We hope that the teaching session at Kew assisted in developing the skills and knowledge of your pupils and provided them with an insight into the amazing plants and world-leading plant science at Kew.

Following your visit, you can use the post-visit activity to further support your pupils’ learning.

Pupils should keep a diary for one week of all the products that they use or eat that contain palm oil.

Once your pupils have completed their diaries, you could discuss the impacts of using palm oil in so many products. Your pupils could think about the social, environmental and economic impacts involved.
Think of examples of ecosystem services that the rainforest provides.
Palm oil is one product that we use that comes from the rainforest.

Keep a diary for one week of all the products that you use or eat that contain palm oil.

Don’t forget to check things like your toothpaste and shower gel!

It is not always easy to tell if a product contains palm oil. These are some names for palm oil and its derivatives that you may find on ingredients lists…

Ingredients: Vegetable Oil (palm), Vegetable Fat (palm), Palm Kernel, Palm Kernel Oil, Palm Fruit Oil, Sodium Palmate, Palmitate, Palmolein, Elaeis Guineensis, Palmitic Acid, Palm Stearine, Palmitoyl Oxostearamide, Palmitoyl Tetrapeptide-3, Sodium Laureth Sulfate, Sodium Lauryl Sulfate, Sodium Kernelate, Sodium Palm Kernelate, Sodium Lauryl Lactylate/Sulphate, Hydrated Palm Glycerides, Etyl Palmitate, Octyl Palmitate, Palmityl Alcohol.
Post-visit
Pupil activity

What might be the impacts of using palm oil in so many products?

Chocolate, Lipstick, Ice Cream, Bread, Pizza, Toothpaste, Shampoo, Biscuits