

A decorative border of autumn leaves in various colors including red, orange, yellow, and brown, framing the central text box.

Autumn: Nature Walk & Celebration Lunch

A mix-and-match autumn term project that will support the delivery of your curriculum and achieving your Food for Life Award.

This Food for Life resource will provide lots of ideas and inspiration for putting good food at the heart of a nature walk and celebration lunch this autumn term.

We have a range of resources to support your school in bringing people together through good food. By using this project resource your event will celebrate good, healthy food, support your curriculum, and complete Food for Life Award actions.



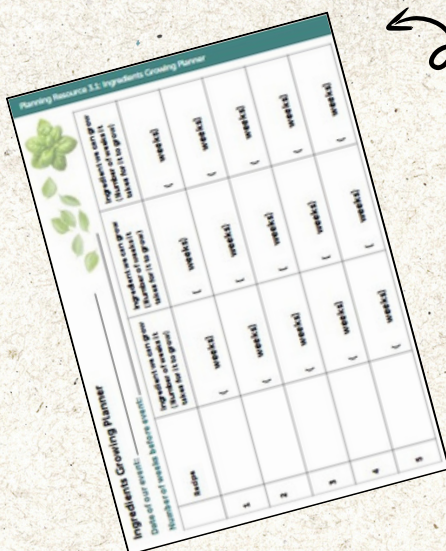


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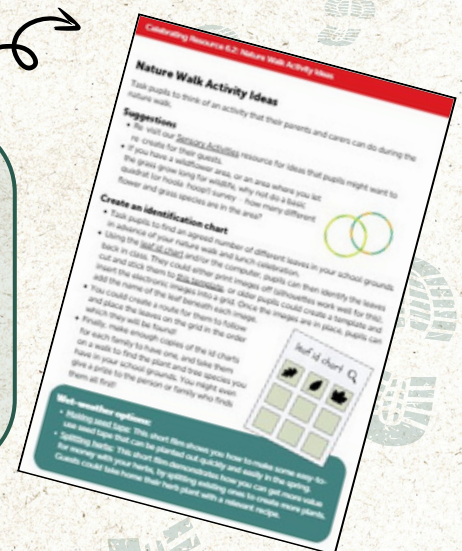
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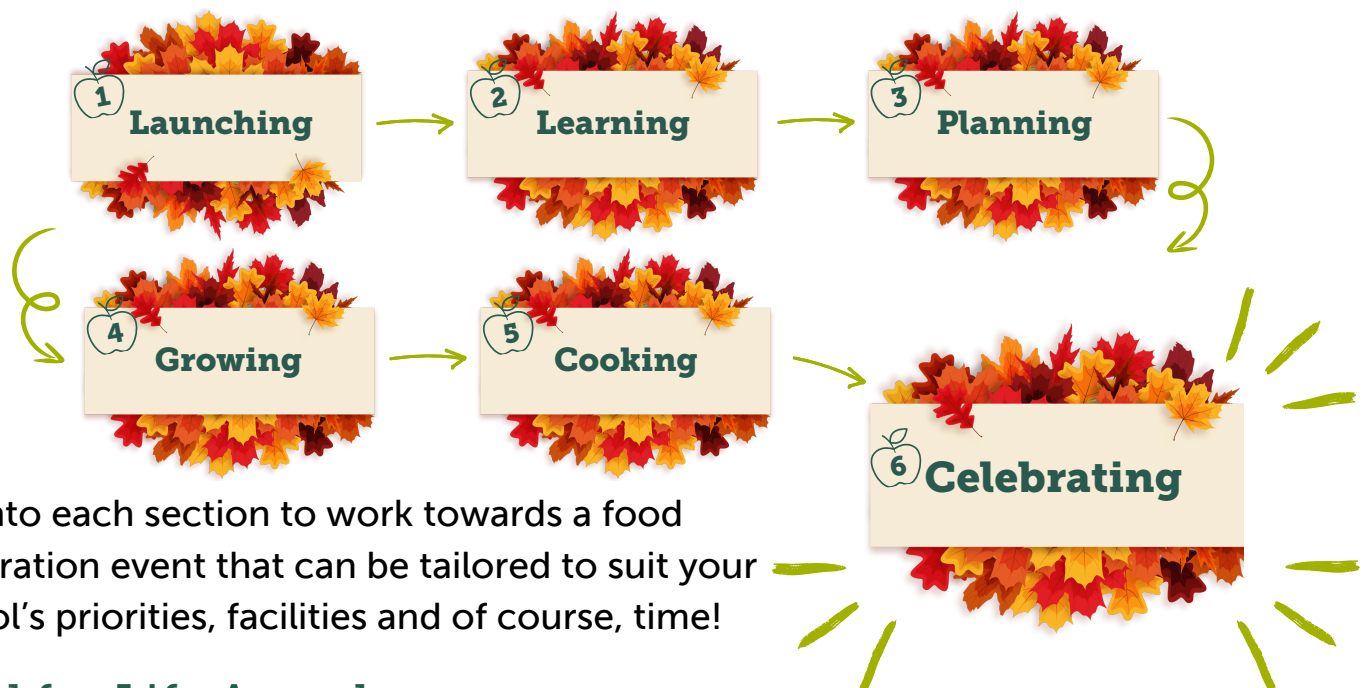


A green band along the top edge of a page indicates a resource for pupils and a red band indicates guidance for teachers.



Project Outline

There are six stages to this project:



Dip into each section to work towards a food celebration event that can be tailored to suit your school's priorities, facilities and of course, time!

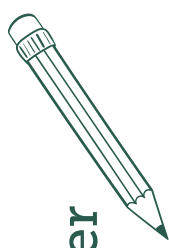
Food for Life Award

The Food for Life Award shows the wider world that you're doing fantastic work with your school food and food education. Food for Life is a nationally recognised project which supports you to develop a good food culture within your school. As well as providing an opportunity to learn more about food and where it comes from, there are lots of opportunities to link this project to wider learning. Whether it's linking cooking weights and measures with numeracy, developing literacy by writing to local farmers, or exploring science through growing, there a range of opportunities to embed the project into your wider curriculum learning.

Supporting Ofsted

Ofsted's Common Inspection Framework expects pupils to gain "knowledge of how to keep themselves healthy" and "make informed choices about healthy eating, [and] fitness" throughout their inspection. Food for Life is specifically mentioned as a form of evidence helpful to Ofsted.

Food for Life's pioneering 'whole setting approach' means that this good food culture is embedded throughout the school, from the dining hall to the classroom and that positive messages around good food are reinforced throughout the school day.



Identify links between the Food for Life project, the curriculum and wider school activity

The project provides lots of opportunities to support and enhance the primary curriculum. Some of the obvious links come with the D&T Cooking and Nutrition and Science programmes of study. The activities also encourage children to explore practical elements of maths and literacy and develop their personal and social skills.

Use this log to note down how/where the project activity links into the curriculum, personal development and other things happening in school.

Stages of the project	Links across the year groups			
	Reception	Years 1&2	Years 3&4	Years 5&6
Launching				
Learning				
Planning				
Growing				
Cooking				
Celebrating				



During this stage of the project, the children will be tasked with introducing the project to the rest of the school, as well as the wider community.

TOP TIPS!

- Decide on a date for your event and work backwards.
- Plan, organise and present a whole school assembly to introduce your project and explain its links to good food.
- Hold a School Council meeting to discuss ways in which children and staff can get involved. Be sure to invite the school catering staff to the meeting so that they can support with food for your celebration lunch.
- Prepare and share information on the project with school staff, parents and carers. Invite them to get involved and/or join you on the day.

Launching Resources:

We have put together the following to support you in launching the project in your school.

- Use our [whole school assembly and notes](#) help to explain and promote the project to the whole school and encourage other classes to get involved! It can be edited as needed.
- 1.1 Meeting Agenda: An example Meeting Agenda provides structure for you School Council's (or School Nutrition Action Group's) discussion and planning of the project.

Links to Bronze criteria

B2.0 Our School Nutrition Action Group has led a review of food culture in our school, and actions have been agreed.

B3.0 This year we have held an assembly with the theme of healthy & sustainable food

B4.1 We make efforts to actively engage parents and/or the wider community in our growing and cooking activities.



Meeting Agenda: Nature Walk & Lunch Event Planning

Attendees: _____

1	What is the Celebrating Good Food project?	
2	What date and time could we run our celebratory event? (Walk before or after lunch?)	
3	Which children and adults could be involved? (Think about farm visits, growing, cooking and the celebratory lunch and walk)	
4	How could we promote the project and event? (think about promoting within the school, as well as to parents)	
5	Any other business?	





Learning

This stage of the project provides the children an opportunity to find out where food comes from. During the next stage, the children will start to grow their own food. This is the precursor to that stage and allows the children to find out from farmers and growers how food gets from field to fork.

TOP TIPS!

- Visit a local farm to find out more about food production and the natural environment. You can find out more about setting up a farm visit [here](#).
- Link online with a farm further away through the [FarmerTime](#) project.
- Compare what you found out from your contact with a farmer about crops, habitats and wildlife with what you are going to grow and with what plants and wildlife you can find in your school grounds.
- Use sensory activities to explore and compare your school grounds with the farm or local environment.
- Hedgerows – what different plant species make up the hedgerows in your school grounds? Are there any edible plants?

Learning Resources

We have put together the following resources to support you in the learning for this part of the project:

- 2.1 Questions for the farmer
- 2.2 Sensory activities
- [Hedgerow plant id chart](#)
- [Leaf id chart](#)

Links to Bronze criteria

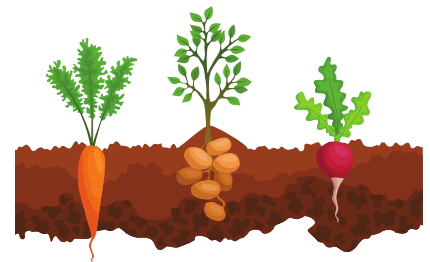
B3.3 This year our children have learnt about farming and where food comes from by linking with a farmer.

Questions for the Farmer

Growing:

These questions will give you the opportunity to learn where your food comes from, and the differences between growing on a farm for lots of people compared to growing in your school grounds for your harvest celebration lunch.

1. What crops do you grow on the farm?
2. What jobs do you do to look after your crops?
3. We're harvesting our crops for our autumn celebration event. When do you harvest your crops?
4. We're growing vegetables for a harvest event - how many people would a harvest of one of your crops feed, e.g. wheat, pumpkins?
5. How big is your farm?
6. How do your crops end up on our dinner tables?



Nature:

These questions will give you the opportunity to learn about biodiversity (the variety of plant and animal life) on the farm, and how biodiversity benefits food production.

1. We're looking at plants in our school grounds. Do you have hedgerows and what plants make up those hedgerows?
2. Are there any edible plants / berries in your hedgerows?
3. We're also looking at wildlife in our school grounds. What wildlife do you encourage on your farm? Why?
4. How do you protect your plants from pests and diseases?
5. What other habitats do you have on the farm apart from hedgerows?



Sensory Activities

Sound maps

Stop at appropriate points around your school grounds, the farm or an orchard. Ask pupils to close their eyes and listen.

- What can they hear, and can they identify it?

If using card or maps, invite pupils to record what they hear, creating marks to represent the sound, or drawing what it was they heard.

Mark a dot in the middle of the card or on the map to represent where they are standing.



Colour palettes

Resources:

- Card
- Double-sided sticky tape (about 2-3cms wide minimum)
- Cut strips of card 3 times the width of your tape. Run a strip of the tape down the middle of the card. Cut up the card so that each piece is about 3-4cms wide. Make enough for one per pupil.



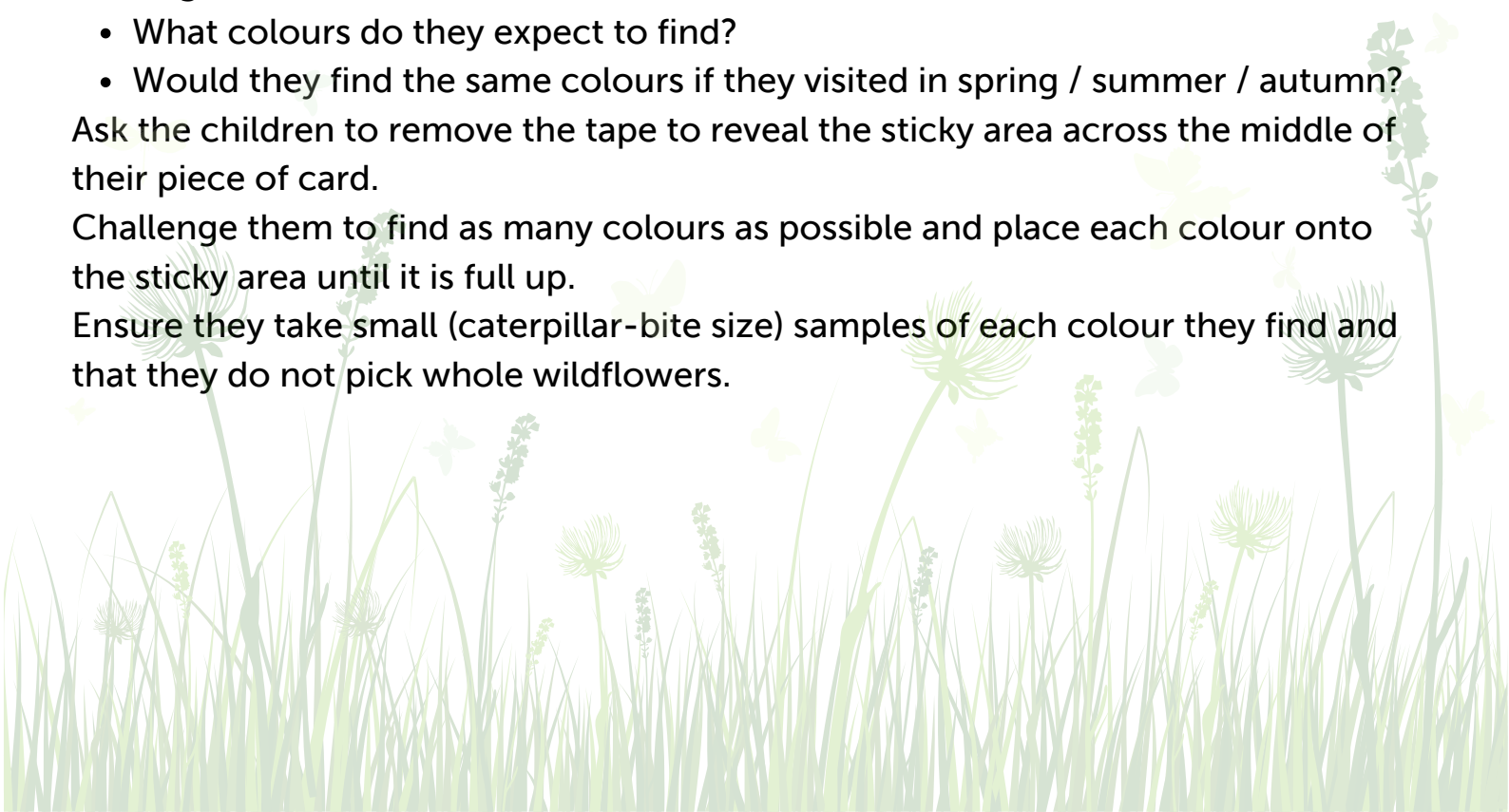
Focus pupils on the different colours of the grounds, farm, field margins, orchard or hedgerows.

- What colours do they expect to find?
- Would they find the same colours if they visited in spring / summer / autumn?

Ask the children to remove the tape to reveal the sticky area across the middle of their piece of card.

Challenge them to find as many colours as possible and place each colour onto the sticky area until it is full up.

Ensure they take small (caterpillar-bite size) samples of each colour they find and that they do not pick whole wildflowers.



Sensory Activities continued

Smelly cocktails (best suited to farms!)

Resources:

- Plastic cups, yoghurt pots or small margarine containers, enough for one between two children.

This is a fun way to get the children to 'smell' the farm.

Task the children to invent the best-smelling cocktail from the farm!

Hand out the containers and ask them to collect smelly things like flowers, grass, leaves and mud and add them to their pots.

When they have done that, ask them to form a circle and pass the smelly cocktails round the circle for everyone to sniff.

Discuss the range of different, sometimes subtle, smells that attract different bugs and animals. Explain that humans often find these difficult to pick up individually as there are so many other interfering smells.

Tip the contents on the ground after the activity.

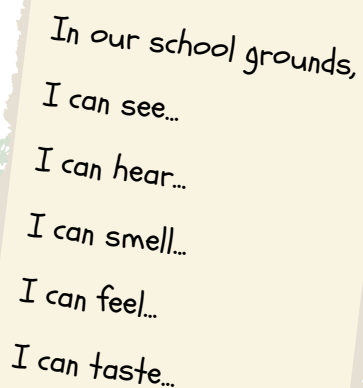
Sensory poems

Resources:

- Paper and pen/pencil for each pupil

Find an area in the woods, on the farm, or in your school grounds to focus on for writing poems. Within this area, ask each pupil to find a spot to sit.

Together, work through each line of the poem, asking pupils to complete the line for each sense.



In our school grounds,
I can see...
I can hear...
I can smell...
I can feel...
I can taste...

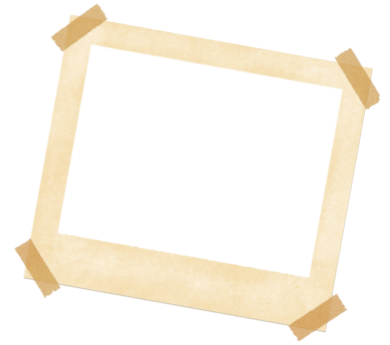


Sensory Activities continued

Nature frames

Resources:

- A card window for each pair (cut a window into a rectangle of an A5-A4 sized piece of card (any off-cuts will do, and it does not matter what colour the card is). You may even have some ready-made nature windows unused from the inside of photo frames!



Focus pupils on the details of nature around them.

Find an area where they can access numerous trees, plants and wider views (if possible) and remain in view. Ask them to decide upon (in pairs) their favourite piece of natural artwork, using the card window to frame it – perhaps a close-up of a knot in a tree, a collection of wildflowers or the blossom on a cherry tree.

Record these to take back to class and if time allows, visit each piece of natural artwork, inviting pupils to say why they chose it and for comments from others.

Mapsticks (or Journey sticks)



Resources:

- A stick about 30cm in length, with string of a similar length tied to one end, per pupil (pupils can find sticks in the woodland or school grounds to make their own mapstick. The mapsticks can also be reused.

Focus pupils on natural materials around the farm, orchard, woodland or school grounds that interest them and remind them of its features e.g., sheep wool, grasses, straw, apple tree leaf, fallen bark, different leaves, fallen blossom.

Wrap found materials onto the stick by winding the attached string around the stick to hold materials on.

These found materials can be used back in school to create a multi-media map of the environment the pupils were in and to trigger memories of the pupils' experiences.

NB. This is appropriate dexterity-wise for Year 2 upwards.



Now you've found out from professional growers how they produce the food on your tables and encourage wildlife, it's the turn of the children to think about what they would like to make for their harvest celebration lunch, and if they can grow any of the ingredients needed.

**TOP
TIPS!**

Growing and Cooking for Lunch

- Think about seasonality and how much time you've got to grow and cook something before your celebratory lunch.
- Research what can be grown in the time that you have available.
- Decide on recipes - we have provided a selection of [Key Recipes](#) and [Seasonal Recipes](#) in this resource. Further recipes can be found in the [Recipes](#) section of our Learning & Skills Hub.
- Think about what will need planting and when. Take a look at [4.1 Growing Cards](#) and [3.2 Term Time Planner](#) (print this A3 size) for help with this.
- Discuss with the school kitchen the recipes that you have chosen and what they might prepare to have alongside your food.
- Consider different dietary requirements and choose recipes that everyone can eat. Our [Food Choices](#) resource provides discussion points about the reasons for people's food choices, including links to religion, geography and history.

Nature Walk

- Think about where you will take your parents and carers on a walk. Can you plan a route around your school grounds that takes in particular features, or a safe route around your local area or park?

Planning Resources

- 3.1 Ingredients Growing Planner: populate this table with recipe choices and the ingredients to you are going to grow for each recipe
- 3.2 School Term Time planner
- 3.3 Menu planning & design
- 3.4 How to create a nature walk activity sheet – use learning about plants and wildlife to create an activity sheet for parents and carers to populate on the nature walk
- 3.5 Creating activities for your celebration lunch, e.g. herb planting table; TastEd table; Eatwell Plate; salad dressings activity
- Growing cards (4.1) - the growing cards in Section 5: Growing relate to quick-to-grow ingredients found in the recipes provided in Section 6: Cooking.
- Windowsill growing (4.2) - this guidance document will support you to grow suitable ingredients on your windowsills.

Links to Bronze criteria

B1.9 Information is on display about food provenance.

B1.10 Menus provide for all dietary and cultural needs.



Ingredients Growing Planner



Date of our event: _____

Number of weeks before event: _____

	Recipe	Ingredient we can grow (Number of weeks it takes for it to grow)	Ingredient we can grow (Number of weeks it takes for it to grow)	Ingredient we can grow (Number of weeks it takes for it to grow)
1		(weeks)	(weeks)	(weeks)
2		(weeks)	(weeks)	(weeks)
3		(weeks)	(weeks)	(weeks)
4		(weeks)	(weeks)	(weeks)
5		(weeks)	(weeks)	(weeks)

Term Time Planner



Vegetables	Spring Term			Summer Term				Holidays		Autumn Term			Notes
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Crops with suggested varieties.													
Aubergine Orlando (baby), Black Beauty													Sow with heat in trays. Prick out into pots.
Bean, Broad Amazulac, Wilkem, Mantia, HSL													Heritage varieties like the crimson-flowered broad bean are good sellers. Best in multi-packs.
Bean, French (climbing) Blashide, Neckar, Queen, HSL													Grow fast and will twine around each other. Sow 3-4 weeks prior to market, in modules or direct in pots/strips. Purple, green and yellow varieties available, also beans for drying.
Bean, French (dwarf) The Prince													Sow 3-4 weeks prior to market, in modules or direct in pots/strips. Purple, green and yellow varieties available.
Bean, Runner													A good seller. Different coloured varieties available and dwarf varieties for containers and hanging baskets. Don't try and sell them too early when frost still possible (up to late May) or advise customers to protect them. Grow in modules or pots. Don't allow to twine around each other.
Scarlet Emperor, Painted Lady, Czár, Fiesta (dwarf)													Sow as multiples in blocks or pots.
Beetroot Boltondy, Pablo (for containers)													Try purple and white types. Transplant to multi-packs.
Broccoli, Sprouting Purple Sprouting Early, Rudolph, White Sprouting													Sell as modules or transplant to multi-packs.
Brussels Sprouts Naucic, FI, Doric, FI													Grow different types for spring, summer and winter use. Sell as modules or transplant to multi-packs.
Cabbage Pace (for autumn sales), Minicole FI (for spring) and January King, Savoy (for summer)													Open-pollinated varieties cheaper. Sell as modules or transplant to multi-packs.
Calabrese Bolton FI, Romanesco													Grow different types for spring, summer and winter use. Also coloured and Romanesco types for variety.
Cauliflower Snowball, All-the-year round, Purple Cape, Sunset													Needs heat to germinate and warm night-time temperatures during planting.
Catney/Couristac Dykeac, FI (catney), Prinz FI (Coleriac)													Good for autumn salads. Sell as modules or transplant to multi-packs or containers.
Chicory Pala Rosso, Sugar Loaf, Claytonia, Winter Purslane													Good for winter salads.
Comfrey Bocking 14													Not a vegetable, but very useful in the garden and for plant sales. Propagate from 2.5cm root cuttings (penicil thick).
Courgette/Squash (summer) All Green Bush, Genovese, Rugosa, Frialuna, Rondo di Nizza													Very popular for summer sales. Try different types: yellow, striped and round courgettes, patty-pans, crookneck and marrow.
Cucumber Hobbit, FI, Telegraph, Marketmore (outdoor)													All female FI varieties sown early for people with greenhouses. Ridge cucumbers sown later for outdoor use. Sow direct in pots.
Endive Zidane, Cornet de Bordeaux													Grown for autumn salad leaf.
Horseradish													Wild plants can be dug up and root cuttings taken. These cuttings can then be planted in pots.
Kale Nero di Toscana, Red Russian													Try Cavallo Nero and Red Russian types.
Leaf Beet/Chard Rainbow Chard, Perpetual Spinach													Sow as multiples in blocks or pots. Sow autumn crop as early in September as you can. Rainbow chard spectacular in containers.
Leek Pandora, Hannibal, Bandit													Can be grown in multi-sown modules or pots, or sown in bare ground and bunched up for sale on the day.
Lettuce Pinnakio, Noisette, Little Gem, Lattughino, Lollo Rossa													Grow a mixture of different types and colours for variety. In modules or multi-packs.
Onion (salad) White, Lisbon, Ramrod													Sow in multiple cells or in clumps in pots.
Pea Kevelodon Wonder, Carouby de Mousanne (mangetout), Feltham First													Could be grown in drainpipes for sale. Try mangetout and sugar snap types as well as podding peas. Heritage types available.
Pepper/Chilli Long Red, Marconi (sweet), Apache, Chiyenne (chilies)													Needs heat to start off. Prick out into pots. Can be grown on in bigger pots for later sales. Compact varieties good for containers.
Pumpkin/Squash (winter) Jack Be Little, Small Sugar, Connecticut Field (pumpkins), Uchiki Kuri, Butternut, Crown Prince, Spaghetti (winter squash)													Lots of varieties available, from Halloween pumpkins to pie pumpkins, small gem squash to winter storers and novelties. Sow direct in pots (2 seeds in each and thin to best).
Rocket/Oriental salad Salad Rocket, Wild Rocket, Mizuna, Green-in-Snow, Pak, Choi, Red Mustard													Work best for spring use and then again for autumn, not for midsummer sales. Sell as modules or plant-up containers for cutting.
Spinach Mastard Giant, Winter, Monoppa													True spinach for spring or autumn growing.
Sweetcorn Sweet Nugget, Minipop, Strawberry Popcorn													Novelty types like popcorn and baby corn are worth a try.
Tomato Gardener's Delight, Sungold, Money-maker, Black Russian (tall), Red													The top sellers. Try a few bankers like gardeners delight and Shirley, money-maker together with unusual and heritage types.
Fruit													
Blackberry/Berry (hybrid) Merton Thornless (blackberry), Tummeberry, Boysenberry, Loganberry, Sanberry and Toperry													Peg down trailing stems in summer. Dig up and pot up in early winter.
Currant/Gooseberry Redcurrants, Whitecurrants, Blackcurrants, Gooseberries, Jostaberries, Worcesterberries													Take cuttings from autumn prunings.
Melon Hales Best Jumbo, Silver, Sweetheart													Difficult to grow. Needs heat to start off. Sow direct or pricked out into pots.
Raspberry Julia, Malling Jewel, Autumn Bliss													Dig up excess suckers and pot up. Make sure virus free.
Strawberry Honeoye, Cambridge Favourite, Aramel													Dig and pot up runners.
Strawberry, Alpine Mignonette, Alexandra, Yellow Wonder, White, Soul													Grown from seed. Good for containers.
Herbs													
Herbs (perennial) Mint, Sage, Rosemary, Thyme, Tarragon, etc													Can be grown from seed, cuttings or division. Establish stock beds or get children to bring in cuttings from home.
Basil Sweet Genovese, Red Rubin, Greek, Cinnamon													Can be sold as transplants or pots for cutting.
Fennel, Florence													Grow bolt-resistant varieties for early plant sales.
Parsley Champion Moss Curled, Plain (French)													Start off in modules and pot on into pots for sale.

Key

- Sow
- Pot on
- Cuttings
- Sales

HSL = Heritage Seed Library



Menu Planning & Design

- ✓ Linking with the school cooks and kitchen team is important as they are experts in preparing and serving great food!!
- ✓ Invite the cooks for a meeting in class to discuss working together to provide a healthy and tasty lunch for when you return from your nature walk.
- ✓ Discuss the Eatwell guide messaging and ensure the recipes meet the requirements of the Eatwell plate.
- ✓ Look at the School Food Standards together and highlight the crucial standards that need to be met when planning the lunch.
- ✓ Explain to the cooks that they will be invited to eat with them and enjoy a nutritious meal together.
- ✓ Plan the menu with the cooks and start designing and creating menus to put on the tables and send out to parents.
- ✓ Invite parents, grandparents and carers to join you for lunch.

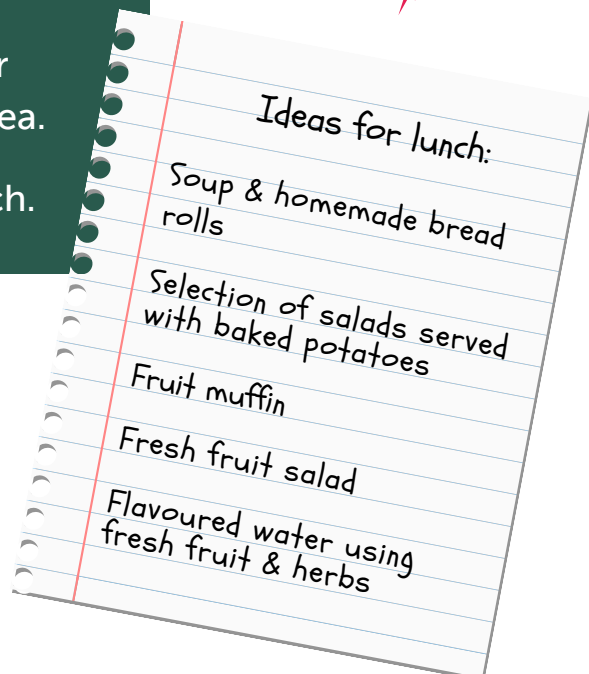
Tasks:

Design an invitation (see 3.3.1) to send out to parents, carers, grandparents and the wider community.

Design a lunch menu to display on tables (see 3.3.2). Create recipes to be sent home after the event.

Set the tables and decorate with fresh flowers or herbs from the school garden or surrounding area.

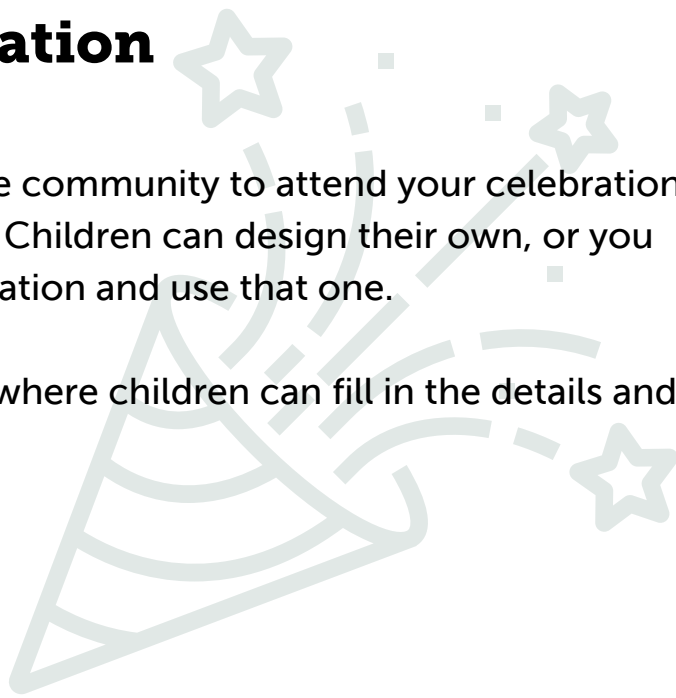
Choose some calming music to play during lunch.



Celebration Event Invitation

A great way to encourage parents and the community to attend your celebration event is to send them a formal invitation! Children can design their own, or you could run a competition for the best invitation and use that one.

If time is tight, there is a template below where children can fill in the details and decorate with their own foodie artwork!



You are invited to our Food For Life
celebration event!



Date:

Time:

Venue:

We look forward to going on a nature walk and
sharing a tasty lunch with you!

Signed:

School:





Welcome to our Food For Life
celebration event!

Lunch Menu

Starter:

Main course:

Dessert:

We hope you enjoy our nature walk and food
activities as well!



Creating Activities for your Celebration Lunch

As part of the celebration lunch, you might want to think about running some activities to keep your guests entertained. Consider setting up a few tables around the edge of the event and task different classes or year groups with running a different activity. See what ideas you can come up with the children. We have also listed a few ideas for different food related activities below.

Tasting Station Activity

We have included a Tasting Station activity that has three radish recipes for everyone to try. Your school kitchen might be able to support in creating these recipes for the activity. You might also have a go at growing radishes as they are quick and easy to grow.



The Eatwell Plate Activity

This interactive activity encourages your guests to think about what makes a balanced diet, and can help consolidate pupils' classroom learning on this subject.



Make a Salad Dressing Activity

This interactive activity enables everyone to create a salad dressing to their own liking for dressing healthy salads.



Hydration Station

Did you know that being dehydrated can make it difficult to concentrate and may cause headaches and tiredness? Aim to have around 6 to 8 drinks (glasses or cups of fluid) a day – more if the weather is warm or you are being active

We all need to stay hydrated during the day. Why not try setting up a hydration station to encourage everyone to drink more water?

Equipment needed:

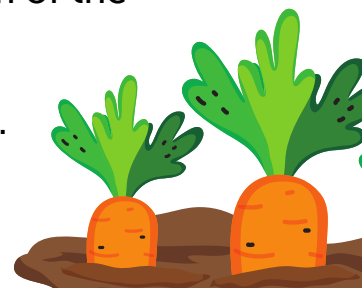
- 🍷 Jugs or other suitable water containers
- 🍷 Glasses or recyclable cups
- 🍷 Ingredients
- 🍷 Fridge chilled water
- 🍷 Fruit, e.g. strawberries, orange, lemon and lime slices
- 🍷 Vegetables, e.g. cucumber, celery
- 🍷 Herbs, e.g. mint, basil
- 🍷 Optional: Ice



Get creative with your infusions! Get your grown-ups involved in making their own refreshing drink to accompany their lunch!

Carrot Patch Tombola

- 🥕 Ask parents / carers to donate some prizes for a tombola. Once you have got your prizes, you can task pupils with creating the carrot patch tombola.
- 🥕 Locate a large plastic seed tray or school tray with compost to represent a field.
- 🥕 Decorate some wooden lolly sticks to look like carrots, and write a number on the bottom of each 'carrot'. Ensure that some of the numbers end with a 0 or a 5. These numbers will match the prizes that are available.
- 🥕 Label your prizes with the numbers and ensure that each winning number on the bottom of the carrots relates to one of the prizes.
- 🥕 'Plant' the carrots in the 'field' so that the numbers on the bottom of the carrots can't be seen.
- 🥕 You might want to charge people 50p or £1 to pick three carrots.



Tasting Station Activity

Try something new with radishes!

Radishes aren't the most popular vegetable, but they are so easy to grow that you might want to give them a try.

This activity encourages you to taste and compare radishes presented in 3 ways

1. Washed and sliced, fresh from the garden
2. Sliced and marinated in a sweet and sour dressing
3. Roasted with garlic



Before we begin...

There are two very important rules when it comes to tasting activity, these might not be the rules you normally follow at home, but always try and remember...

- No one has to try
- No one has to like

What to do

Use your senses to write words that describe the 3 dishes and put them on the poster paper on the wall.

Think about the look, smell, feel, taste and sound (when you eat it)

TOP TIP!

Some words to get you started might be:

**crunchy, smooth, slimy,
spicy, round, pink**

After tasting each dish, vote for the one you like best. A good way to do this is to take a counter and post it into the relevant box. At the end of the day, count all the votes to find out the winner. Maybe this dish can be included in school lunches or meals at home.

Tasting Station Activity



Raw radishes

Ingredients

- A few bunches of radishes – enough for everyone to have a slice

Method

1. Wash the radishes.
2. Leave some whole with the leaves on.
3. Just before the activity begins, slice most of the radishes into discs about 3mm thick.
4. Present the sliced and whole radishes attractively on a plate.

Garlic roasted radishes

Ingredients

- 1 large bunch radish – washed and trimmed
- 2 tbsp olive oil
- Sea salt and ground black pepper
- 2 cloves garlic, crushed
- Chopped chives or parsley to serve

Method

1. Put radish and oil in baking tin, season and toss.
2. Bake at 200C for 10 mins then add in crushed garlic, mix and return to oven.
3. Bake for further 15 mins until browning.
4. Serve sprinkled with herbs.

Sweet and sour pickled radishes

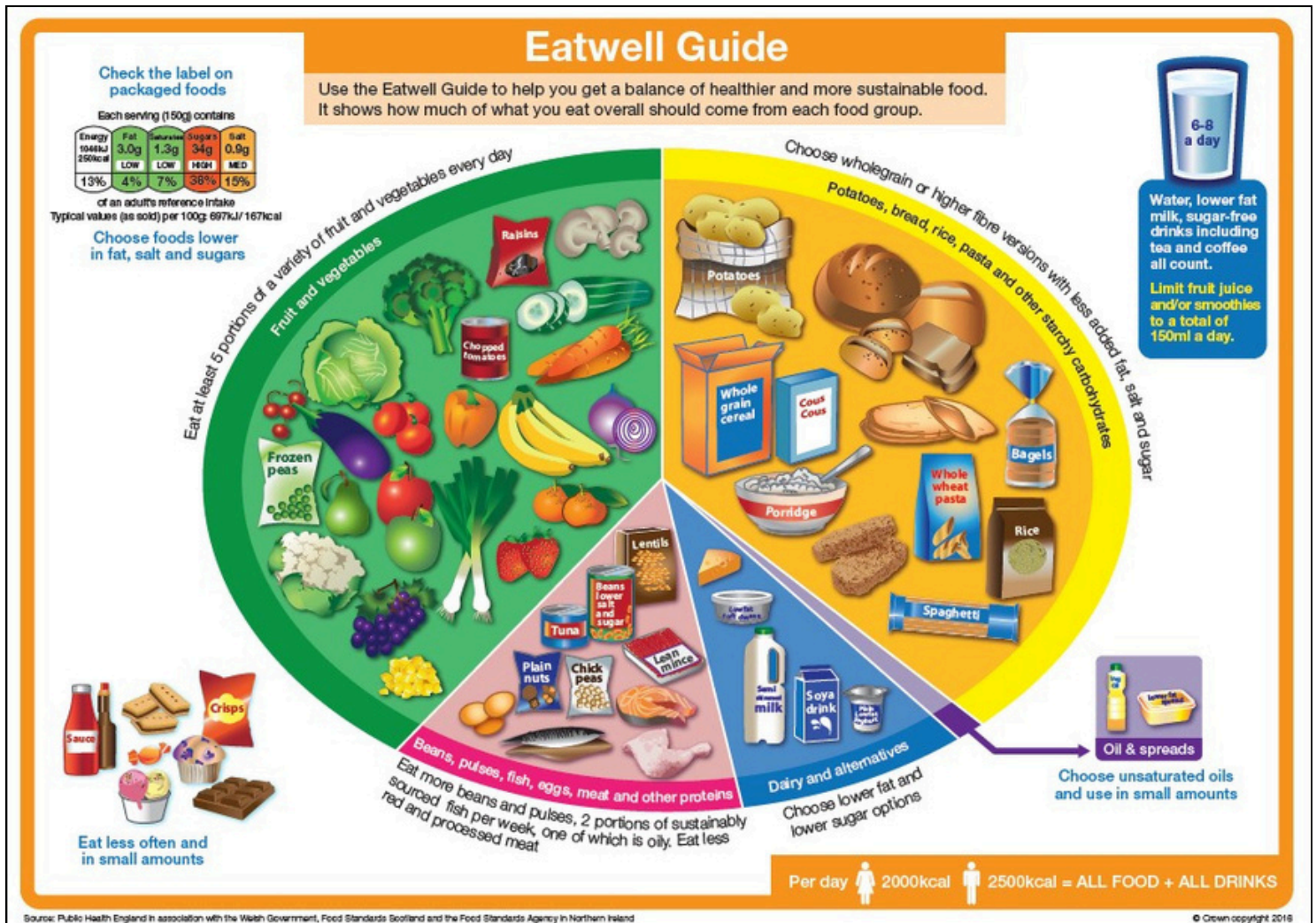
Ingredients

- 1 large bunch radish – washed and trimmed
- 2 tbsp red wine vinegar
- 2 tbsp sugar
- Pinch salt

Method

1. Slice radishes thinly into a jar or small dish.
2. Dissolve the sugar in the vinegar and add a pinch of salt.
3. Pour the pickling liquid over the sliced radishes and marinate for 15 minutes.
4. Use the pickled radish in sandwiches and wraps, or on top of avocado on toast.

Eatwell Guide Activity: Mixed Fruity Couscous



This activity encourages you to think about the different food groups that make up a healthy diet.

As a group, put the ingredients (or the picture cards provided) for Mixed Fruity Couscous on the large Eatwell Plate mat.



Does this recipe have ingredients from all the food groups?
What is missing from this dish recipe?

Suggest ideas that could be served alongside the couscous recipe to create a balanced and tasty meal e.g. yogurt dip, lemon dressing

Ideas for dips:

- Natural yogurt & mango chutney
- Tzatziki
- Yogurt & spices
- Dressings – oil & vinegar





couscous



sweetcorn



spring onion



peppers



chickpeas



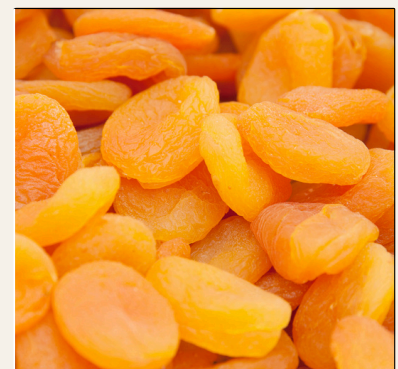
kidney beans



pumpkin seeds



sunflower seeds



dried apricots



lime



cucumber



dried cranberries

Mixed Fruity Couscous

Serves 4-6

Ingredients (allergens in bold)

- **100g couscous**
- **100ml veg stock made with 1 teaspoon veg bouillon stock mix**
- 2 spring onions
- 2 tablespoons sweetcorn
- 200g chickpeas/kidney beans
- **1 tablespoon dried cranberries**
- **1 tablespoon dried apricots chopped**
- 1 tablespoon pumpkin seeds
- 1 tablespoon sunflower seeds
- Juice of ½ lime

Method

1. Pour the dried couscous into a bowl.
2. Add 100ml of boiling hot veg stock to the couscous.
3. Cover and leave to absorb for 10 mins.
4. Once the couscous has absorbed the water, mix & fluff up with a fork.
5. Finely slice the spring onions.
6. Drain the sweetcorn, kidney beans and/or chickpeas (rinsing well). Add to the bowl.
7. Chop the apricots & cranberries into small pieces and add to the bowl.
8. Sprinkle with the seeds & squeeze the lime on top.
9. Enjoy!

Equipment:

- Large mixing bowl
- Measuring jug
- Kettle
- Fork
- Chopping board
- Tablespoon
- Vegetable knife
- Sieve

Recipe notes and tips




- Experiment with various seasonal veg, e.g. red peppers, cucumber, tomatoes.
- Add in feta cheese to add calcium and protein to the dish.
- Use wholewheat couscous for added fibre and flavour.
- This recipe can be stored in the fridge for a couple of days.



Make a Salad Dressing Activity

Use this pick'n'mix chooser chart to create your own salad dressing.

- Collect jam jars with lids for mixing and shaking and to take away.
- Create a label with description, storage, and date.
- Guide is 3 parts oil to 1 part acid (vinegar/citrus).
- Add in extra ingredients such as herbs/spices/seeds.
- **All allergens are in bold.**
- Enjoy as part of a salad.

Oils	Vinegar / Citrus	Herbs / Spices*
Olive oil Rapeseed oil Corn oil 	Balsamic vinegar Red wine vinegar Cider vinegar Lemon juice Lime juice Orange juice 	Salt and pepper Chilli flakes Garlic Ginger Mustard powder Whole grain mustard Dijon mustard Honey Caster sugar Fresh herbs Dried herbs (e.g. mixed herbs, rosemary, thyme, basil) Toasted seeds (e.g. flax, sunflower, pumpkin) 

*Everyone has different preferences in tastes, so go easy on the stronger flavours such as mustard and garlic! A rough recommendation would be no more than 1/2 teaspoon of herbs/spices for 3 parts oil. Always taste your dressing as you make it!



Now you've found out how the professional growers produce the food on your tables, it's the turn of the children to get growing some food for your celebration lunch. Refer back to your planning session and what you identified you wanted to grow. Now is the time to get planting!

TOP TIPS!

- Use the space you have available, whether that is growing herbs on windowsills or larger plants in the school grounds.
- Anything that you can grow that contributes towards your recipes and cooking is great - pupils can understand and see where their food comes from and make use of it themselves.

Growing Resources

- 5.1 Growing cards - this selection of growing cards relate to ingredients within the recipes provided that can be grown within a fairly short space of time. Print off each growing card single-sided, fold in half and laminate so that you can use it year after year.
- 5.2 Windowsill growing - this resource provides you with top tips and guidance for what works best when growing on your windowsills at school.

Links to Bronze criteria

B3.2 This year our children have grown and harvested food and learnt how compost is made.



Vegetable

Cabbage, Chinese

Suggested varieties: *Green Rocket F1, Nikko, Tatsoi*

PLANT



Sow seed 0.5cm deep in rows. Thin seedlings to 20-30cm apart. Plants prefer not to be transplanted. Use bolt resistant cultivars for early sowings. Choose fertile moist soil

GROW



Keep soil moist to stop bolting. Tie plants loosely with twine when 'hearts' of compact leaves form (no need for 'self-heartering' types). Advance late harvests with cloches

EAT



Cut 2.5cm above soil level when the base feels firm. Stumps will sprout edible leaves ('cut-and-come-again'). Flower shoots are also edible

Growing guide

Give it a go...

Average time to harvest

8-10 weeks

Equipment needed

Twine

Germination time

7-12 days

Average plant size

30cm tall, 15cm wide

Family group to grow with

Brassica: broccoli, kale

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C, calcium, folate

Spring Term			Summer Term				Autumn/Winter Term					
J	F	M	A	M	J	J	A	S	O	N	D	
											↑	
										↑		

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 ↑ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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Cabbage, Chinese

Vegetable

Vegetable

Salad, Oriental

Suggested varieties: Komatsuna, Mizuna, Mustard Greens, Mustard Spinach, Pak Choi

PLANT



Regularly sow seed 0.5cm deep in pots or rows. Thin seedlings or transplant; giving more space to produce bigger plants

GROW



Keep soil moist for continuous growth. Remove weeds carefully. Protect from slugs. Grow early and late crops under cloches or horticultural fleece

EAT



Use thinnings or cut seedlings to 2.5cm when plants are 10cm tall (plants regrow many times). Cut outer leaves of semi-mature plants or whole salad heads

Growing guide

Easy!

Average time to harvest

4-12 weeks

Equipment needed

Horticultural fleece

Germination time

3-12 days

Average plant size

20cm tall and wide

Family group to grow with

Various

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		🌱	🌱	🌱	🌱		🌱	🌱			
		🏠									

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 🏠 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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Salad, Oriental

Vegetable

Radish

Suggested varieties: *Icicle, Rudolph, Scarlet Globe, Short Top Forcing* (summer); *China Rose, Rosa* (winter)

Vegetable

PLANT



Regularly sow seed 0.5cm deep in rows 10-15cm apart. Thin seedlings of summer varieties to 2.5cm; winter varieties to 10cm (sow from July)

GROW



Remove weeds by hand. Water weekly in dry weather for rapid and continuous growth. Too much water produces lots of leaves and small roots

EAT



Pull up summer varieties when small (from the size of a five pence coin); bigger roots are woody. Pull up larger winter varieties from autumn as needed

Growing guide

Easy!

Average time to harvest

3-6 wks(summer); 10-12(winter)

Equipment needed

None

Germination time

4-7 days

Average plant size

15cm tall, 10cm wide

Family group to grow with

Brassica: broccoli, cabbage

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Vitamin C, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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Vegetable

Radish

Rocket

Suggested varieties: *Rucola*, *Wild Rocket*

Vegetable

PLANT



Regularly sow seed 0.5cm deep in pots or rows. Thin or transplant to 15cm apart. Avoid summer sowings as plants tend to flower early ('bolt'). Choose partially shaded site

GROW



Keep soil moist for continuous growth. Protect from slugs. Grow early and late crops under cloches, horticultural fleece or in a greenhouse

EAT



Cut leaves when plants are 5-10cm tall. Cut regularly to encourage new growth of young tender leaves (plants regrow many times)

Growing guide

Easy!

Average time to harvest

From 4 weeks

Equipment needed

Horticultural fleece

Germination time

4-8 days

Average plant size

10cm tall, 5cm wide

Family group to grow with

Brassica: calabrese, cauliflower

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

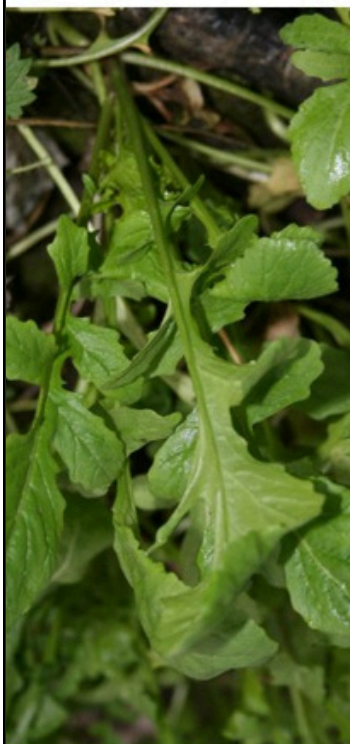
Calcium, vitamin C, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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Vegetable

Rocket

Vegetable

Onion, Salad

Suggested varieties: *Crimson Forest, De Rebouillon, White Lisbon*

PLANT



Regularly sow seed 0.5cm deep in rows 10cm apart. Thin seedlings if needed to 2.5-5cm. Remove thinnings so not to attract 'onion root fly'

GROW



Weeds easily damage plants so carefully remove by hand. Water plants in dry weather for steady growth. Break off any flower stems that appear

EAT



Gently lift bulbs when 1-2cm across and the leaves are still green. Loosen with a hand fork if needed. Sowing regularly will give a succession of harvests

Growing guide

Easy!

Average time to harvest

10-12 weeks

Equipment needed

None

Germination time

21 days

Average plant size

20cm tall, 5cm wide

Family group to grow with

Alliaceae: garlic, shallot

Seed saving group

2 - Annual, can cross-pollinate

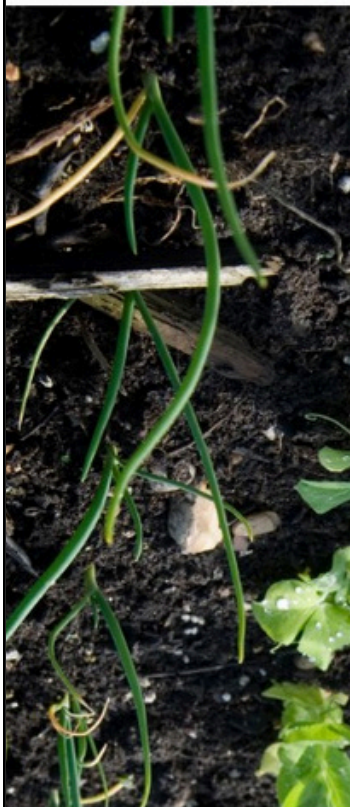
Key nutritional content

Folate, vitamin C, iron, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

2.5cm = 1 inch 30 cm = 1 foot



Onion, Salad

Vegetable

Vegetable

Seed Sprouts

Suggested varieties: Alfalfa, Aduki Bean, Cress, Fenugreek, Mung Bean, Mustard, Radish

PLANT



Soak seed in tepid water overnight and rinse. Scatter seeds onto damp tissue paper in a shallow tray. Cover with polythene and place in the dark

GROW



Rinse sprouts daily. Keep the tissue constantly moist, but not too wet as the seeds may rot. Drain any free water from the tray. Remove polythene as needed

EAT



Move into light to 'green' sprouts as needed, eg alfalfa, cress, fenugreek, mustard, and radish. Keep pale coloured sprouts ('forced') in the dark, eg mung beans and aduki beans

Growing guide

Easy!

Average time to harvest

1-2 weeks

Equipment needed

Shallow tray, tissue paper

Germination time

4-10 days

Average plant size

5cm tall shoots or roots

Family group to grow with

Not part of crop rotation

None (long term crop)

Seed saving group

5 - Specialist or not applicable

Key nutritional content

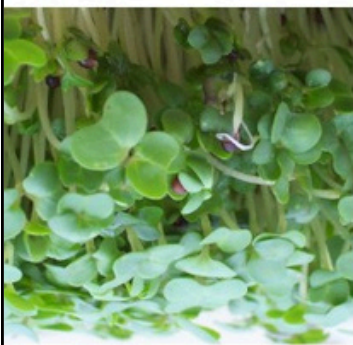
Mustard, cress: vit. A, vit. C, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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Seed Sprouts

Vegetable

Vegetable

Spinach, Annual

Suggested varieties: *Matador* (summer); *Giant Winter* (winter)

PLANT



Regularly sow seed 1cm deep in pots or rows. Thin or transplant to 15-30cm apart. Avoid summer sowings as plants tend to flower early ('bolt')

GROW



Keep soil moist for continuous growth. Remove weeds carefully. Protect from slugs. Grow early and late crops under cloches or horticultural fleece

EAT



Cut individual leaves as needed. Can cut seedlings and mature plants to 2.5cm above the soil surface (plants regrow many times)

Growing guide

Give it a go...

Average time to harvest

2 weeks (seedling); 10 (mature)

Equipment needed

Horticultural fleece

Germination time

10-20 days

Average plant size

30cm tall, 20cm wide

Family group to grow with

Chenopodiaceae: leaf beet

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Calcium, vitamin A, folate, vit. C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors Sow outdoors Plant out/transplant Harvest Use cloche

2.5cm = 1 inch 30 cm = 1 foot

www.gardenorganic.org.uk



Spinach, Annual

Vegetable



Windowsill Growing

Windowsill growing is a great opportunity to have a ready supply of herbs and small veggies, and is accessible to most schools and people in the community.

It works particularly well for herbs and salad leaves which are expensive to buy and often needed in small quantities for cooking.



Equipment

You can get lots of the things you need for free by upcycling and re-purposing common items:

- Plastic fruit and veg containers - many have ready-made holes in the base for drainage, or you can make a few holes using a large nail.
- Yogurt pots with lids make a great planting set as the lid makes a perfect saucer.
- Washed ice-cream sticks make good plant labels.
- Use large plastic food trays as trays to protect your windowsill.
- Clear plastic can be used to cover the pot creating a mini greenhouse, to keep in moisture and heat until the seeds start to come through.



Make sure everything is thoroughly washed.

Ask friends and family to collect containers if you're planting in bulk.



Windowsill Growing

Seeds

Look out for seed swaps or ask around for spare seed. You can save your own seed once you get going – start with coriander or rocket which produce seed quickly.



Top Tips!

Planting containers need drainage holes – use a tray to protect your windowsill

Water plant roots (not leaves) – little and often is best for indoor pots

Liaise with your cooking team when choosing herbs to grow

Use herb plants for a quick start

Compost

You will need to buy compost – look for peat free compost marked as suitable for growing seeds as small seeds particularly need a fine compost. Alternatively sieve general peat free compost and put the woody bits on to your garden beds.





Now you've harvested your produce, and you are approaching the day of your event, it's time to get cooking. Use the recipes provided which are suitable for primary children to make in class, and maybe ask the school cook for help and advice.

**TOP
TIPS!**

- Use as much own-grown or local produce as possible to make your recipes.
- When planning a seasonal lunch try to include some of the produce from the School Fruit & Veg Scheme and cut down on ultra processed foods (UPFs).
- Take a look at our Being Creative with Recipes resource for guidance on adapting recipes for your pupils.
- Think back to your planning session with the school cook and make sure everyone knows what they are responsible for making.
- Promote additional dishes for your celebration lunch – for example, have radishes at a Tasting Station Activity – raw with dip, pickled and garlic roasted.
- You will probably want something sweet so there are two recipes for cakes that include seasonal vegetables:
 - Carrot Cake – this is made as a large sharing cake and will look fantastic in the centre of the table. It takes quite a while to cook so maybe ask the school cook to bake it and then decorate it in class.
 - Chocolate and Beetroot Muffins – these are quick and easy to make in class. Make them mini-sized and pile them high. Everyone will be surprised at how tasty beetroot is!

Cooking Resources

- Health & Safety: including guidance on allergies, hygiene and safe storage.
- Handwashing
- Bridge & Claw techniques: video guidance on how to teach key knife skills.

Key Recipes

- Spring Rolls with a seasonal vegetable stir-fry filling - include sprouted seeds and oriental leaves like pak choi. With the filling ready-made and cooled, these are easy for the youngest pupils to fill, roll and brush with oil.
- Green Herb Frittata – use any of the green leaves you have grown as well as herbs like chives and parsley.
- Spinach and Cheese Bread – use spinach or rocket to make this. This recipe requires a bit more skill so maybe suited to KS2.
- Spanakopita – uses up lots of spinach leaves and tastes delicious. Easy to do with KS1 children.
- Tabbouleh – this is a couscous salad and you can add any of the strong-flavoured leaves that you've grown instead of parsley.
- Pick and Mix Sandwich Chooser Chart – use this chart to make your own tasty creations. Any of your grown produce can be included.

Seasonal Recipes

- Vegetable Stirfry
- Coleslaw
- Harvest Fruit Muffins

Links to Bronze criteria

B1.8 Menus are seasonal and in-season produce is highlighted for pupils.

B1.12 Catering staff are supported with skills training and are engaged in food education.

B2.3 We keep parents informed of lunch menus and Food for Life activity and invite them to attend our school lunches.

B3.1 Our pupils take part in regular cooking activities that meet the Cooking and Nutrition requirements of the Design and Technology programme of study and this is linked to our whole school approach to food.



Vegetable Spring Rolls

Serves 4

Ingredients (allergens in bold)

- **Filo pastry sheets**
- 1 carrot grated
- 1 spring onion
- ½ red pepper
- Handful bean sprouts
- Chinese cabbage
- 1 tablespoon water chestnuts
- 2 tablespoons cannellini beans
- 1 tablespoon sweet chilli sauce
- Vegetable oil (for greasing)

Method

1. Grate the carrot and place into the mixing bowl.
2. Finely chop the spring onion, pepper, cabbage & water chestnuts, and place these in the same bowl as the carrot.
3. Mix in the beansprouts & cannellini beans.
4. Bind all the mixture with the sweet chilli sauce. Mix well.
5. Place one sheet of filo pastry on a flat, clean surface.
6. Cut each sheet into two and lightly brush one sheet with oil.
7. Place the other sheet on top of the oiled filo sheet.
8. Take 1 tablespoon of the mixture and place in the corner of the sheet (turn your filo sheet so the point is facing towards you).
9. Fold the corner over the mixture and wrap the remaining pastry from the sides like a parcel and roll as you go!
10. Once you have a spring roll shape, brush each one with oil and place on a baking tray.
12. Turn oven on to 200oC, Gas 6.
13. Bake for 15–20 mins or until golden brown.
14. Enjoy hot or cold!

Equipment:

- Chopping board
- Wok or large frying pan
- Grater
- Vegetable knife
- Set of spoons
- Large spoon

Recipe notes and tips

- Try using prepacked, canned or frozen veg!
- Add in any of your favourite vegetables e.g. broccoli, mushrooms.
- Serve with rice, egg noodles or rice noodles.
- Add in a little chilli for a nice kick!



Green Herb Frittata

Serves 4 as part of a mezze

Ingredients (allergens in bold)

- 100g flat leaf parsley
- 100g coriander
- 20g dill
- 30g chives
- 25ml olive oil
- 1 bunch spring onions, washed and sliced thinly
- 1 tsp turmeric
- **4 large free-range eggs**
- **1 tbsp plain flour**
- **1 tbsp Greek yoghurt**
- 1½ tsp baking powder
- 1 tsp salt and freshly ground black pepper
- 1 tbsp dried barberries or cranberries
- **50g chopped walnuts**

Method

1. Heat the oven to 180 °C Gas 4. Line the tin with baking parchment.
2. Finely chop all the herbs – do this on a chopping board with a large sharp knife or in a measuring jug with kitchen scissors.
3. Put olive oil into the frying pan, warm it up and then fry the herbs & spring onions for 2-3 minutes. Add the turmeric and cook for another 3 minutes then turn off the heat and allow to cool.
4. Crack the eggs into a mixing bowl, beat with a fork then add the flour, yoghurt, baking powder, salt and pepper. Mix well.
5. Add the cooled herbs to the egg mixture along with the dried barberries and chopped walnuts. Mix well.
6. Pour the egg and herb mixture into the lined dish, then bake for 25-35 minutes until set.*

Equipment:

- set of spoons
- chopping board
- large sharp knife
- measuring jug
- kitchen scissors
- large frying pan
- wooden spatula
- mixing bowl
- fork
- square oven proof tin lined with baking parchment

Recipe notes and tips

- Check if the eggs are cooked* by inserting a knife in the centre. If the knife comes out clean, it's done. If not, put it back in the oven for a few minutes. Cool it down before cutting into small squares

Spinach and Cheese Bread

Makes 6 chunky slices

Ingredients (allergens in bold)

- **225g strong plain white (breadmaking) flour**
- 1 x 7g sachet easy blend micro-fine dried yeast
- ½ level teaspoon grated nutmeg
- 75g fresh spinach leaves – washed, dried and chopped
- **50g Cheddar cheese – grated**
- 150ml lukewarm water
- 1 tablespoon olive oil
- **a little extra flour for dredging**

Method

1. Put the flour and yeast in the mixing bowl. Add the spinach, nutmeg and cheese.
2. Combine the warm water with the oil and stir into the ingredients in the mixing bowl to make a soft, but not wet dough. You may need to add more, or less, water so assess as you go along.
3. Turn the dough onto a floured work surface and knead thoroughly until it is smooth and springy.
4. To shape the dough into a plaited loaf:
 - a. divide into 3 even sized pieces.
 - b. Roll each piece of dough into a long thin rope. Line each piece of dough up next to each other and pinch them together at one end.
 - c. Starting from the right, lift the first rope over the second rope and third over the second. Repeat, continuing until plaited.
5. Place the loaf on a baking tray, cover it with a damp tea-towel and set aside in a warm place to rise to approximately twice its size.
6. Heat the oven 200°C/Gas 6. Cook the loaf for 20 mins until golden-brown.

Equipment:

- mixing bowl
- teaspoon
- wooden spoon
- grater
- measuring jug
- tablespoon
- fork
- flour dredger
- baking tray

Recipe notes and tips

- A finely chopped green chilli added to the spinach will spice this recipe up.
- Use a mature cheese with maximum flavour so that you don't need to use too much of it.
- No salt is needed as the cheese provides lots of flavour.
- Save money and time by doubling the ingredients to make one loaf to eat fresh and one to freeze.

Spanakopita

Makes 4 servings

Ingredients (allergens in bold)

- 450g frozen spinach, defrosted and drained
- 1 tablespoon olive oil
- 1 small onion, peeled and finely chopped
- 1 garlic clove, peeled and crushed
- 2 tablespoons chopped coriander
- 1/2 level teaspoon ground nutmeg
- **100g Feta cheese, crumbled**
- **2 medium-sized eggs, lightly beaten**
- freshly ground black pepper
- 2 tablespoons olive oil
- **4 - 6 large sheets filo pastry**

Method

1. Heat the oven to 200°C/Gas 6.
2. Heat 1 tablespoon of the oil in the frying pan, add the onion and garlic and cook them until they are soft.
3. Add the drained spinach to the pan and cook, stirring for 2–3 minutes. Leave to cool slightly then stir in the coriander, nutmeg and cheese.
4. Beat the egg with a fork in a small bowl, then stir into the spinach mixture.
5. Brush 1 sheet of filo pastry with olive oil. Lay it carefully in the tin, pressing it into the corners (leave pastry edges hanging over the sides of the tin).
6. Brush a second sheet of pastry with oil and lay it in the tin at right angles to the first sheet. Repeat with the remaining pastry.
7. Spoon the cooled spinach mixture into the tin. Fold the overhanging pastry to cover the filling (leave the pastry looking 'untidy', in small folds).
8. Brush the top of the Spanakopita with olive oil and bake for 40-45 mins until golden-brown and crisp. Cut into 9 squares and serve hot or cold.

Equipment:

- 20cm square tin
- frying pan
- tablespoon
- chopping board
- sharp knife
- sieve
- small bowl
- fork
- small pan
- pastry brush

Recipe notes and tips

- This can also be made with fresh spinach – just place the washed spinach in a covered bowl and wilt it down in the microwave.
- Spinach holds a lot of water so squeeze as much as possible from the leaves before making the filling.

Tabbouleh with pomegranate & parsley

Serves 4-6

Ingredients (allergens in bold)

- **250g couscous**
- **1 tsp vegetable stock powder or crumbled stock cube**
made up with 300ml boiling water
- 1 clove garlic, peeled and crushed
- 1 yellow pepper, deseeded and diced
- 4 spring onions, cleaned and finely sliced
- 1 carrot, scrubbed and coarsely grated
- 2 tomatoes, finely chopped
- 2 tbsp olive oil
- 1 lemon
- pinch salt and freshly ground pepper
- 75g pomegranate seeds (optional)
- small bunch of flatleaf parsley, finely chopped

Method

1. Put the couscous in a mixing bowl and pour on the boiling stock. Give it a stir then cover the dish with a plate to keep the steam in.
2. Prepare the garlic, pepper, spring onions, carrot and tomatoes as outlined in the ingredients list and put them in a bowl.
3. Drizzle in the oil.
4. Zest and juice the lemon and add to the bowl of vegetables with some salt and pepper. Mix well and leave to stand for 5 minutes.
5. Take the plate off the bowl of couscous and fluff it up with a fork.
6. Add the couscous to the vegetables and mix well.
7. Turn the salad into a serving dish and scatter with chopped parsley and pomegranate seeds if using them.

Equipment:

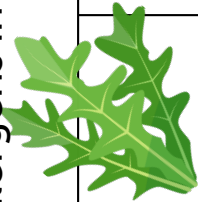
- mixing bowl
- teaspoon
- wooden spoon
- grater
- measuring jug
- tablespoon
- fork
- flour dredger
- baking tray

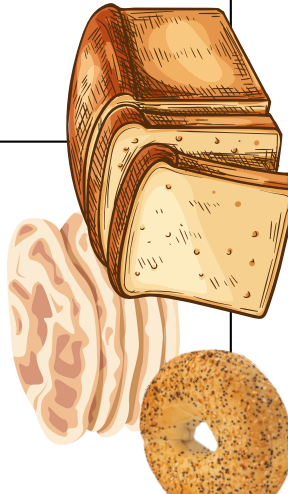
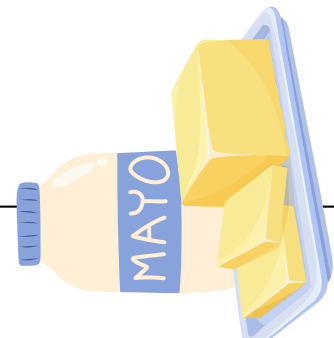
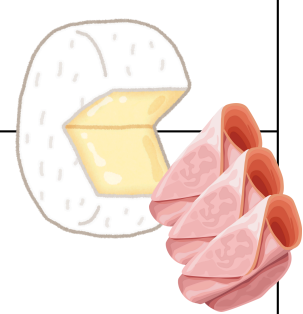
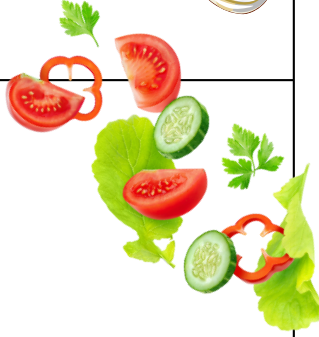

Recipe notes and tips

- Couscous is made from wheat so not suitable for people who are intolerant to gluten.
- Other fruit and vegetables that work well in a couscous salad are sweetcorn, chickpeas, raisins, dried cranberries, peas and courgettes

Pick and Mix Sandwich Chooser Chart

Use this chart for your lunch guests to create their own sandwich. If you create some in advance, remember to label each sandwich with its ingredients, highlighting any allergens in **BOLD**.



Bread	Spread	Protein	Salad	Herbs/Spices
<ul style="list-style-type: none"> • Wrap • Bread • Flatbread • Pitta bread • Pizza base • Bagel • Baguette • Bread roll 	<ul style="list-style-type: none"> • Butter • Salad cream • Mayonnaise • Cream cheese 	<ul style="list-style-type: none"> • Cheese • Ham • Cottage cheese • Chicken • Houmous • Smashed kidney beans 	<ul style="list-style-type: none"> • Spinach leaves • Lettuce leaves • Rocket • Oriental leaves • Grated carrot or beetroot • White/red cabbage • Sprouted seeds 	<ul style="list-style-type: none"> • Salt and pepper • Chilli flakes • Garlic • Fresh Herbs • Dried herbs – mixed herbs, rosemary, thyme, basil • Toasted seeds (flax, sunflower, pumpkin) 

Carrot Cake

Serves 12-14

Ingredients (allergens in bold)

- **185g plain flour**
- 1 teaspoon bicarbonate of soda
- 1 teaspoon mixed spice
- 200g soft brown sugar
- zest of 1 orange – finely grated
- zest of 1 lemon – finely grated
- 100g pecan nuts – chopped (optional)
- **3 medium-sized free-range eggs – beaten**
- 200ml sunflower oil
- 450g carrots – finely grated
- 2 large ripe bananas – mashed
- 1 tablespoon icing sugar

Method

1. Heat the oven to 150°C/Gas 3. Grease and line the spring-form tin or lightly grease the silicone mould..
2. Place all the dry ingredients and zests into the mixing bowl.
3. Add the grated carrot, mashed banana, oil and beaten egg. Mix until thoroughly combined.
4. Spoon the mixture into the prepared tin. With the scraper, remove any mixture clinging to the sides of the bowl.
5. Bake the cake for 1¼ hours until firm to the touch. Cool the cake in the tin.
6. When cool, remove the cake from the tin and sieve the icing sugar evenly onto the top of the cake.

Equipment:

- teaspoon
- tablespoon
- grater
- chopping board
- sharp knife
- measuring jug
- small bowl
- mixing bowl
- fork
- 24cm spring-form baking tin or silicone mould
- scraper
- sieve

Recipe notes and tips

- Add a topping of mascarpone cheese flavoured with grated orange and a little icing sugar.



Chocolate and Beetroot Muffins

Makes 18 cakes

Ingredients (allergens in bold)

- **120g self-raising flour**
- 60g cocoa powder
- 1 level teaspoon baking powder
- 170g golden caster sugar
- 170g peeled and cooked beetroot (not in vinegar)
- **2 large-sized eggs**
- 140ml rapeseed oil or light olive oil
- 1 teaspoon vanilla extract or vanilla bean paste
- 1 level teaspoon icing sugar for dusting

Method

1. Heat the oven to 180°C/Gas 4.
2. Sift the flour, cocoa powder and baking powder into a bowl. Mix in the sugar and set aside these dry ingredients.
3. Place the beetroot in a food processor or blender goblet. Add the eggs, vanilla and oil and blend together until really smooth.
4. Make a well in the centre of the dry ingredients, pour in the beetroot mixture and lightly mix with a wooden spoon.
5. Divide the mixture evenly between the muffin cases, taking care not to spill the mixture down the cake cases (it could burn and will spoil the appearance of the muffins). Do not overfill the cases.
6. Bake for 15-20 minutes or until well risen and just firm to the touch. Cool on the cooling rack.
7. Lightly sieve icing sugar over the buns to serve.

Equipment:

- teaspoon
- tablespoon
- grater
- chopping board
- sharp knife
- measuring jug
- small bowl
- mixing bowl
- fork
- 24cm spring-form baking tin or silicone mould
- scraper
- sieve

Recipe notes and tips

- To make a pink muffin frosting, combine 100g light cream cheese with 200g sieved icing sugar and a little beetroot juice and beat together well. Spread on to the cold muffins.



Vegetable Stirfry

Serves 2-4

Ingredients (allergens in bold)

- 2 tablespoons vegetable oil
- 2 cloves garlic, peeled & chopped
- 2cm knob of ginger, peeled & chopped
- 1 red onion
- 1 spring onion
- 1 carrot, grated
- ½ red pepper
- Handful bean sprouts
- Chinese cabbage
- 1 tablespoon water chestnuts
- 1 tablespoon bamboo shoots
- 2 tablespoons cannellini beans
- 1 tablespoon sweet chilli sauce, packet ready-made stir fry sauce or **soy sauce**
- Fresh coriander, chopped (optional)

Method

1. Heat the oil in the pan or wok. Add in the ginger, garlic and onion and fry over a medium heat for 1-2 mins or until the onions have softened. Do not let the garlic burn!
2. Add in all the remaining vegetables & cannellini beans until they have softened but are still crunchy.
3. Add in the sauce (depending on which you are using) and cook for a further 2-3 mins or until all the ingredients are covered in sauce and piping hot. (You may need to add in some water).
4. Serve in a bowl with rice or noodles and garnish with coriander. Enjoy!

Equipment:

- Chopping board
- Wok or large frying pan
- Grater
- Vegetable knife
- Set of spoons
- Large spoon

Recipe notes and tips

- You can use this stir fry mixture for the filling of spring rolls!
- Try using prepacked, canned or frozen veg!
- Add in any of your favourite vegetables e.g. broccoli, mushrooms.
- Serve with rice, egg noodles or rice noodles.
- Add in some chilli for a nice kick!
-



Coleslaw

Serves 4

Ingredients (allergens in bold)

- 1 small red/brown onion – finely chopped or sliced
- 1 large carrot – peeled & grated
- ¼ small white cabbage – shredded
- 2 eating apples – sliced or cubed
- **2 celery sticks – washed & diced**
- Juice of 1 lemon
- **3 tablespoons light salad cream or mayo**

Method

1. Prepare the onion, carrot, cabbage, apple and celery.
2. In a bowl add the salad cream and squeeze in the lemon juice.
3. Mix thoroughly.
4. Add in the chopped fruit/vegetables to the salad cream.
5. Mix thoroughly so all fruit/veg is covered.
6. Serve!

Equipment:

- Tablespoon
- Lemon squeezer
- Chopping board
- Sharp knife
- Peeler
- Grater
- Mixing bowl

Recipe notes and tips

- Try replacing salad cream or mayonnaise with a natural yogurt or Greek yogurt.
- Try using purple cabbage for that extra colour, flavour & crunch!
- Add in dried fruit for a sweeter taste.
- Add in grated cheese for a savoury cheesy coleslaw.
- Nuts are a great addition to a coleslaw such as walnuts & peanuts.
- Mixed seeds make for a delicious crunchy coleslaw.



Harvest Fruit Muffins

Makes 12 large or 18 smaller individual cakes

Ingredients (allergens in bold)

- **120g plain white flour**
- **120g wholemeal flour**
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 100g caster sugar
- **100g butter (melted)**
- **150g natural yoghurt**
- **2 medium-sized eggs**
- **2 tbsp milk**
- 2 tbsp runny honey
- 1 tsp vanilla extract
- 100g apple (peeled and finely diced or grated)*
- 50g blackberries (enough for at least 1 berry per muffin)*
- 2 tbsp oats

Method

1. Preheat the oven to 200 °C/180 °C Fan/Gas 6 and line a 12-hole deep muffin tin with paper muffin cases.

2. Mix the 2 types of flour, baking powder, bicarbonate of soda and caster sugar together in a large bowl.

3. In a measuring jug, mix the melted butter, yoghurt, eggs, milk, honey and vanilla, then add to the dry ingredients along with the apple and blackberries. Mix until just combined – don't overmix.

4. Spoon the mixture into the muffin cases – they will be quite full. Sprinkle oats over the tops and bake for around 20 minutes, until golden brown and well risen. Allow to cool before eating!

Storage

These muffins freeze well, so make a full batch and package any you don't use straight away for the freezer. They will keep for up to 6 weeks and can be defrosted quickly.

Equipment:

- Muffin tin with paper muffin cases
- Mixing bowl
- Measuring jug
- Fork or small whisk
- Wooden spoon
- Cooling rack

Recipe notes and tips

- Use standard size cake cases and bun tins to make more but smaller muffins. Better for your lunchbox!
- Make these in the early autumn when windfall apples and hedgerow blackberries are freely available.
- *Other delicious seasonal variations are rhubarb and strawberry in early summer or grated carrot, cinnamon and banana in the winter.





This is the culmination of your work. Now that the children have discovered where their food comes from, have grown their own and have prepared their own lunch, it's time to come together as a school community and enjoy the fruits of your labours.

TOP TIPS!

- Check that everyone involved is aware of what they need to do in preparation for your nature walk and celebration lunch.
- Consider creating an activity worksheet for parents and carers to complete on the nature walk
- Healthy food activities alongside lunch are a great way to involve parents and carers with positive messages to learn alongside their children.
- Consider sending a recipe home with your guests, such as Harvest Vegetable Soup, with school-grown produce e.g. seasonal herbs tied as a bouquet garni.

Celebrating Resources

- 6.1 Nature Walk and Lunch Checklist
- 6.2 Nature Walk Activity Ideas - for pupils to create an activity for the walk.
- 6.3 Tasting Station Activity - complete with three different recipes for radishes for everyone to try at your lunch.
- 6.4 Eatwell Plate Activity - Fruity Couscous, complete with ingredients picture cards.
- 6.5 Mixed Fruity Couscous Recipe
- 6.6 Harvest Vegetable Soup Bag
- 6.7 Harvest Vegetable Soup Recipe - to put in your Soup bags to go home.

Links to Bronze criteria

- B1.10 Menus provide for all dietary and cultural needs.
- B2.3 We keep parents informed of lunch menus and Food for Life activity and invite them to attend our school lunches.
- B4.0 We hold an annual event on a food theme for our pupils, parents and the wider community.

Nature Walk & Lunch Checklist

As your big day approaches, there are a few key things that you might want to think about to ensure that everything is prepared and your event runs smoothly.

	Who is responsible?	✓
Have one final promotional push to parents, through the school newsletter / email / posters, invitation etc.		
Speak to everyone who will be involved, to make sure that everyone knows what they will be doing and the number of parents/carers attending.		
Cook the food – make sure pupils and the school kitchen know which recipes they are each making.		
Set up your lunch area – If you are having your lunch outside, you may want to identify an indoor space as well in case of bad weather.		
Set up the tables for the activities.		
Prepare materials for all activities and print off any paperwork.		

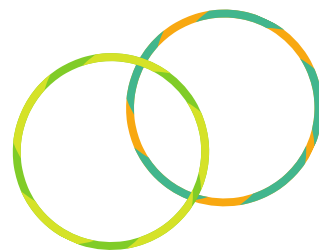


Nature Walk Activity Ideas

Task pupils to think of an activity that their parents and carers can do during the nature walk.

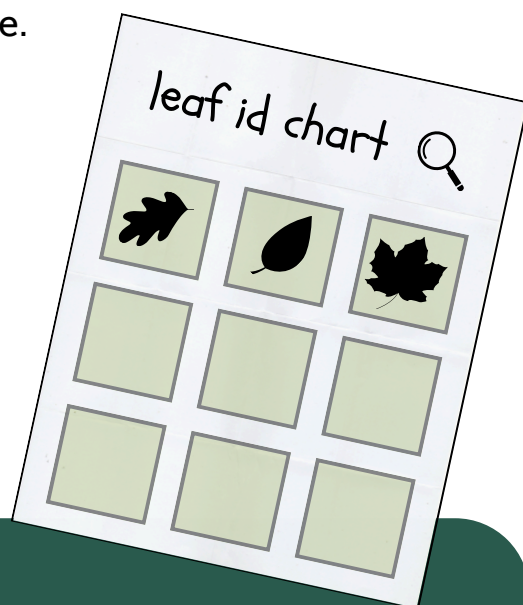
Suggestions:

- Re-visit our [Sensory Activities](#) resource for ideas that pupils might want to re-create for their guests.
- If you have a wildflower area, or an area where you let the grass grow long for wildlife, why not do a basic quadrat (or hoola-hoop!) survey – how many different flower and grass species are in the area?



Create an identification chart:

- Task pupils to find an agreed number of different leaves in your school grounds in advance of your nature walk and lunch celebration.
- Using the [leaf id chart](#) and/or the computer, pupils can then identify the leaves back in class. They could either print images off (silhouettes work well for this), cut and stick them to [this template](#), or older pupils could create a template and insert the electronic images into a grid. Once the images are in place, pupils can add the name of the leaf beneath each image.
- You could create a route for them to follow and place the leaves on the grid in the order which they will be found!
- Finally, make enough copies of the id charts for each family, and take them on a walk to find the plant and tree species you have in your school grounds. You might even give a prize to the person or family who finds them all first!



Wet-weather options:

- [Making seed tape](#): This short film shows you how to make some easy-to-use seed tape that can be planted out quickly and easily in the spring.
- [Splitting herbs](#): This short film demonstrates how you can get more value for money with your herbs, by splitting existing ones to create more plants. Guests could take home their herb plant with a relevant recipe.

Leaf identification chart



..... School

On your nature walk around our school grounds, find each leaf in the grid below. Tick to show when you have found it. Enjoy your walk!



name of plant



name of plant



name of plant



name of plant



name of plant



name of plant



name of plant



name of plant



name of plant

Harvest Vegetable Soup Bag for Cooking at Home

To encourage families to cook at home how about putting together some soup recipe bags using seasonal, local and school-grown produce?

The recipe for Harvest Vegetable Soup is good for this as the ingredients are cheap and quite flexible. You can leave out the frozen peas if there's a chance the bags will go soggy!!

You may have grown herbs like parsley, marjoram or chives in school which can be tied in little bunches and added to the bag.

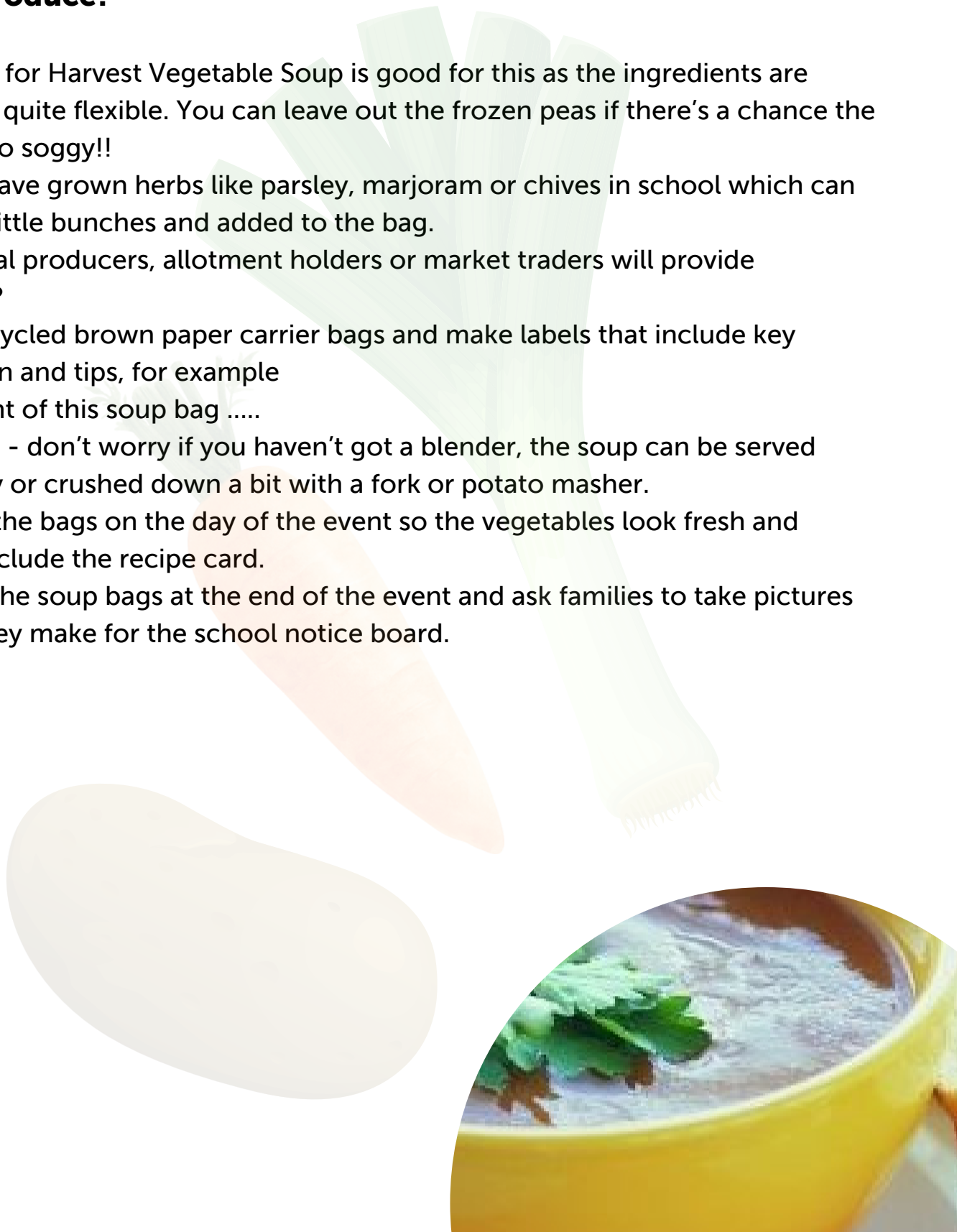
Maybe local producers, allotment holders or market traders will provide donations?

Source recycled brown paper carrier bags and make labels that include key information and tips, for example

- Content of this soup bag
- Top tip - don't worry if you haven't got a blender, the soup can be served chunky or crushed down a bit with a fork or potato masher.

Assemble the bags on the day of the event so the vegetables look fresh and inviting. Include the recipe card.

Hand out the soup bags at the end of the event and ask families to take pictures of what they make for the school notice board.



Harvest Vegetable Soup

Serves 6

Ingredients (allergens in bold)

- 1 medium-sized potato - peeled and diced
- 2 leeks - trimmed, washed and finely sliced
- 2 carrots - peeled and sliced
- 1 medium-sized onion - peeled and finely chopped
- 2 courgettes - sliced
- 50g frozen peas
- 1 small can chopped tomatoes
- **1 vegetable stock cube**
- Ground black pepper
- 750ml water
- 1 tablespoon fresh parsley – chopped

Method

1. Put all the prepared vegetables, except the peas and tomatoes, in the pan.
2. Add the water and stock cube.
3. Heat the mixture to boiling point, and then reduce the heat to a simmer. Put the pan lid on and cook for 20 minutes or until the vegetables are tender. Add a little more water, if needed.
4. With a slotted spoon, carefully remove approximately a third of the vegetables from the pan. Purée them in a blender with half the canned tomatoes.
5. Return the puréed vegetables to the pan, then add the peas and the remaining tomatoes. Reheat gently until hot.
6. Serve with warm crusty bread.

Equipment:

- peeler
- vegetable knife
- chopping board
- measuring jug
- can opener
- large saucepan with lid
- wooden spoon
- tablespoon
- slotted spoon
- ladle
- blender

Recipe notes and tips

- Allow the soup to cool before blending and follow guidelines in the appliance handbook regarding the maximum quantity that can be blended.
- Other vegetables can be used if available, for example diced butternut squash or summer turnips.

