

## Curriculum in a Seed Packet

(Curriculum topics: Science, Geography, Maths, English, D&T, Art and Design)

A year – long food growing project adaptable for key stages 1 & 2 giving children and staff at your school the know how to establish, run and manage a school garden, no matter how big or small the growing area.

Grow's intensive garden project complements the curriculum throughout the growing year. We work outdoors with you and your children for one day a week as well as providing resources full of advice and support. The sessions include fun and engaging scientific experiments, games and hands-on investigations in which children and staff together explore and understand their growing environment.



Each term we will cover a topic related to the garden and growing with direct curriculum content allowing your staff to link outside activities with what is taking place in the classroom. The following is an example of a session's content.

### COOK AND EAT

The proof of the project is in the eating! Vegetables and fruit grown during the year are harvested and eaten. Vegetable wraps, herby pesto for pasta, soups, toppings for pizza. The children taste things they maybe haven't tasted before and vote on their favourite flavours. These sessions can be held outside or inside and we provide equipment if needed.

### Science

- KS1 Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene
  - KS2 Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their food; they get nutrition from what they eat
- Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

### D&T

- KS1 Understand where food comes from
  - KS2 Understand and apply the principles of a healthy and varied diet
- Understand seasonality, and know where and how a variety of ingredients are grown and processed

For more information, a quote and a complete breakdown of the year's activities please contact Grow. (Day rate £200)

