

KITCHEN GARDEN PROGRAM for EARLY CHILDHOOD



Introducing
the Kitchen
Garden
Program
in Early
Childhood



Workbook	Introducing the Kitchen Garden Program for Early Childhood	Workbook 1: Understand pleasurable food education	Workbook 2: Kitchen garden team	Workbook 3: Establish your garden and kitchen spaces
Contents	<ul style="list-style-type: none"> History of the Stephanie Alexander Kitchen Garden Program for Early Childhood What a kitchen garden program for early childhood looks like Kitchen garden program fundamentals for early childhood How to use these workbooks 	<ul style="list-style-type: none"> Fundamental 1 What is pleasurable food education The Pleasurable Food Education Philosophy Sharing your kitchen garden program with your staff and community The benefits of pleasurable food education 	<ul style="list-style-type: none"> Fundamental 2 Kitchen garden team Volunteers in your kitchen garden Set your budget Update your policies Set your goals – start small, dream big Create an action plan 	<ul style="list-style-type: none"> Fundamentals 3 and 4 Your garden space Your kitchen and dining spaces Manage risks
Kitchen garden program fundamentals	<ol style="list-style-type: none"> Commitment to the philosophy of pleasurable food education Whole service approach A sustainable program 	<ol style="list-style-type: none"> Commitment to the philosophy of pleasurable food education Whole service approach A sustainable program 	<ol style="list-style-type: none"> Commitment to the philosophy of pleasurable food education A team of at least two people coordinating the kitchen garden program Whole service approach A sustainable program 	<ol style="list-style-type: none"> Commitment to the philosophy of pleasurable food education A productive food garden A kitchen and dining space Whole service approach A sustainable program
Links to NQS and EYLF	<p>NQS: QA 1, 2, 6 QA 1: 1.1, 1.1.1, 1.3 QA 2: 2.1, 2.1.3 QA 6: 6.2.3</p>	<p>NQS: QA 1, 2, 4, 6, 7 QA 1: 1.1, 1.1.2, 1.1.3, 1.3.2, 1.3.3 QA 2: 2.1, 2.1.3 QA 4: 4.2, 4.2.1 QA 6: 6.1, 6.1.1, 6.1.2, 6.1.3, 6.2, 6.2.3 QA 7: 7.1.1</p>	<p>NQS: QA 1, 2, 3, 4, 5, 6, 7 QA 1: 1.1, 1.1.2, 1.1.3, 1.3.2, 1.3.3 QA 2: 2.1, 2.1.3 QA 3: 3.1, 3.2.3 QA 4: 4.1, 4.1.1, 4.2, 4.2.1 QA 5: 1.1.1 QA 6: 6.1.1, 6.1.2, 6.2.3 QA 7: 7.1, 7.1.2, 7.1.3, 7.2, 7.2.1</p>	<p>NQS: QA 1, 2, 3, 6, 7 QA 1: 1.1.2, 1.2.1, 1.3.2 QA 2: 2.1, 2.1.2, 2.1.3, 2.2, 2.2.1, 2.2.2 QA 3: 3.1, 3.1.1, 3.1.2, 3.2.3 QA 6: 6.1.1, 6.2.3 QA 7: 7.1.2</p>
		EYLF: 3	EYLF: 1, 3, 4	EYLF: 2, 3

Workbook	Workbook 4: Kitchen and garden experiences and embedded practice	Workbook 5: Whole service approach and community engagement	Workbook 6: Grow and sustain your kitchen garden program
Contents	<ul style="list-style-type: none"> Fundamentals 5, 6 and 7 Experiences in the garden and kitchen spaces Regular garden experience Regular cooking experiences Sharing Embedded practice Embedded practice that can be supported in the kitchen garden 	<ul style="list-style-type: none"> Fundamentals 8 and 9 A whole service approach Celebrate your kitchen garden program Community engagement Volunteers and family helpers Share your kitchen garden program 	<ul style="list-style-type: none"> Fundamental 10 Sustain your kitchen garden program Handing over the program to the new kitchen garden team Professional development and program Grow your skills and knowledge enrichment
Kitchen garden program fundamentals	<ol style="list-style-type: none"> Commitment to the philosophy of pleasurable food education Regular garden experiences Regular cooking experiences Embedded practice Whole service approach A sustainable program 	<ol style="list-style-type: none"> Commitment to the philosophy of pleasurable food education Whole service community approach Community engagement A sustainable program 	<ol style="list-style-type: none"> Commitment to the philosophy of pleasurable food education Whole service approach A sustainable program
Links to NQS and EYLF	<p>NQS: QA 1, 2, 3, 5, 6 QA 1: 1.1, 1.1.1, 1.1.2, 1.1.3, 1.2, 1.2.1, 1.2.2, 1.2.3, 1.3, 1.3.1, 1.3.2, 1.3.3 QA 2: 2.1, 2.1.2, 2.1.3, 2.2, 2.2.1, 2.2.2 QA 3: 3.1.1, 3.2, 3.2.3 QA 5: 5.1, 5.1.1, 5.1.2, 5.2.1 QA 6: 6.1.1, 6.1.2, 6.2.3</p> <p>EYLF: 2, 3, 4, 5</p>	<p>NQS: QA 1, 2, 4, 5, 6, 7 QA 1: 1.1.2, 1.2.3, 1.3.2, 1.3.3 QA 2: 2.1, 2.1.3 QA 4: 4.2, 4.2.1 QA 5: 5.1.1, 5.1.2, 5.2.1 QA 6: 6.1, 6.1.1, 6.1.2, 6.2, 6.2.2, 6.2.3 QA 7: 7.1, 7.2</p> <p>EYLF: 1, 2, 3</p>	<p>NQS: QA 1, 2, 3, 4, 6, 7 QA 1: 1.1, 1.1.1, 1.2, 1.3, 1.3.2 QA 2: 2.1, 2.1.3, 2.2 QA 3: 3.2.3 QA 4: 4.2, 4.2.1, 4.2.2 QA 6: 6.1, 6.2, 6.2.3 QA 7: 7.1, 7.1.2, 7.1.3, 7.2, 7.2.1, 7.2.3</p> <p>EYLF: 2, 3, 4</p>



What a kitchen garden program for early childhood looks like

Pleasurable food education is delivered through a kitchen garden program. The kitchen garden program is based on a cycle of growing, harvesting, preparing and sharing, and is best sustained with a whole-community approach.



These workbooks are designed to support educators to develop their everyday practice and curriculum decision-making in line with the five learning outcomes outlined in the [Early Years Learning Framework](https://bit.ly/EYlearningframework) (bit.ly/EYlearningframework). Completing these workbooks may also support services to meet elements of the [National Quality Standard](https://bit.ly/ACECQAnationalqualitystandard) (bit.ly/ACECQAnationalqualitystandard).

In these easy-to-use workbooks, you will find:

- inspirational images from a diverse range of early childhood settings
- templates, posters and samples – you can copy and display these in your office, foyer and learning areas for staff, families and children to see
- practical tips and strategies based on tried and tested approaches
- real-life examples from early childhood services running a kitchen garden program
- discussion questions, group activities and opportunities for self-reflection.

The tasks, reflections and prompts in each workbook are denoted by the following icons:



Do



Download



Reflect



Snapshot



Tip



Watch

