

KS2

Curriculum Links: Design and Technology, Geography

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).

Prepare and cook lunch

Using local, seasonal and organic ingredients whenever possible, pupils will prepare and share a two-course lunch, choose from: a seasonal vegetable soup and soda bread, or pizza with seasonal toppings (please state SOUP or PIZZA at time of booking).

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 Primary Curriculum

A Seasonal Prepare and Share Day contributes to the following curriculum areas:

KS2 Design and Technology

Cooking and nutrition

- understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- use the basic principles of a healthy and varied diet to prepare dishes.

KS2 Geography

Human and physical geography

- describe and understand key aspects of human geography, including: types of settlement and land use, economic activity including trade links, and the distribution of natural resources including energy, food, minerals and water.