

It doesn't matter how old you are, you can still work on the farm. My children work here with me. They don't go to school, but it means we have enough money to eat.

Teacher note: We'd probably say this was bad, but lots of students will think otherwise as the family are able to afford food. Fairtrade aims to stop forced child labour. It aims to pay parents enough to support their children and give them access to education. Where Fairtrade isn't an option, some families will have to weigh up food vs. education. A tough choice.

While I'm at work, my children are able to go to school. I couldn't when I was younger as I had to help on the farm. I'm really happy they can learn.

I work in a banana packing factory. We work as long as our boss tells us as it's always busy. We don't really get time for breaks.

I work in a banana packing factory. It's busy, so we work an 8 hour day, but we take breaks each day so we can rest.

Teacher note: It is hard work in the factories and we can't avoid that, but by limiting the time people work and making sure that they take regular breaks, we can ensure that they are looked after.

Cocoa prices can vary a lot on the world market as people don't want to pay too much for their chocolate. This means that sometimes we end up getting paid less than it costs us to grow and harvest our crop.

We receive a price that is always higher than the amount it costs us to grow and harvest our cocoa beans.

Teacher note: Fairtrade always guarantees that the cost of the crop is covered. At the moment prices for cocoa are really low (less than it costs to produce) so Fairtrade is keeping farmers in business.

Harvesting by hand is hard work. Sometimes workers get injured because they don't use the tools and equipment correctly.

Harvesting by hand is hard work. Sometimes workers get injured, but we try to make sure everyone is taught how to use the harvesting equipment properly to try and prevent this.

Teacher note: This one will cause debate. It's hard to make sure that no one ever gets injured in any situation – in the playground, on the sports pitch, in the office. We just have to do what we can to avoid it. So here, it's about training people correctly, to avoid unnecessary injury.

We have a contract. This is a document that lists what our role is at the farm and the type of jobs we are allowed to do. It also tells us the number of hours we are allowed to work.

I've never seen rules about what hours I should work. My boss just tells me what to do and when to do it!

Teacher note: Students may not be familiar with a contract and may not see a problem with a boss being in charge! However, without clear rules set down, workers could end up doing jobs they don't know how to (which might be dangerous), or working long hours without breaks.

It's really hot work in the tea factory as we dry the tea leaves using wood burning machines. We switch jobs regularly so that no one works in the high temperature for too long.

It's hot work in the tea factory. It's my job to stay by the machines all day to make sure they keep running. Sometimes I don't feel too well by the end of the day.

Teacher note: Again, jobs aren't always going to be easy. We need to make sure conditions can be as good as possible.

It's normal for women to be paid less than men for the work they do.

Women are never smallholders, with their own land and coffee crop.

Teacher note: Smallholder will be a new word to most students. It means to be a small scale farmer – own a small plot of land, and grow a small crop. Most Fairtrade farmers are smallholders, who come together to form coops and access the market. Fairtrade is working to make opportunities the same for men and women. In some countries women can't own land at all at the moment.

If women and men on the plantation are doing the same job, they get paid the same amount.

I own a small farm where I grow around 20kg of coffee. It doesn't matter that I'm a women, my coffee is just as good as anyone else's!

Sometimes if the farmer doesn't get the best price for the crop, we don't get paid as much.

We get paid whenever the farmer has enough money to pay us. Sometimes it's each week, sometimes it's each month. The amount we get varies.

I get paid every week. We know how much to expect, and it's always the right amount.

Teacher note: Having a regular income is really important to help farmers out of poverty. It means that they can better plan, knowing how much money will be coming in that they can reinvest in their crop, or spend on looking after their families.

We're able to earn enough to send our son to school. Our daughter stays at home to look after the house with her mother.

Teacher note: This may cause debate! Sometimes families need to decide who they send to school. They can't always pay for both children. In many countries it's also not seen as important to educate girls. Fairtrade prices help families to support all children into school. We believe both boys and girls deserve equal opportunity

We've increased our crop this year by clearing some of the rainforest and planting here.

Teacher note: A difficult one. A simple way to increase yield is to find new areas to grow on. It's also often necessary to find new soil, as overuse of one area of land can reduce the soil's fertility. Cutting down forest can seem a good idea, but deforestation is a real problem, having huge impacts on the global climate. Fairtrade helps to train farmers in how to look after the soil and improve crop, so reducing the need to clear forest areas.

People said we should focus on just one crop, but we decided to plant a variety.

Teacher note: Fairtrade encourages farmers to diversify. If one crop fails and harvest is poor, then it helps to have another crop to sell to bring in extra income.