



🍏 FOOD FOR THOUGHT Key Stage 1&2

<p>Aim: To discover where food comes from not just the supermarket. Taking part in planting seeds to grow vegetables, foraging to find free food and learning new ways to prepare vegetables and cook them. Developing skills to also look after yourself, others and nature. Building the foundations for a healthy life through nutrition and movement.</p>	<p>Adult requirements: School Adults - 1-10 Leighton Adults - 1-15</p>
<p>Success Criteria:</p> <ul style="list-style-type: none"> • I can talk about myself and my contribution in a positive way. • I can talk about a shared experience in a positive way. • I know where food comes from. • I know how to care for myself and others outside. • I can use a knife to prepare food. • I know how to prepare myself and work surface for food preparation. Hand washing and surface cleaning. Food hygiene. 	<ul style="list-style-type: none"> • I have learned how the Victorians produced and cooked food. • I have learned how to light a fire and how to keep myself and others safe around a fire
<p>Resources Required:</p> <ul style="list-style-type: none"> • Outdoor clothes • Waterproof shoes • Packed Lunches 	<p>Resources Provided:</p> <ul style="list-style-type: none"> • Paper, pencils, clipboards. • Food • Tools. • Safety equipment, including PPE • Wood, sticks, fixings, other materials. • Chopping Boards
<p>Key language:</p> <ul style="list-style-type: none"> • Foraging, grow your own, allotment, food miles, Harvest. • Safety, cutting edge, safety gloves, knife, flint and steel, fire triangle. • Nutrient dense, poisonous, edible, nature, super food, nutrition. 	
<p>Prior Learning: Knowledge on the Eat well plate.</p>	
<p>Activity plans:</p> <p>In The Hazel Tree Retreat: Outdoor Kitchen area</p> <ul style="list-style-type: none"> • The group will be encouraged to identify their own basic needs. • Preparing and planting seeds, identifying vegetables that are planted in the allotment area. • They will break into 2 smaller groups. • Groups will be taught food hygiene and personal hygiene before preparing food. • Preparing food and cooking it with the use of knives. Choosing recipe cards to choose what they want to make. Some recipes will require ingredients from the woods. <p>In the woods:</p> <ul style="list-style-type: none"> • The groups will head into the woods to forage for food. Identify what we can eat and what is poisonous and can cause harm. Really embedding that they always need a qualified person to identify the food before they can eat it. • Using a map to locate edible and non-edible plants. • If it's bad weather the groups can come together to eat and prepare food in the studio. <p>The Hazel Tree Retreat:</p> <ul style="list-style-type: none"> • Fire safety talk on how to walk and work around the fire. • They will break into small groups and practice lighting their own fires to then cook their food on. • Share food they have all made, discuss what they like and don't like to eat. What is healthy and not healthy and how they can have a balanced diet at home. 	