



Field to Fork (KS1/KS2)

Time	Activity
10:00	Arrive, welcome and introduction
10:15	Baking Bread
11:30	Visit The Market Garden
12:30	Lunch and waste sorting
13:00	Farm Tour
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

Baking Bread

Pupils will learn all about flour, where it comes from and its different types. Working in groups, they will discover the role of yeast in baking, and have a go at grinding some whole wheat to bake their own rolls to take home.

Visit The Market Garden

Exploring the diversity of vegetables grown organically in our market garden, pupils will learn about which parts of a plant that can be eaten, and in which season. They will also learn about plant families and the importance of these groupings in the planning of an organic vegetable garden.

Farm Tour

Pupils will visit our working organic dairy farm. They will learn how our cows are looked after, what they eat, what they produce and where they live.

Waste sorting

Pupils will be encouraged and helped to sort their lunch leftovers and packaging into the correct bins. There will be discussion about how we can reduce, reuse or recycle our waste.

Links to the Primary Curriculum

The Field to Fork programme contributes to the following curriculum areas:

KS1 and KS2 Design and Technology

Cooking and nutrition

- understand where food comes from. (Year 1)
- understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed. (Year 2)
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. (Year 2)

KS1 and KS2 Science

Seasonal changes

- observe change across the four seasons and describe weather associated with the seasons and how day length varies. (Year 1)

Plants

- identify and name a variety of common wild and garden plants. (Year 1)
- find out and describe how plants need water, light and a suitable temperature to grow and stay healthy. (Year 2)
- explore the requirements of plants for life and growth (air, light, water, nutrients from soil and room to grow) and how they vary from plant to plant. (Year 3)
- identify and describe the functions of different parts of flowering plants; roots, stem/trunk/, leaves and flowers. (Year 3)

Animals, including humans

- find out about and describe the basic needs of animals, including humans, for survival. (Year 2)
- notice that animals, including humans, have offspring which grow into adults. (Year 2)
- describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene. (Year 2)
- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food, they get nutrition from what they eat. (Year 3)

Living things and their habitats

- recognise that environments can change and that this can sometimes pose dangers to living things. (Year 4)