



## Lesson 1: Scottish Livestock Farming

We all interact with food and drink every day and it's a huge part of our lives, but we don't always give it much thought.

The Make it With Meat project has been created to help you think about the journey food makes from farm to fork. The project includes a burger making challenge in which you'll need to consider ingredients, nutrition, and costing.

### Finding Out About Meat

There are many types of meat including chicken, turkey, lamb, pork, beef and venison. For this project the focus is on red meat and the **3 main types of red meat: Beef, Lamb and Pork**.

Some people choose not to eat meat, eat only some types of meat, or avoid animal products all together. Although the Make it With Meat project focuses on red meat, when it comes to the recipe creation stage of the project meat alternatives can be used.

### The Farming Circle of Life

The Farming Circle of Life video explores the impact of livestock farming on the environment. Watch the video at <https://youtu.be/PgNzXuB1Qxo> and answer the questions below.

1. What % of land in Scotland is rough grazing which isn't suitable for crops but ideal for growing grass - the main food for livestock? Tick the correct answer

around 60%	<input type="checkbox"/>	around 70%	<input type="checkbox"/>	around 80%	<input type="checkbox"/>
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2. What does grass absorb from the atmosphere and store in the soil?

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3. What are farmers doing to be more sustainable? *List as many as you can*

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4. How many compartments does a cow have to its stomach? *Tick the correct answer*

1		2		3		4	
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5. What are the three main types of red meat produced in Scotland?

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## Class Discussion (you can use the space below to make notes)

Red meat is produced in many countries across the world. A few things to think about are animal welfare, industry regulation, climate, transport, food safety and traceability.

**“Does it matter where the meat we eat in Scotland is from?”**

If you need more information, you can watch this video: Farming Foodsteps Sustainability Video - <https://youtu.be/5l4zPMHESqE>

## Careers

To find out more about the jobs, careers and vocational options involved in agriculture, environmental conservation and other land-based industries visit Lantra Scotland - [www.scotland.lantra.co.uk](http://www.scotland.lantra.co.uk)

## Go Further

- Visit Farming Foodsteps at <https://education.qmscotland.co.uk/FarmingFoodsteps/4> and play ‘Find the Facts’
- Visit Farming Foodsteps at <https://education.qmscotland.co.uk/FarmingFoodsteps/7> to watch videos about Scottish livestock farming

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