



Healthy Eating & Staying Active (KS3)

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 students bring a **SMALL** packed lunch
- Please ensure that students 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 students 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

Students 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, students will think about what it means to grow fruit and vegetables organically and harvest some ingredients to cook with (produce varies according to season and availability). Working in small groups, students will be led step-by-step to cook seasonal vegetable fritters to eat for lunch, and will sort all of the ingredients used into food groups.

Active walk and farm tour

Students 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 dairy farm to explore the inputs, outputs and processes of a working organic farm system. They will learn how our cows are looked after, what they eat, what they produce and where they live.

Waste sorting

Students 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 Secondary Curriculum

The Healthy Eating & Staying Active 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.