan
- MEF044 Label unseasonal food
- MEF045 Watch another animal harvest food
- MEF046 Learn your cuts
- MEF047 Research death
- MEF048 Hold an overharvest festival
- MEF049 Delicious dilemmas
- MEF050 Where in the world do your pigs come from?
- MEF051 Harvest the elements
- MEF052 Interrogate a vegetable
- MEF053 Culinary cartography
- MEF054 Harvest bread
Cook mission checklist

- MEF055 Cook in acid
- MEF056 Invent a cheese
- MEF057 Cook without an oven
- MEF058 Cut country cookies
- MEF059 Reconstruct a deconstructed salad
- MEF060 Create Micro(nesia) pancakes
- MEF061 Make fairly friendly energy bars
- MEF062 Pack portable provisions
- MEF063 Be a crisp taste tester
- MEF064 Be the creator of a pizza planet
- MEF065 Conduct a psychosoup traffic light experiment
- MEF066 Play 5-in-a-day
- MEF067 Cook like a caveman
- MEF068 Spice up your snacking
- MEF069 Don’t be a jerk
- MEF070 Bake the most profitable cake
- MEF071 Strata Sandwiches
- MEF072 Turn cream to ice
- MEF073 Make a meal for you and a horse
- MEF074 Culinary art collector
- MEF075 Be a health inspector
- MEF076 Become a potato head
- MEF077 Create ginger beer monsters
- MEF078 Map your recipes
- MEF079 Preserve grapes...
- MEF080 Create a cultural mash-up
- MEF081 Design a menu
- MEF082 Make the oldest edible fruit salad
- MEF083 Build a salad city
- MEF084 Ketchup mash-up
- MEF085 Bake your own bread
- MEF086 Whizz up frozen fruit smoothies
- MEF087 Draw a cooking tree
- MEF088 Cook something by...
Eat mission checklist

MEF089 Live below the line
MEF090 Give your fork a rest
MEF091 Suggest some salad
MEF092 Eat your height in spaghetti
MEF093 Spread peas
MEF094 Eat your words
MEF095 Myth bust
MEF096 Go cannibal
MEF097 Gobble, nosh and chow down
MEF098 Compare global calories
MEF099 Get as far as you can on a banana
MEF100 Map your taste
MEF101 Eat international
MEF102 Eat opposite
MEF103 Fragrant or foul?
MEF104 Feed the neighbours
MEF105 Have a disgusting month
MEF106 Survival pack
MEF107 Play taster!
MEF108 Sing for your supper
MEF109 Experiment with diets
MEF110 Edible band
MEF111 Senseless snacking
MEF112 Vary the temperature
MEF113 Set a posh place setting...
MEF114 Extreme dining
MEF115 Hold an .............. picnic
MEF116 Around the world in 80 cheeses
Waste mission checklist

- MEF117 Use everything, waste nothing
- MEF118 Turn a poo into a pumpkin
- MEF119 Wash up in the rain
- MEF120 Dance the robot
- MEF121 Where has your bum been?
- MEF122 Mould mapping
- MEF123 Rubbish human
- MEF124 Ditch your packaging
- MEF125 Crumb banquet for birds
- MEF126 Explore the world of loos
- MEF127 Eat leftovers
- MEF128 Make a chocolate poo
- MEF129 Poo protest
- MEF130 Ignore best before
- MEF131 Cook your soil a meal
- MEF132 Toilet roll test
- MEF133 Keep a poo diary
- MEF134 Be a hero
- MEF135 Run a rotten race
- MEF136 Discover gum constellations
- MEF137 Don’t waste yourself
Soil mission checklist

- MEF138 Unearth a history
- MEF139 Make a mud mask
- MEF140 Eat dirt
- MEF141 Build a soil zoo
- MEF142 Dirty art
- MEF143 Soil splats
- MEF144 Put down roots
- MEF145 What is the point of lawns?
- MEF146 Build a soil castle
- MEF147 Get muddy, dirty and soil yourself
- MEF148 Bury a plant
- MEF149 Curate a soil collection
- MEF150 Make a decomposing body
- MEF151 Harvest soil
- MEF152 Make an impression
- MEF153 Colour carrots
- MEF154 Soiling race
- MEF155 Be a worm charmer
- MEF156 Find treasure
- MEF157 Root map
- MEF158 Drain your soil
- MEF159 Make mud cakes
It's good to play with your food.

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