



Kitchen Garden Syllabus for Primary
(Years F–2): Book 2

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KITCHEN GARDEN SYLLABUS FOR PRIMARY (YEARS F-2): BOOK 2 AT A GLANCE

SESSION	THEME	GARDEN ACTIVITIES	INDOOR GARDEN ACTIVITIES	KITCHEN ACTIVITIES/RECIPES	KNOWLEDGE AND SKILLS
1	An Introduction to Garden and Kitchen Spaces	<ul style="list-style-type: none"> Garden Monitor Guidelines for the Garden Matching Garden Words and Pictures 	<ul style="list-style-type: none"> Create a Kitchen or Garden Board Game 	<ul style="list-style-type: none"> Guidelines for the Kitchen Kitchen Monitor Matching Kitchen Words and Pictures 	<p>Garden:</p> <ul style="list-style-type: none"> Developing garden awareness Developing leadership skills Developing literacy skills Gaining knowledge of appropriate behaviour in the garden space Gaining knowledge of garden equipment and tools <p>Kitchen:</p> <ul style="list-style-type: none"> Developing kitchen awareness Developing leadership skills Developing literacy skills Gaining knowledge of appropriate behaviour in the kitchen space Gaining knowledge of kitchen equipment
2	Basic Garden and Kitchen Skills	<ul style="list-style-type: none"> Feeding the Garden Harvesting Make a Weed Book Planting Seedlings Seed Saving 	<ul style="list-style-type: none"> Design a Seed Packet 	<ul style="list-style-type: none"> Basic Pizza Dough Parsley Pesto Salad of the Imagination Zucchini & Parmesan Pizza 	<p>Garden:</p> <ul style="list-style-type: none"> Harvesting Identifying weeds Mulching Planting seedlings Safe tool handling Seed saving <p>Kitchen:</p> <ul style="list-style-type: none"> Arranging pizza toppings Combining ingredients using a food processor Kneading dough Measuring ingredients using scales and cups Preparing dressings and sauces Preparing leafy greens and vegetables for salads Rolling dough with a rolling pin
3	Seasons	<ul style="list-style-type: none"> Build a No-dig Garden Bed Construct a Shade Canopy Fallen-leaf Art Mini Compost Weeding 	<ul style="list-style-type: none"> Create a Garden Tasks Calendar Seasonal Planting and Harvesting Posters 	<ul style="list-style-type: none"> Caprese Salad with Roasted Tomatoes Harvest Minestrone Soup Quince Jam Spanakopita Steamed Globe Artichokes 	<p>Garden:</p> <ul style="list-style-type: none"> Artistic and creative skills Assembling and constructing three-dimensional forms Building and preparing garden beds Composting and understanding compost layering techniques Identifying garden maintenance tasks Safe tool handling Understanding how to weed <p>Kitchen:</p> <ul style="list-style-type: none"> Brushing oil with a pastry brush Combining ingredients to make a soup Handling filo pastry Making jam Preheating an oven Roasting vegetables Steaming vegetables Whisking eggs

Session 1

Theme

The theme for the garden and the kitchen this session is **An Introduction to Garden and Kitchen Spaces.**



Aim

To introduce students to their garden and kitchen spaces and to establish safe and responsible behaviour.

Overview

This first session familiarises students with the garden and kitchen, sets expectations about behaviour and safety, and supports students in meeting these expectations. Don't feel that you have to cover too much – students should finish this session excited and looking forward to the next one. Take plenty of time to talk about these new learning spaces, the basic rules of behaviour and your expectations of safety in these spaces. Encourage children to ask lots of questions and share what they're learning and discovering.

Summary



Choose from the following garden activities for this session:

- Garden Monitor
- Guidelines for the Garden
- Matching Garden Words and Pictures



This session's indoor garden activity idea is:

- Create a Kitchen or Garden Board Game



Choose from the following kitchen activities for this session:

- Guidelines for the Kitchen
- Kitchen Monitor
- Matching Kitchen Words and Pictures



Garden Overview



Simple introductory garden activities welcome the students to their new learning space. Talk to students about what they can look forward to during garden classes. Choose some of the suggested key words to introduce to the class.

- As the theme is **An Introduction to Garden and Kitchen Spaces**, begin the class with the students seated comfortably in the garden. Welcome the students to their garden. Explain the overall structure of a typical garden session: what they will do in this session and what they should look forward to in future sessions.

Knowledge and skills

- Developing garden awareness
- Developing leadership skills
- Developing literacy skills
- Gaining knowledge of appropriate behaviour in the garden space
- Gaining knowledge of garden equipment and tools

Key words

behaviour, equipment, garden, guidelines, leadership, monitor, tools

Garden Preparation



Preparation

- Prepare a set of word and picture cards relating to your garden tools and equipment.
- Print a copy of the activities you will be doing, and laminate them so they are protected in the outdoor environment.
- Choose and prepare an indoor garden activity, if required.

Garden activities

- Garden Monitor, page 65
- Guidelines for the Garden, page 66
- Matching Garden Words and Pictures, page 73

Kitchen Overview



Rather than jumping straight into cooking, the simple introductory activities in this session welcome the students to the kitchen and allow them to look at, and become familiar with, their new learning space. Talk to them about what they can look forward to during kitchen classes, and when they will begin to prepare and taste fresh, delicious food. Choose some of the suggested key words to introduce to the class.

- As the theme is **An Introduction to Garden and Kitchen Spaces**, begin the class with the students seated. Welcome the students to their kitchen. Run through the general safety rules, what they will do in this session and what they should look forward to in future sessions.

Knowledge and skills

- Developing kitchen awareness
- Developing leadership skills
- Developing literacy skills
- Gaining knowledge of appropriate behaviour in the kitchen space
- Gaining knowledge of kitchen equipment

Key words

behaviour, equipment, guidelines, kitchen, leadership, monitor

Kitchen Preparation



Preparation

- Prepare a set of word and picture cards relating to kitchen equipment.
- Print a copy of the activities you're doing and laminate them.

Kitchen activities

- Guidelines for the Kitchen, page 101
- Kitchen Monitor, page 106
- Matching Kitchen Words and Pictures, page 109

Session 1: Volunteer Briefing



Garden

Garden Monitor

- Guide the garden monitor, pointing them in the direction of which of their classmates needs help, or what tasks need their input.

Guidelines for the Garden

- Gently encourage students to offer their ideas and thoughts. Volunteers can also make their own suggestions.

Matching Garden Words and Pictures

- Allow volunteers to review the word and picture cards ahead of class.
- Familiarise volunteers with the garden tools and equipment on display.



Kitchen

Guidelines for the Kitchen

- Gently encourage students to offer their ideas and thoughts. Volunteers can also make their own suggestions.

Kitchen Monitor

- Guide the kitchen monitor, pointing them in the direction of which of their classmates needs help, or what tasks need their input.

Matching Kitchen Words and Pictures

- Allow volunteers to review the word and picture cards ahead of class.
- Familiarise volunteers with the kitchen equipment on display.



Garden Monitor

This activity encourages students to discover the qualities and responsibilities of a leadership role. It can be repeated for every garden class, with a different garden monitor each time.

EDUCATOR PREPARATION

- Be prepared for the garden monitor role to be highly sought after! Remain objective and place decision-making in the hands of the classroom teacher or students themselves, where possible. For example, you might ask a student who showed great listening skills to pick a number – line the class up and count to that number to identify the garden monitor for that day's session.

Equipment:

- Novelty hat, apron, scarf or lanyard

What to do:

1. Gather students in a central spot in the garden and talk to them about leadership, responsibility and the role of the garden monitor. Describe the role – the garden monitor will be responsible for helping and guiding their classmates during garden class.
2. Assign one student to be the garden monitor (see Educator preparation).
3. Give the garden monitor something to wear to distinguish them as the garden monitor, such as a novelty hat, apron, scarf or lanyard.
4. The garden monitor goes from group to group, offering help or guidance to their classmates in their tasks.
5. Allow time at the end of the session for the garden monitor and their classmates to reflect on how it felt to be a leader and to be the ones being led.

Tip:

Build on the garden monitor role by adding new and relevant tasks or responsibilities, such as documenting the activities of the garden class by taking photos.





Broccoli Slaw

Season: Winter/Spring
Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: apple, broccoli, lemon, onion

Note: Break the broccoli heads into small florets to give students a close look at how the plant grows. Allow students enough time to examine the florets and understand they are made up of many flower buds.

EQUIPMENT:

metric cups and spoons
tea towel
chopping board
cook's knife
small frying pan
wooden spoon
large bowl
mixing spoon
serving bowl

INGREDIENTS:

2 large heads of broccoli, separated into finger-sized florets, stems and leaves finely sliced
1/2 red onion, finely chopped
1 red apple, chopped into small pieces
1 cup raisins
1 cup sunflower seeds,
2 tbsp extra virgin olive oil
2 tbsp lemon juice
1/2 tsp sea salt
pepper, to taste
1 cup Greek yoghurt
broccoli flowers (optional)

WHAT TO DO:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Place the small frying pan on a medium heat and add the sunflower seeds. Toast, stirring occasionally, until lightly browned.
3. Combine the broccoli, onion, apple, raisins and toasted sunflower seeds in the large bowl.
4. Drizzle the slaw with oil and lemon juice. Sprinkle over the salt and pepper, and toss lightly.
5. Add the yoghurt and mix until the florets are well coated.
6. Transfer to a serving bowl, garnish with broccoli flowers, if using, and serve.

