

THE BIG FAIRTRADE BREAKFAST: IDEAS FOR CLASSROOM DISCUSSION

Martin Luther King Jr. said the statement in the centre during a Christmas sermon on peace. **Why do you think he said it, and what do you think he meant?** Learners could write their own responses down and then share with a partner or a group to see what different responses individuals have to this expression of connections across the world.

How would your life be different if you could only eat food that was grown in the UK? What would you eat for breakfast? How about lunch and dinner? What would you miss most?

How many Fairtrade foods and drinks could you include in a Big Fairtrade Breakfast? Learners could write lists, draw pictures or talk about what they think they could include in their Fairtrade Breakfast, and what recipes they could create.

Would Martin Luther King Jr.'s idea be the same for someone living in another country? Learners could pick a country from a choice, from Iceland to China, Belgium to Bolivia, and think about this question. What would they need to ask someone from that country to find out the answer?



What could we eat for a healthy breakfast? Learners could work in small groups to design a healthy breakfast, create a group picture or collage and describe how the different parts of it contribute towards a healthy diet, from vitamins to fibre. **How do you feel if you miss breakfast? What impact might it have on concentration and on school work?**

**BEFORE YOU FINISH
EATING BREAKFAST
IN THE MORNING,
YOU'VE DEPENDED
ON MORE THAN
HALF THE WORLD**

Martin Luther King Jr., A Christmas sermon on peace, 1967

Stand where you believe. Put signs saying “agree” and “disagree” at opposite ends of the classroom and read out the statements. Ask learners to stand somewhere between the two ends according to how much they agree or disagree. Learners could then explain their choice and even try to persuade their classmates to move in response to their standpoint.



What did you eat for breakfast and where do you think it came from? Learners could draw maps, write lists, or even work out the number of miles their breakfast travelled to reach them. **Whose breakfast travelled furthest?**

Is breakfast different in different places? Do we all eat the same breakfast? Why not? What experiences do learners have of different types of breakfast around the world, from holidays, friends or family?



Do we rely on people around the world even before we eat? Get learners to think about the technology, clothes, materials and everything else they use even before they eat breakfast, from their phones, to a shower, to their school uniform. **How much do we rely on people who live thousands of miles away from us?**

