

FAIRTRADE ACTIVITY PACK



**co
op**
It's what we do

FAIRTRADE WORD SEARCH



- 1 A type of dense and tropical forest with high annual rainfall
- 2 A word that refers to the variety of organisms living within a particular area
- 3 The surroundings or conditions in which a person, animal or plant lives
- 4 To move from one region or habitat to another
- 5 The act of preserving, protecting or restoring parts of a natural environment
- 6 When a natural resource is, it can be sourced without impacting the surrounding environment
- 7 When a company or society treats all of its members fairly; especially in status, rights or opportunities
- 8 Making use of a situation to gain an unfair advantage or profit
- 9 The moral or legal entitlements and freedoms belonging to all members of society
- 10 A person who owns or manages an agricultural area smaller than a typical farm

ANSWERS

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Answers can be found at the back of this pack.

V	E	G	M	U	T	N	E	M	N	O	R	I	V	N	E	X	R	W	G
N	L	R	E	H	S	C	B	K	Q	M	D	T	T	D	H	D	G	G	D
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Z	U	S	E	R	T	G	H	R	E	Q	U	A	L	I	T	Y	V	D	E
A	S	T	W	E	F	G	H	A	S	D	A	S	X	C	V	R	E	W	R
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Y	S	F	C	O	N	S	E	R	V	A	T	I	O	N	D	F	F	Y	U
I	K	H	Y	G	B	O	W	O	J	H	J	I	U	Y	S	D	D	Q	S
E	H	D	E	D	Z	X	C	V	B	S	Z	R	I	G	H	T	S	S	A
S	R	E	D	L	O	H	L	L	A	M	S	Z	X	C	S	Q	D	A	F
F	H	Y	H	D	E	N	M	A	S	Y	U	X	C	Y	T	F	D	S	H
H	D	E	X	P	L	O	I	T	A	T	I	O	N	F	G	T	R	E	G

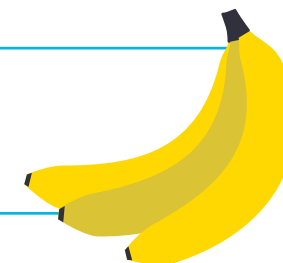
TEST YOUR BA-KNOWLEDGE



Co-op has supported Fairtrade through banana sales for over 20 years. These days, all the bananas Co-op sells are Fairtrade, and the business supports small farms by purchasing bananas straight from the source. Each time you choose a Fairtrade banana, you're changing lives across the world.

How much do you know about bananas? Let's find out. If you score above 5, you can crown yourself a Banana Genius. If you score less than five, you're officially a nana.

MY SCORE:



1

Bananas sink in water - true or false?

.....

2

What type of fruit is a banana?

.....

3

Rubbing the inside of a banana peel on your skin can help with itches and inflammation - true or false?

.....

4

As humans, we share about 90% of our DNA with cats and around 61% of our DNA with fruit flies. How much DNA do we share with bananas?

.....

5

Bananas are naturally radioactive - true or false?

.....

6

Co-op is committed to ensuring that wherever bananas are used as an ingredient in Co-op products, Fairtrade producers will benefit - true or false?

.....

7

One in six bananas bought in the UK are Fairtrade - true or false?

.....

8

Co-op was the first supermarket to sell Fairtrade bananas - true or false?

.....

9

A cluster of bananas is called a what?

.....

10

The scientific name for banana is "musa sapientum", which means what?

.....

"WHERE'S IT FROM?" FAIRTRADE QUIZ

Did you know Co-op was the first supermarket in the UK to stock Fairtrade products in all stores? Co-op has helped farmers around the world get a fair price for their food for over 25 years, and the business still uses Fairtrade products in nearly every own-brand range in-store.

But where does it all come from? Test your knowledge and take the quiz below.



These are the top 5 Fairtrade producing origins not the total Fairtrade origins/Co-op sourced origins.

FAIRTRADE COCOA

Co-op has supported Fairtrade farms for over 25 years. Today, every spoonful of cocoa used, from the chocolate sprinkles on their doughnuts to the chocolate chips in their Irresistible cookies, benefits Fairtrade cocoa farmers.



FAIRTRADE SUGAR

Co-op sold their first bag of Fairtrade sugar in 2004. The Fairtrade Premium raised by Co-op sugar sales helps workers and farmers in Belize improve their lives and communities.



FAIRTRADE COFFEE

In 2003, Co-op switched its entire own-brand coffee range to Fairtrade - a first for any retailer. Since then, the business has supported thousands of smallholder coffee producers across the globe.



FAIRTRADE BANANAS

In the year 2000, Co-op introduced the UK's first Fairtrade bananas. These days, all the bananas Co-op sells are Fairtrade, and the business supports small farms by purchasing bananas straight from the source.



FAIRTRADE TEA

All Co-op's own brand tea is Fairtrade, and it has been for over 10 years. Since then, the business has supported tens of thousands of tea smallholders, workers and communities in Kenya and Malawi.



THE RULES

Top five growers only.
One correct answer = one point.

1 Which countries grow the most bananas?

2 Which countries grow the most cocoa?

3 Which countries grow the most coffee?

4 Which countries grow the most sugar?

5 Which countries grow the most tea?

Answers can be found at the back of this pack.

BANANA BREAD RECIPE

Make your own soft and tasty banana bread at home with this quick and easy recipe.



Serves:
8



Prep Time:
30m



Cook Time:
1hr 30m

INGREDIENTS

115g Butter
1tsp Bicarbonate of soda
225g Self raising flour

75g Dark brown sugar
2 Eggs
3 Very ripe bananas
30ml Milk

METHOD

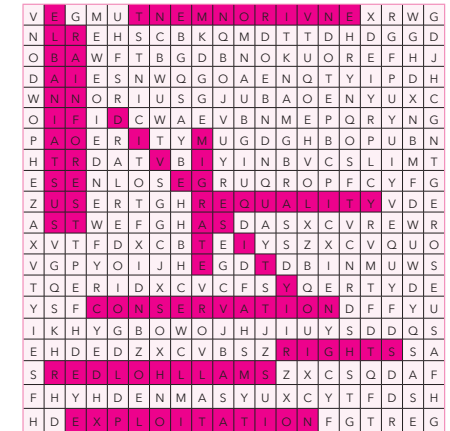
- 1 Preheat oven to 160C and grease and line a 900g loaf tin
- 2 In a large bowl cream the butter and sugar until it is fluffy
- 3 Add the eggs and mix well
- 4 Sift in the bicarb and flour, mix thoroughly
- 5 Peel and mash the bananas in a bowl
- 6 Add the milk and continue to mash
- 7 Mix the bananas into the cake batter till the batter is soft, smooth and glossy
- 8 Pour the mix into your lined tin and bake in the oven for 1hr - 1hr 30 or till cooked through



ANSWERS

Word Search

1. Rainforest
2. Biodiversity
3. Environment
4. Migrate
5. Conservation
6. Sustainable
7. Equality
8. Exploitation
9. Rights
10. Smallholder



Banana Facts Answers

1. False
2. A berry
3. True - bananas are full of anti-microbials and anti-inflammatories like lutein
4. 60%
5. True - bananas contain high amounts of potassium
6. True
7. False - one in three bananas bought in the UK are Fairtrade
8. True - the Co-op started selling Fairtrade bananas in 2000
9. A hand
10. "Musa sapientum" translates to "fruit of the wise men"

"Where's It From?" Fairtrade Quiz

1. Bananas: Dominican Republic, Colombia, Peru, Ecuador, St Lucia
2. Cocoa: Cote d'Ivoire, Ghana, Peru, Dominican Republic, Ecuador
3. Coffee: Colombia, Brazil, Peru, Honduras, Nicaragua
4. Sugar: Fiji, Belize, Paraguay, Costa Rica, Eswatini
5. Tea: Kenya, India, Uganda, Malawi, Sri Lanka