



Seasonal Prepare & Share

KS2

Curriculum Links: Design and Technology, Geography

Maximum 1 class per visit

Time	Activity
10:00	Arrive, welcome and introduction
10.30	Visit the market garden
11.00	Prepare and cook lunch
12:30	Shared lunch, clearing up and waste sorting
13:15	Tour of farm
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 what makes a healthy diet.

Visit the market garden

Pupils will visit our organic market garden to see what is growing and harvest some ingredients to cook with (depending on season and availability).

Prepare and cook lunch

Using local, seasonal and organic ingredients whenever possible, pupils will prepare and share a tasty lunch. **At time of booking, please choose to make either: seasonal vegetable soup with soda bread or pizzas with seasonal toppings.**

Shared lunch and waste sorting

Everyone will sit together to share the meal they have prepared, and work as a team to clear away and wash up. 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.

Tour of farm

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.

Links to the Primary Curriculum

The Seasonal Prepare & Share 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.