

Scottish Gaelic Food Activity - One Planet Picnic

**Level:** P4-S3**Time:** 1hr

This lesson introduces learners to Gaelic food culture and traditional Scottish ingredients while exploring the principles of One Planet Living. Pupils will begin thinking about how to plan and run a One Planet Picnic, considering how sustainable food choices can help reduce environmental impact and support more environmentally friendly lifestyles.

Curriculum Links

HWB 2-29a, 2-35a, 2-34a **TCH** 2-04a, **SOC** 2-08a

Learning for Sustainability links

Target 2030 – School Community and Environment

SDGs – Goal 12: Responsible Consumption & Production; Goal 15: Life on Land

UNCRCs – Article 24: Health, Water, Food and Environment; Article 29: Aims of Education

Meta-skills – Initiative, Collaboration, Creativity



Learning Intention:

- Explore Gaelic food culture and traditional Scottish ingredients.
- Have better awareness of One Planet Living and sustainable food choices.
- Start to think about how best to run a One-Planet Picnic

Resources: [PowerPoint with guidance notes](#), [Scottish Food Recipes](#), [Scottish Food Tick Box Activity](#)

1. Starter discussion – Favourite Foods and Sustainable Food (5–10 minutes)

Using Slides 2 – 4 of the PowerPoint, introduce the theme of food, sustainability and One Planet Picnics.

Ask learners:

- What are your favourite foods?
- What do you think sustainable food means?
- Where does our food come from?
- What is a One Planet Picnic?

Discuss the concept of a One Planet Picnic.

Teacher: **"A One Planet Picnic is a picnic that is good for you and good for the planet."**

2. What Makes a One Planet Picnic? (10 minutes)

Using Slides 5 of the PowerPoint, Explore:

- Reducing waste
- Reusing containers and cutlery
- Avoiding single-use items
- Choosing local food
- Reducing packaging
- Portion control

Ask:

- Which of these choices help the environment?
- Which do you already do at home?

3. One Planet Menu Activity (10 minutes)

Using Slide 6-8 of the PowerPoint, with learners in small groups / pairs.

Challenge: "Create a quick One Planet Picnic 3 course menu."

Learners should consider:

- Local food
- Seasonal food
- Ethically traded food
- Organically grown food
- Sustainable packaging

Groups should share their ideas with the class and explain how their menu supports One Planet Living.

4. Scottish Gaelic Food and Culture (10 minutes)

Using Slide 9, introduce traditional Scottish Gaelic foods and discuss their connection to Gaelic culture and heritage. Help with pronunciation: <https://learngaelic.scot/dictionary/>

Discuss:

- Arain-coirce (Oatcakes)
- Bonnach (Bannock)
- Gruth (Crowdie)
- Mil an fhraoich (Heather-honey)
- Dearcan (Berries)
- Crannachan (Cranachan)

Ask:

- Which ingredients can be found locally?
- Why were these foods important in Gaelic-speaking communities?
- How do these foods connect to the Scottish landscape and environment?

5. Gaelic Language Activity (5 minutes) - *optional*

Using Slide 10, practise key Gaelic food vocabulary.

6. Main Activity – Plan Your Gaelic One Planet Picnic (15-20 minutes)

Using Slide 11 and the [One Planet Picnic Planning Sheet](#), learners design their own Gaelic One Planet Picnic.

They should:

- Choose a location
- Decide how to travel there
- Select sustainable foods
- Decide how their food will be packaged
- Choose traditional Scottish music
- Select Gaelic phrases

Learners may use the [Gaelic Food Recipes](#) resource to help inform their food choices and menu planning.

7. Plenary (5 minutes)

Ask:

- What makes a picnic a One Planet Picnic?
- Which sustainable choices did you make?
- Which Gaelic foods would you include?
- How did you include Gaelic language and culture?

Finish by reminding learners that small choices can have a positive impact on people and the planet.

8. Extend the Learning – Plan Your Picnic!

Use our [Scottish Gaelic Food Recipes Resource](#) and visit the [One Planet Picnic](#) website to explore more ideas, recipes and inspiration for planning a sustainable picnic.

9. Additional Resources

[Keep Scotland Beautiful – Climate Action Schools](#)

Lesson ideas, activities and resources to help learners understand climate change and take

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