
KILMACOLM PRIMARY SCHOOL AND NURSERY CLASS



'Let's Grow & Cook Together'

A 'Food For Thought' Education Scotland funded project



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PROJECT OUTLINE

Overview

The 'Let's Grow and Cook Together' project will be a partnership with local businesses and community groups to create a sustainable school garden and a cooking classroom to cultivate a life long love of gardening and cooking. A showcase of all the learning will be presented at the Kilmacolm Primary School and Nursery Class 'Garden Party' in June 2018. Each class, including the nursery class will be responsible for creating a recipe and produce to be sold/displayed at the 'Garden Party'. Stalls will be set up, the children will be able to talk about their experience during the project, demonstrating their knowledge and skills. All profits will be used to fund future projects.

Key Aims

1. To fully utilise the school outdoor learning space to create a sustainable garden area to grow fruit, vegetables and herbs whilst developing children's gardening skills
2. To create a school cooking classroom to develop the children's hygiene and food technology skills
3. To work with local community groups to use their expertise, knowledge and guidance to develop the garden and the cooking classroom
4. To develop staff knowledge and skills to enable them to confidently deliver the Experiences and Outcomes in Food and Health Education
5. To improve the quality of Food and Health Education with learning across the curriculum (planned Interdisciplinary Learning links with Technologies, Numeracy and Science)
6. To ensure that Outdoor Education and Food and Health Education become embedded in the school curriculum
7. To fully engage with the whole school community through our Twitter accounts (using #KPSLovesGardening, #KPSLovesCooking and #foodedfriday), the school website, newsletters, the local press and a community event at the end of the session ('Garden Party')
8. To develop the children's enterprising skills to enable them to organise the 'Garden Party' to showcase all the knowledge and skills developed by the children throughout the project

Overarching Themes

- Developing the Young Workforce
 - STEM (Science, Technology, Engineering and Mathematics)
 - Progressive Interdisciplinary Learning around Food Education
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Business Partnerships

- Scottish and Southern Electricity Networks (SSE) - gardening support
- James Tindall Project - gardening support
- Central Building Contractors (CBC) - financial support to provide the school with gardening equipment
- BITC Scotland (Vivian Maeda - Food For Thought Project Manager) - business contact support

Other Business & Support Partnerships

- Jeanette Smart (Development Officer 'Food For Thought')
- Lorna Aitken (Food & Health Development Officer - Education Scotland)
- Soil Association (Kirsten Leask kleask@soilassociation.org)
- The Royal Highland Education Trust (RHET) (rhinfo@rhass.org.uk)
- Chefs@School (Marie-Clare James www.scottishchefs.com)
- Food Standards Scotland
- Virgin Money (tbc)
- Royal Horticultural Society
- Jean McCredie (Home Economist)

Community Partnerships

- Joanna and Alda Clark (Cross Cafe in Kilmacolm)
- Jackie Dunn (school catering manager)
- Gerry Mitchell (Inverclyde Health and Safety Officer)
- Kilmacolm Horticultural Society
- Parent Partnership
- PTA

Support Documents/Resources

- 'Developing The Young Workforce - Career Education Standard' - Education Scotland
 - 'Food For Thought' - Education Scotland
 - 'Scottish Food and Health' - Education Scotland
 - 'Grow, Cook, Eat' - Education Scotland
 - 'The Scottish Food Industry' - Education Scotland
 - 'The Way We Grow and Catch Food in Scotland' - Education Scotland
 - Food Technology Benchmarks
 - 'Food For Life Scotland' - Soil Association Scotland
 - www.soilassociation.org/our-work-in-scotland (teaching resources)
 - 'Cookin Castle - Teacher's Guide' - Food Standards Scotland
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- 'Eatwell Guide' - Food Standards Scotland (www.fss-eatwellguide.scot/ & resources@fss.scot)
- Foodstandards.gov.scot (teaching resources, healthy eating tutorial)
- 'The Good Food Learning Resource' - RHET
- On-line Cooking Demonstration with John Quigley (Red Onion restaurant)
- Child friendly recipes/advice 'A Guide to Cookery Skills by Age' (www.bbcgoodfood.com)

FUNDING

'Food For Thought' Grant

The 'Food For Thought' grant will fund the equipment for the cooking classroom.

Description	Unit Price
Cookers, Trolleys, Equipment	£ 2,385
Cooking Equipment	£ 552
Ingredients for cooking	tbc
Total (+ money for ingredients)	£ 2,937

'CBC' Grant

The 'CBC' grant will fund the equipment for the garden.

Description	Unit Price
Gardening Gloves, Trowels, Forks, Spades, Watering Cans, Knee Cushions, Wheelbarrow	£ 499
Total	£ 499
TOTAL COST OF PROJECT (+ money for ingredients)	£ 3,436

TIMESCALES

'Let's Grow & Cook Together' Year Plan

Activity	Month/Year
'Food For Thought' event at Celtic Park	September 2017
Staff information event on 'Let's Grow & Cook Together' project	September 2017
Ordering of cooking and gardening equipment	September 2017
Launch of 'Let's Grow & Cook Together' project (for children and parents/ carers)	September-October 2017
Set up equipment for the 'Cooking Classroom'*	September-October 2017
Development of the school garden**	September-October 2017
Risk Assessments for 'Cooking Classroom' and garden***	September-October 2017
Chef school visit (cookery demonstration - BITC Scotland)	3rd November 2017
'Food For Thought' funding to be spent	December 2017
Evaluations and Data to be sent to Education Scotland	January-March 2018
'Garden Party'	June 2018

*After discussion with Gerry Mitchell, Health & Safety Advisor, the 'Cooking Classroom' will be located in the dining hall. Cookers will be on trollies, with lockable wheels. All equipment will be stored in the dining hall cupboard. The 'Cooking Classroom' will be used for whole class cooking demonstrations and small group cooking lessons, it will be used in the afternoons only.

**The development of the garden will become a rolling programme across the session. The plans will be based on the advice given from business partnerships.

***The Risk Assessments will focus on an inclusive approach and take into account allergies of children, fire safety, supervision guidance

'Let's Grow & Cook Together' Draft Plan for Year 1, 2 and 3

Activity	Year
<ul style="list-style-type: none"> Development of children's hygiene and food technology skills ('Cooking Classroom', cooking with local produce and the school garden) Development of the children's enterprise skills (organisation of the 'Garden Party') Development of the children's gardening skills (school garden) Raise awareness of healthy eating through the 'Eatwell Guide' 	2017-18
<ul style="list-style-type: none"> Further development of children's hygiene and food technology skills, enterprise skills and gardening skills Focus on the 'Journey of Food' in Scotland (cooking with produce grown in the garden using Scottish recipes) Develop knowledge of healthy diets through the 'Eatwell Guide' 	2018-19

Activity	Year
<ul style="list-style-type: none">• Further development of children's food technology skills• Focus on healthy eating recipe development and product design• Development of knowledge and skills in biodiversity and interdependence• Development of scientific skills in the classroom to an increasingly wide variety of science, technology, engineering and mathematics (STEM) careers.	2019-20

Simone McCredie

Head Teacher

September 2017
