KS3
Curriculum Links: Design and Technology, Citizenship
Maximum 1 class per visit

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>10:00</td>
<td>Arrive, welcome and introduction</td>
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<tr>
<td>10.30</td>
<td>Visit the market garden</td>
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<tr>
<td>11.00</td>
<td>Prepare and cook lunch</td>
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<tr>
<td>12:30</td>
<td>Shared lunch, clearing up and waste sorting</td>
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<tr>
<td>13:15</td>
<td>Farm tour</td>
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<tr>
<td>14:00</td>
<td>Programme ends</td>
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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 what makes a healthy diet.

Visit the market garden
Students will visit our organic market garden to see what is growing and harvest some ingredients to cook with (depending on season and availability). Students will consider the benefits locally and globally to growing our own food.

Prepare and cook lunch
Using local, seasonal and organic ingredients whenever possible, students 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. 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.

Tour of farm
Students will visit our 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.
Links to the Secondary Curriculum

The Seasonal Prepare & Share 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.

**KS3 Citizenship**

- all pupils are equipped with the skills to think critically and debate.
- all pupils develop an interest in, and commitment to, participation in volunteering as well as other forms of responsible activity, which they will take with them into adulthood.