

BOOK

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Kitchen Garden
Syllabus
for Primary

(YEARS F-2)



STEPHANIE KITCHEN GARDEN FOUNDATION.
Growing Harvesting Preparing Sharing

KITCHEN GARDEN SYLLABUS FOR PRIMARY (YEARS F-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 Guardians Garden Treasure Hunt Garden Word Cards 	<ul style="list-style-type: none"> Enjoying Time in the Garden 	<ul style="list-style-type: none"> Enjoying Time in the Kitchen Kitchen Guardians Kitchen Word Cards 	<p>Garden:</p> <ul style="list-style-type: none"> Developing creative thinking and observational skills Developing garden awareness Gaining knowledge of appropriate behaviour in the garden learning space Developing literacy skills <p>Kitchen:</p> <ul style="list-style-type: none"> Developing creative thinking and observational skills Developing kitchen awareness Gaining knowledge of appropriate behaviour in the kitchen learning space Developing literacy skills
2	Basic Garden and Kitchen Skills	<ul style="list-style-type: none"> Harvesting Sowing Seeds in the Garden Transplanting Seedlings 	<ul style="list-style-type: none"> Painted Pots 	<ul style="list-style-type: none"> Basic Pasta Dough Indian Flatbread Leafy Salad: Master Recipe Simple No-Cook Pasta Sauces 	<p>Garden:</p> <ul style="list-style-type: none"> Harvesting Painting Planting and transplanting seedlings Sowing seeds Watering plants and considering water as a resource <p>Kitchen:</p> <ul style="list-style-type: none"> Grinding ingredients using a mortar and pestle Kneading doughs Preparing dressings and sauces Making doughs for breads and pasta Rolling doughs with a rolling pin Using leafy greens and vegetables for salads Using liquid ingredients
3	Living Things	<ul style="list-style-type: none"> Insect Highways and Byways Make a Hairy Caterpillar Make an Insect Hotel 	<ul style="list-style-type: none"> Sprouting Seeds for Salad 	<ul style="list-style-type: none"> Banana & Chia Seed Smoothie Japanese Seeded Brown Rice Salad Pepita Pesto Seeded Flatbread 	<p>Garden:</p> <ul style="list-style-type: none"> Assembling and constructing three-dimensional forms Being creative Growing seedlings Mapping the local environment Observing plant growth <p>Kitchen:</p> <ul style="list-style-type: none"> Blending ingredients Learning to cook rice via the absorption method Kneading doughs Understanding the difference between rough and smooth textures in prepared foods Using kitchen electrical equipment safely Whisking liquid ingredients together

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, and supports behaviour and safety expectations. Don't feel that you have to try to cover too much content in one session – students should finish this session excited and looking forward to the next one. Take plenty of time to talk about these new learning spaces, and especially the basic rules and your expectations of behaviour in these spaces, and encourage children to ask lots of questions and speak about their own experiences.

Summary



Choose from the following garden activities for this session:

- Garden Guardians
- Garden Treasure Hunt
- Garden Word Cards



This session's indoor garden activity idea is:

- Enjoying Time in the Garden



Choose from the following kitchen activities for this session:

- Enjoying Time in the Kitchen
- Kitchen Guardians
- Kitchen Word Cards

Garden Overview



Simple introductory garden activities welcome the students and allow them to look at and become familiar with their new learning space. Talk to students about what they can look forward to during garden classes. Choose some keywords 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 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 creative thinking and observational skills
- Developing garden awareness
- Gaining knowledge of appropriate behaviour in the garden learning space
- Developing literacy skills

Key words

behaviour, care, environment, garden, guardian, living, nature, plants, responsibility, treasure

Garden Preparation



Preparation

- Prepare a treasure hunt list or flash cards, and a list of desired words for the word cards.
- Print and laminate two copies of each activity (one for the teacher and one for the volunteer).
- A suggested indoor garden activity, if required, is **Enjoying Time in the Garden**, page 58

Garden activities

- Garden Guardians, page 61
- Garden Treasure Hunt, page 62
- Garden Word Cards, page 63

Kitchen Overview



Rather than jumping straight into cooking, the simple introductory kitchen 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 cook fresh, delicious food. There will be some suggested key words every week, so choose some to introduce to the class.

- As the theme is **An Introduction to Garden and Kitchen Spaces**, begin class with the students seated. Welcome 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 creative thinking and observational skills
- Developing kitchen awareness
- Gaining knowledge of appropriate behaviour in the kitchen learning space
- Developing literacy skills

Key words

behaviour, care, cook, eat, environment, food, guardian, ingredients, kitchen, living, nature, responsibility

Kitchen Preparation



Preparation

- Prepare a treasure hunt list or flash cards and list of desired words for the word cards.
- Print and laminate two copies of each activity (one for the teacher and one for the volunteer).

Kitchen activities

- Enjoying Time in the Kitchen, page 102
- Kitchen Guardians, page 108
- Kitchen Word Cards, page 109

Session 1: Volunteer Briefing



Garden

Garden Guardians:

- Volunteer help isn't required for this activity.

Garden Treasure Hunt:

- Volunteers should review the treasure hunt list or flash cards and familiarise themselves with where the items are in the garden.
- Volunteers should walk around the garden with the students, and give hints where required.

Garden Word Cards:

- Volunteers sit with students and, if needed, provide guidance on painting, decorating and displaying their cards around the garden.



Kitchen

Enjoying Time in the Kitchen:

- Volunteers sit with students and, if needed, provide guidance on drawing a picture of students doing a kitchen activity, or writing their story.

Kitchen Guardians:

- Volunteer help isn't required for this activity.

Kitchen Word Cards:

- Volunteers sit with students and, if needed, provide guidance on painting, decorating and displaying their cards around the kitchen.



Grow a Pizza Garden

Take your homemade pizzas to the next level by growing the ingredients in a special pizza garden. This is a great way to grow colourful and tasty ingredients, and to show children the journey from garden to plate. With pizza being such a popular dish, this activity is sure to get children excited about growing their own ingredients.

See pages 1-8 for Planting and Harvesting Guides for temperate, cool, tropical and subtropical climates. Suggestions for delicious, seasonal ingredients to put on your pizzas are given below:



Summer/Autumn Pizza Ingredients	Winter/Spring Pizza Ingredients
Asparagus	Mushroom
Basil	Onion
Capsicum	Oregano
Eggplant	Parsley
Oregano	Potatoes
Parsley	Rocket
Pumpkin	Rosemary
Rocket	Sage
Rosemary	Silverbeet
Sage	Spinach
Thyme	Sweet potatoes
Tomato	Thyme
Zucchini	



Equipment:

- Garden plot
- Pizza vegetable and herb seeds or seedlings
- Garden gloves
- Trowel
- Labels (cardboard and pencils)

What to do:

1. Decide what you're going to plant, depending on the season. Plan to grow an equal number of herbs and vegetables (for example, three vegetables and three herbs).
2. Choose an area in the garden to use as a pizza garden, or use a few containers grouped together. If you can, it could be fun to grow the garden in a circular pizza shape!
3. Divide the garden into equal segments (like slices of pizza).
4. Plant the vegetable and herb seeds or seedlings in the different sections.
5. Decorate the pizza garden with labels.



Banana & Chia Seed Smoothie

Season: All
Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: bananas, mint

Bananas grow better in the tropics, but can be grown as far south as Melbourne. This delicious smoothie is an interesting twist to the more traditional banana smoothie, and will go down a treat on a warm day or as a special school breakfast, and is great for camps or school sleepovers. If buying bananas from the market, buy in bulk when they are ripe, portion them up and store in the freezer.

EQUIPMENT:

metric measuring cups and spoons
chopping board
cook's knife
clean tea towel
blender
30 serving cups

INGREDIENTS:

4 ripe frozen bananas
1 tbsp of honey
2 tbsp black chia seeds
1 cup natural yoghurt
pinch of cinnamon
4 cups of milk of your choice
mint, to garnish

WHAT TO DO:

1. Prepare all ingredients as per the ingredients list.
2. Put all ingredients, except the mint, into the blender and whiz until smooth.
3. If the mix is too stiff, you can add more milk; if it's a bit runny, add extra yoghurt or another banana.
4. Pour into cups and decorate with mint leaves.
5. Serve and enjoy.

