

Limited availability, terms 1, 5 and 6 only

KS3

Curriculum Links: Design and Technology, Citizenship

Time	Activity
10:00	Arrive, welcome and introduction
10.30	Vegetable garden
11.00	Prepare and cook lunch
12:30	Shared lunch and clearing up
13:15	Tour of farm
14:00	Programme ends

Important information about your visit

- Please ensure pupils bring a packed lunch
- Please ensure that pupils wear suitable clothing: this should be something that won't spoil if it gets a bit dirty and should be appropriate for the season of your visit. At all times of the year, the optimum clothing includes waterproofs and wellies
- **It is essential that all pupils and participants bring two pairs of footwear: a pair suitable for the tour of the farm (ideally wellies) and a pair for indoor/travel use**

Summary of activities

Introduction

Pupils will find out about Bore Place and what they will be doing during their visit. Pupils will be introduced to the idea of a healthy balanced diet using the Eatwell Plate.

Vegetable garden

Pupils will visit our organic vegetable garden to see what is growing and possibly harvest some ingredients for our soup (depending on season and availability). Pupils will consider the benefits locally and globally to growing our own food.

Prepare and cook lunch

Using local, seasonal and organic ingredients whenever possible, pupils will prepare and share a two-course lunch (choose: pizzas or seasonal vegetable soup and soda bread) and a seasonal fruit crumble.

Shared lunch

Pupils will sit together around a table to share the food they have prepared, then work as a team to clear away and wash up.

Tour of farm

Pupils will visit our organic dairy farm to see our livestock and learn more about what they produce. They will discover the inputs, outputs and processes of a working organic farm system.



Links to the New Secondary Curriculum

A Seasonal Cooking Day programme contributes to the following curriculum areas:

KS3 Design and Technology

Cooking and nutrition

- understand and apply the principles of nutrition and health.
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.
- become competent in a range of cooking techniques.
- understand the source, seasonality and characteristics of a broad range of ingredients.

KS3 Citizenship

- all pupils are equipped with the skills to think critically and debate.
- all pupils develop an interest in, and commitment to, participation in volunteering as well as other forms of responsible activity, which they will take with them into adulthood.