

# Year of Food and Farming

## Harvest Resources

*produced by The Arthur Rank Centre*

Visit the YFF website at [www.yearoffoodandfarming.org.uk](http://www.yearoffoodandfarming.org.uk)

Visit the ARC website at [www.arthurrankcentre.org.uk](http://www.arthurrankcentre.org.uk)

### **Aims:**

- To help children and young people understand better where their food comes from – how it is grown, produced, transported, sold
- To introduce to children and young people some of the people who are responsible for bringing food to their tables
- To encourage thankfulness for all who are involved in the food chain (including God)

### **Prayers of praise**

Loving God,  
For food so delicious.  
For taste and for flavour,  
For feeling hungry  
And the joy of eating.  
**We thank and praise you.**

Loving God,  
For all in the food chain,  
From field to factory,  
Seller to buyer  
Each one depending on the others  
**We thank and praise you.**

Loving God  
For our beautiful countryside  
For crops and animals  
Fruit and fish  
For sunshine and rain  
**We thank and praise you.**  
**Amen.**

For food, glorious food  
And those who provide it

**Let us praise God**

For potatoes and pasta  
crumbly cheese and juicy tomatoes

**Let us praise God**

For the smell of freshly baked bread  
For butter and honey, jam and cream

**Let us praise God**

For colourful carrots and bendy bananas  
For peppers and peanuts and perfect pears

**Let us praise God**

For sizzling sausages and bacon butties  
For crunchy apples and seedless grapes

**Let us praise God**

For milk and for juice  
For fish and for chips

**Let us praise God**

For chocolate and for biscuits  
For corn flakes and toast

**Let us praise God**

For food, glorious food  
And those who provide it

**Let us praise God**

**Amen.**

### **Prayers of confession**

Loving God,  
Thank you for making such a beautiful world.  
Thank you for the lovely food we have to eat.  
We are sorry for taking our food for granted.  
We are sorry for not caring where our food comes from.  
We are sorry for ignoring the people who produce our food.  
We are sorry for the food we waste and throw away.  
We are sorry that we forget to say thank you.  
Please forgive us and help us to change the way we live.  
In Jesus' name,

**Amen.**

For moaning instead of thanking  
For complaining instead of rejoicing  
For snacking instead of feasting  
For wasting instead of saving

**Dear God, forgive us**

For talking instead of listening  
For judging instead of caring  
For hitting instead of hugging  
For hoarding instead of sharing

**Dear God, forgive us.**

**Amen.**

## **Prayers of thanksgiving**

For farmers and food producers

**We say thank-you to God**

For those who process and package our food

**We say thank-you to God**

For those who transport and sell our food

**We say thank-you to God**

For those who buy and prepare our food

**We say thank-you to God**

To God, the giver of life

**We say thank-you**

**Amen.**

For all who work to bring food to our tables,

**Thanks be to God**

For farmers, growers, packers and processors,

**Thanks be to God**

For those who breed animals and look after them,

**Thanks be to God**

For distributors, drivers, sellers and stall-holders,

**Thanks be to God**

For chefs, cooks, and fair and thriving businesses,

**Thanks be to God**

**Amen.**

## **Bible Readings**

Genesis 1:1-5, 24-31; 2:1-4

Deuteronomy 11:8-15

Deuteronomy 28:1-6

Psalms 65:9-13

Psalms 104 (selected verses)

Matthew 6:25-33

John 2:1-11

John 6:27-35

## **Other Readings**

Newspaper cuttings about the food chain

Descriptions of food (e.g. from Nigella Lawson, Delia Smith, Nigel Slater etc.)

The Very Hungry Caterpillar (Eric Carle)

Food and picnics described by Enid Blyton

## **Hymns, songs, music**

Cauliflowers fluffy, cabbages green

Food, glorious food

Children to compose their own song or poem about food

Harvest hymns and songs

## **Activities for children and young people**

Bring a shopping basket full of foods, e.g. apple, pear, malt cereal, porridge, bread, baked beans, dried beans, potatoes, crisps, fresh & tinned carrots, coffee, sugar, tea etc. How do these products arrive at our dining table? Older children could draw flow-charts of the production process.

Ask what was eaten for breakfast. Again, consider where it came from and how it arrived on the breakfast table.

Recognizing that our food comes from many different countries use the Christian Aid resource, 'The Whole World Cake' at:

[www.christian-aid.org.uk/learn/schools/primary/freeitem/regc/ks2bookt.pdf](http://www.christian-aid.org.uk/learn/schools/primary/freeitem/regc/ks2bookt.pdf) (p.16)

Use some images of people involved in the food chain.

Interview a farmer – or someone involved in the food chain.

Ask if anyone has seen farmers working in the fields. What processes did they see? What machines were the farmers using?

Show images of farm work. Ask for suggestions about the work that needs to be done on a farm.

Discuss what wheat makes. Focus on the different stages of making bread - planting, cutting, harvesting, milling, baking and eating. Using a bread-maker, bake a loaf during the service/assembly/session.

Focus on one local food. Produce images; tell its story; taste it if possible.

Find some recipes for traditional harvest fare or local delicacies, e.g. Shropshire Fidget, Damson and Apple Tansy, Suffolk Fourses Cake. Bring some to eat.

Explore some local harvest customs, e.g. making corn dollies.

Explore the benefits of eating seasonal food. What food is in season at the moment?

Explore what fair trade might mean for local farmers.

## **Resources (including further Activities)**

The Tiny Seed (Eric Carle)  
Growing Vegetable Soup (Lois Ehlert)

The story of the making of oaten biscuits at:  
[www.duchyoriginals.com/public/duchy/peopleandproduct/default.aspx](http://www.duchyoriginals.com/public/duchy/peopleandproduct/default.aspx)

Farming and Countryside Education website at [www.face-online.org.uk](http://www.face-online.org.uk) and especially the '[Choosing our Food](#)' downloadable pack.

'Roots' worship resources – details at: [www.rootsontheweb.com](http://www.rootsontheweb.com)

Oxfam teacher resources on food and fair-trade – details at:  
[www.oxfam.org.uk/coolplanet/teachers/resources/food.htm](http://www.oxfam.org.uk/coolplanet/teachers/resources/food.htm) and  
[www.oxfam.org.uk/coolplanet/teachers/ofow/index.htm](http://www.oxfam.org.uk/coolplanet/teachers/ofow/index.htm) and  
[www.oxfam.org.uk/coolplanet/teachers/fairtrade\\_resources/index.htm](http://www.oxfam.org.uk/coolplanet/teachers/fairtrade_resources/index.htm)

Oxfam teacher resources on farming – details at:  
[www.oxfam.org.uk/coolplanet/milkingit/teachers/teachers\\_section.htm](http://www.oxfam.org.uk/coolplanet/milkingit/teachers/teachers_section.htm)

Christian Aid teacher resources – details at:  
[www.christian-aid.org.uk/learn/index.htm](http://www.christian-aid.org.uk/learn/index.htm)

National Farmers' Union 'Farming Fun' resources – details at:  
[www.nfuonline.com/x195.xml](http://www.nfuonline.com/x195.xml)

A wide range of materials on rural themes including agriculture, harvest & food for use in worship – whether in church services, school assemblies or teaching sessions – are available from The Arthur Rank Centre website [Rural Worship Resources](#) section (where you can search by topic or by 'key word').

## **Prayers for others**

Everyone to write their own prayers on pieces of paper the shape of apples or leaves.

Then invited to bring them forward to attach to a 'tree' at the front; to transform the bare tree into an abundant 'tree of life.'

Music and/or images throughout.

Or:

A selection of the following biddings could be followed by silence and/or a sung response. Alternatively they could be accompanied by appropriate projected images and/or music and/or the lighting of candles:

We bring to God all who play a part in bringing food to our tables

We bring to God those who do not receive a fair price for what they produce

We bring to God those whose way of life is under threat

We bring to God those who do not feel valued or whose voices are not heard

We bring to God the future of farming and food production in this country

We bring to God those who are exploring new and exciting ways of doing things

We bring to God those who are powerful; who can help things to change

We bring to God those who do not have enough food to eat or water to drink

We bring to God the people with whom we live and work

We bring to God any people known to us who are hurting or in need

We bring to God the community here; help us to live more simply and fairly

We bring ourselves to God; help me to eat and live more healthily

Loving God, bless our praying and living, that with the help of our lives, our prayers might be answered; in Jesus' name.

**Amen.**

## **Commitments**

To buying local food  
To buying fairly traded food  
To learning more about food and where it comes from

## **Act of Commitment**

Everyone given a piece of appropriately coloured paper in the shapes of a selection of fruit and vegetables. Then invited to write on this a commitment – one thing they will do or some way in which their behaviour will change – and these can be brought forward and stuck onto a picture of a large hamper or shopping basket.

## **Blessings**

Bless to us, O God  
the sun that shines above us  
the rain that falls upon us  
the earth that sustains us  
the air that surrounds us  
the love that binds us  
together as one.

**Amen.**

Loving God, who made all things  
give us peace.  
Gentle Jesus, who loves all things  
give us peace.  
Lively Spirit, who changes all things  
give us peace.

**Amen.**

May God who has made us  
    who loves us  
    and who gives us life  
bless us and keep us  
now and always.

**Amen.**

**The Arthur Rank Centre  
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