



Seasonal Prepare & Share

KS3

Curriculum Links: Design and Technology, Citizenship

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	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 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.