



## Healthy Eating & Staying Active (KS2)

Time	Activity
10:00	Arrive, welcome and introduction
10.30	Harvesting and Cooking
12:00	Lunch and waste sorting
12:30	Active Walk and Farm Tour
14:00	Programme ends

### Important information about your visit

- Please ensure pupils bring a **SMALL** 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 discuss how eating good food and being active are important parts of leading a healthy lifestyle.

#### Harvesting and cooking

Whilst exploring what is growing in our market garden, pupils will think about what it means to grow fruit and vegetables organically and they will harvest some ingredients to cook with (produce varies according to season and availability). Working in small groups, pupils will be led step-by-step to cook seasonal vegetable fritters to eat for lunch.

#### Active walk and farm tour

Pupils will take an energetic and fun walk across our fields to a viewpoint looking out over Bough Beech Reservoir. Here they will take a moment to relax and reflect, before heading back for a tour of the organic dairy farm where 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 Healthy Eating & Staying Active programme 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.