

Growing Your Own Food

How does our food grow?

Foods are grown and sourced in all sorts of different ways:

Underground - where we can't see, food might be growing all around us. This includes foods such as potatoes and carrots

Trees - not only provide food for us but for nature as well, and can include nuts and fruit

Animals - we know that different meats come from animals but we also eat foods that are made from other animal products, such as eggs and honey

Plants/Above Ground - these foods are much easier to spot or even smell! Herbs, tomatoes and pineapples all come from plants

Local & seasonal food is much healthier as it has more nutrients and vitamins due to the reduced amount of processes it has been through and the smaller amount of distance it has travelled.

Making it real:

Menus - recognise the foods used in daily food provision and identify how they are grown or where they are sourced

Growing - set up a small growing space either inside or outside to experience how food grows

Tasting - create tasting opportunities for the foods grown and harvested

Community - create links with local communities such as gardens and allotments to gain knowledge, skills and experiences

Create displays of this topic in your setting using pictures from the children's experiences, offer advice and links for those wishing to grow food at home, send home planted seeds and produce for families to engage with.

Early years curriculum links:

- Understanding the world
- Communication & language
- P, S, E Development
- Literacy

Guidance age two to five years

Additional guidance and resources -

www.which.co.uk/i/garden-and-outdoors

www.lovethegarden.com

www.rhs.org.uk



Pollination Action Stations

You will need:

- Plastic Milk Bottle & Lid
- Pens - Sharpie Pens are recommended
- Scissors
- Double-Sided Tape
- Water & Sugar
- Cup & Spoon
- Dish, Tray or Plate
- Pebbles or Stones



Get hands on:

- Make sure your plastic bottle is clean, dry, and all labels and have been removed
- Remove the lid and keep safe for later
- Cut a panel out of the side of the bottle so you have a flat piece of plastic
- Draw a flower or leaf shape onto the plastic, use a template to draw around if needed
- Colour it in with you your pens and cut it out
- On the flat of the lid add some double-sided tape and place in the centre of your flower or leaf firmly
- In a cup add a small amount of water and mix in the sugar until no more will dissolve - this will be your sugary nectar mix to add to your lid so you don't need very much
- In your plate place some pebbles/stones on one side and then fill with some water
- Place your flower on the water and leave outside in a sunny spot to attract visiting pollinators to take a rest, drink some water and take on some nectar

