

The Continuum of Learning in the Kitchen and Garden



medibank
For Better Health

Working together to
grow healthy kids



Strong sense of identity

... taking responsibility for seedlings and worms ... learning their place in the natural environment ... taking pride in and sharing dishes they've made (and deciding what they like!)

Confident & involved learners

... learning by doing - experimenting with water and sunlight, salt and pepper - seeing results ... trying new foods (and knowing where they come from!) ... getting their hands dirty ...

MATHEMATICS

Plan and measure garden beds, mix pest sprays, ration out potting mix, calculate and weigh cooking ingredients, slice up portions, cost and budget menus ...

HUMANITIES & SOCIAL SCIENCES

What role has rice played in the world economy, and what dishes do various cultures make from it? How do humans interact with the natural world and what is our responsibility for maintaining it? How will agricultural practices affect our trade?

LANGUAGES

Connect with culture, history and the global community through the shared experience of food; explore food words and origins; create a Chinese, Italian or Nigerian menu ...

ARTS

Use garden and kitchen experiences as creative prompts and stimuli, and sites for self-expression and reflection ...

HEALTH & PHYSICAL EDUCATION

Get active in the garden with wheelbarrows, weeding and watering, and in the kitchen with chopping, stirring, setting and cleaning ... and make healthy, social choices!

SCIENCE

Investigate seed germination, growth, pollination and the seasonal cycle; explore food substances, cooking processes, states of matter and how a plant becomes a food ...

TECHNOLOGIES

Prepare nutritious meals, use software to design gardens and menus., chart when seedlings will be ready to harvest, create invitations to family feasts and research contemporary food issues from agriculture to sustainability ...

ENGLISH

Increase vocabulary, read gardening instructions, write recipes, keep journals, work together to get beds built and dishes prepared: listen, speak, share, reflect, build confidence, work in teams ...

Effective communicators

... using new words to convey new tastes, textures and smells ... creating garden and kitchen art ... keeping safe while using real tools, cutlery and crockery ... being patient while a seedling sprouts and a loaf rises ...

Connected with & contribute to their world

... exploring seasonality, diversity and culture through food ... collaborating to take care of crops ... sharing the cooking and gardening experience ... connecting with a wider community ...

Strong sense of wellbeing

... using senses to explore new flavours and the changing nature of the garden ... digging, raking and watering, and learning to love nature ... feeling loved in their garden and kitchen spaces ...

The Early Years Learning Framework

The Australian Curriculum F-10