

Why grow food?

- Provides rich, authentic learning experiences
- Gardening together strengthens ties between school and community
- Getting their hands dirty helps connect children and young people with nature
- Gardening strengthens children and young people's immune systems
- Working in a school garden helps children and young people stay active, reducing obesity
- Gardening moderates mood and eases anxiety
- Children and young people who garden at school develop empathy and practice risk
- Teaching and food gardens improve children and young people's diets

What you need:

- *Wet weather clothing and gardening gloves*
- *Gardening tools – including hand tools, spades, rakes etc*
- *Plant pots and containers – variety of sizes and different materials*
- *Re-used transparent plastic cups allowing children and to see root systems*
- *Soil, turf, compost – if it is not possible to provide a 'digging patch' for children and young people, soil should be provided in large pots or trays to encourage exploration and investigation*
- *Vegetable patch – provides opportunities for first-hand experiential learning. Children will have a better understanding of food sources and may even experiment with new foods as a result of growing their own vegetables*
- *An assortment of seeds, plants, herbs – it is important to check that these are child-friendly*
- *Buckets, brooms and brushes*
- *Outside tap and hosepipe*
- *Watering cans and spray bottles – will ensure that plants are never short of water!*
- *A water butt – provides easy access for children to a water supply and is eco-friendly*
- *Wheelbarrows – always popular among children, particularly in the autumn when there are leaves to clear and transport and produce to harvest*
- *Compost heap – provides opportunities for children to understand scientific concepts and become more ecologically aware*
- *Magnifiers*
- *Canes and trellis*
- *Cord/twine or plastic ties and fasteners*
- *Labels and markers suitable for outdoor weather*
- *Non-fiction picture books, posters, information cards etc. in a box/ basket that can be easily transported outside*



GROWING FOOD



Key Concepts Growth, Change, Seasons, Weather

Key Questions

Is it possible to grow our own food?
 What do plants need to grow?
 When should we plant our seeds?
 Do all plants like a sunny spot?
 How much water should we give them?
 How long will it be before we can harvest our food?
 What can we do with the food we have grown?

Things to grow

Herbs Mint, Chives, Sage, Thyme, Parsley



Salads Lettuce, Radish, Cucumber, Cherry Tomatoes, Spinach

Vegetables Green Beans, Carrots, Potatoes, Peas, Onions

Fruits Strawberries, Blueberries, Gooseberries



Possible learning experiences

- Find out when and where to plant herbs, fruits and vegetables
- Prepare the soil for planting
- Plant a variety of seeds in pots, patio containers, raised beds, school garden
- Find and use recycled containers to plant seeds in
- Use string to mark out a straight line for planting in raised beds/vegetable plots
- Use a spacer to make sure individual plants have enough space to grow
- Grow vegetables and observe the 'seed to plate' process. You may need to build a scarecrow to protect your plants
- Label the plants. Find out the Welsh names for things you see or use in the garden too
- Photograph them at regular intervals to record their growth
- Take care of your plants providing them with the best growing conditions
- When your produce is ready begin to harvest it
- Make some close observational drawings/paintings of the fruit and vegetables you have grown. These can be used on packaging for your produce
- Use the produce you have grown to prepare healthy snacks - wash, prepare, chop and present it in inviting ways
- Sell some of your herbs, fruits and vegetables in the Big Bocs Bwyd
- Use some of your produce to cook with both in school and at home

Useful websites

<https://schoolgardening.rhs.org.uk/home>
<https://www.growveg.co.uk/guides/how-to-set-up-a-school-garden/>
<https://learn.eartheasy.com/guides/how-to-start-a-school-garden-your-complete-guide/>



Four Purposes

Ambitious, capable learners

Can explain the ideas and concepts they are learning about

Healthy, confident individuals

Take part in physical activity

Enterprising, creative contributors

Connect and apply their knowledge and skills to create ideas and products

Ethical, informed citizens

Show their commitment to the sustainability of the planet

Integral Skills

Creativity and innovation

Develop curiosity and inquisitiveness

Critical thinking and problem-solving

Ask questions

Personal effectiveness

Confidence and self-esteem

Planning and organising

Manage resources

What Matters

Sci-Tech

The world is full of living things which depend on each other for survival

H&WB

Our decision-making impacts on the quality of our lives and the lives of others

M&N

Measurement focuses on quantifying phenomena in the physical world

Descriptions of learning

I can recognise that plants and animals are living things which grow.

I have an understanding that things can be safe or unsafe.

I can make estimates and comparisons with measures, such as 'shorter than', 'heavier than'.

Cross-curricular Skills

Nursery

M&N

- Compare, sort and order two objects in terms of size, weight and capacity by direct observation
- Use words that describe temperature during everyday activities, e.g. hot/cold

Reception

M&N

- Use direct comparisons with length, height and distance, weight/mass, and capacity
- Use direct comparisons when describing temperature, e.g. hot/cold

