

OVERVIEW FOR CLASSROOM TEACHERS



Garden to Table is an exciting, integrated and comprehensive programme that helps children understand how to grow, harvest, prepare and share good food. It builds skills for life through highly practical, curriculum-integrated and child centric classes teaching gardening and cooking skills, while also building awareness of responsibility for the environment, conscious eating and community connectedness.

Grow, Harvest, Prepare and Share

Many children today are disconnected from nature and their food supply, do not recognise common vegetables and know little or nothing about where food comes from, how to grow it or prepare it. Garden to Table improves children's food literacy through hands-on, engaging sessions where children learn through doing, and then provides curriculum-integrated resources that allow the activities from the kitchen and garden to reinforce learning in the classroom.

Key values of the Garden to Table Trust include:

- Building children's futures through food education and awareness
- Teaching the life skills of gardening and cooking in a practical, fun, hands-on learning environment
- Making food a positive and exciting part of children's lives
- Fostering environmental awareness

Students are involved in all aspects of gardening in an environmentally sustainable garden, cooking and then enjoying a delicious, seasonal meal they have produced themselves together with their peers, volunteers and teachers. Students' newfound knowledge from the garden and kitchen sessions is reinforced when these skills are taken back to their classroom and incorporated in their day-to-day learning.

To help you, comprehensive curriculum resources are available on the members' only section of the Garden to Table website. Please ask your Principal or Garden to Table Champion for your school's login and password.

Email Garden to Table if they have forgotten it.



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Your role during the Garden to Table sessions:

Your role during Garden to Table will depend on the way your school has chosen to implement the programme. If your Garden to Table sessions are primarily led by Garden and Kitchen Specialists, classroom teachers still play a vital role.

By being present you will see what aspects of the programme are engaging your students, providing threads that can be followed up later in the classroom. Garden to Table provides an authentic environment for many Curriculum areas and can be a great catalyst to encourage children in writing, reading, maths, science and enquiry learning.

For example, you can use maths in the garden When spacing out and planting seedlings, and in the kitchen when doubling recipes and measuring ingredients.

You can get the most from your Garden to Table Sessions by:

- Dividing the children in your class into smaller working groups of 4-5 children for their Garden to Table sessions, putting together students who work well together
- Ensuring the children are able to sit and share the food together with staff and volunteers at the end of the session
- Encouraging children to fully participate and be “hands-on” – teamwork is also important
- Emphasising the flavour, texture and pleasure of food by encouraging the children to talk about and experience it with all their senses. Avoid using the word ‘healthy’ as the main descriptor
- Expanding children's culinary horizons and presenting cultural and culinary differences as fascinating rather than strange
- Expanding children's vocabulary for describing flavours, textures, plant families and names
- Using the children's experiences in the Garden to Table programme to enrich their learning in other curriculum areas



Further Information & Resources:

Visit our website:

www.gardentotable.org.nz/resources

Sign up for our newsletter or visit our

Facebook page to see what's happening at Garden to Table schools around New Zealand.

www.facebook.com/gardenztable