



Grow the seasons

A Where food comes from Challenge for pupils aged 5-7 years

The challenge

Plan a growing area in your school grounds or classroom.

Grow and harvest your own seasonal ingredients.

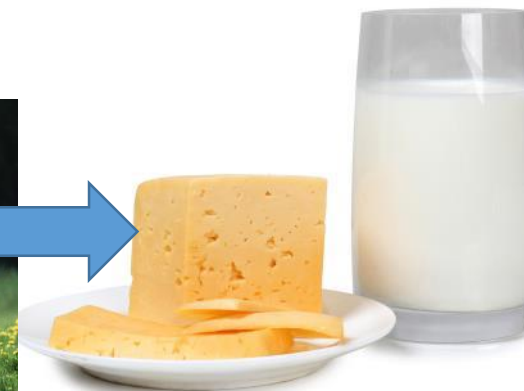
In our School



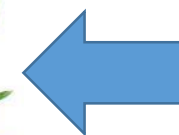
Let's get started – the Challenge is on!

Food comes from plants or animals

Name two foods(食物) that come from animals(動物)



Name two foods that come from plants(植物)



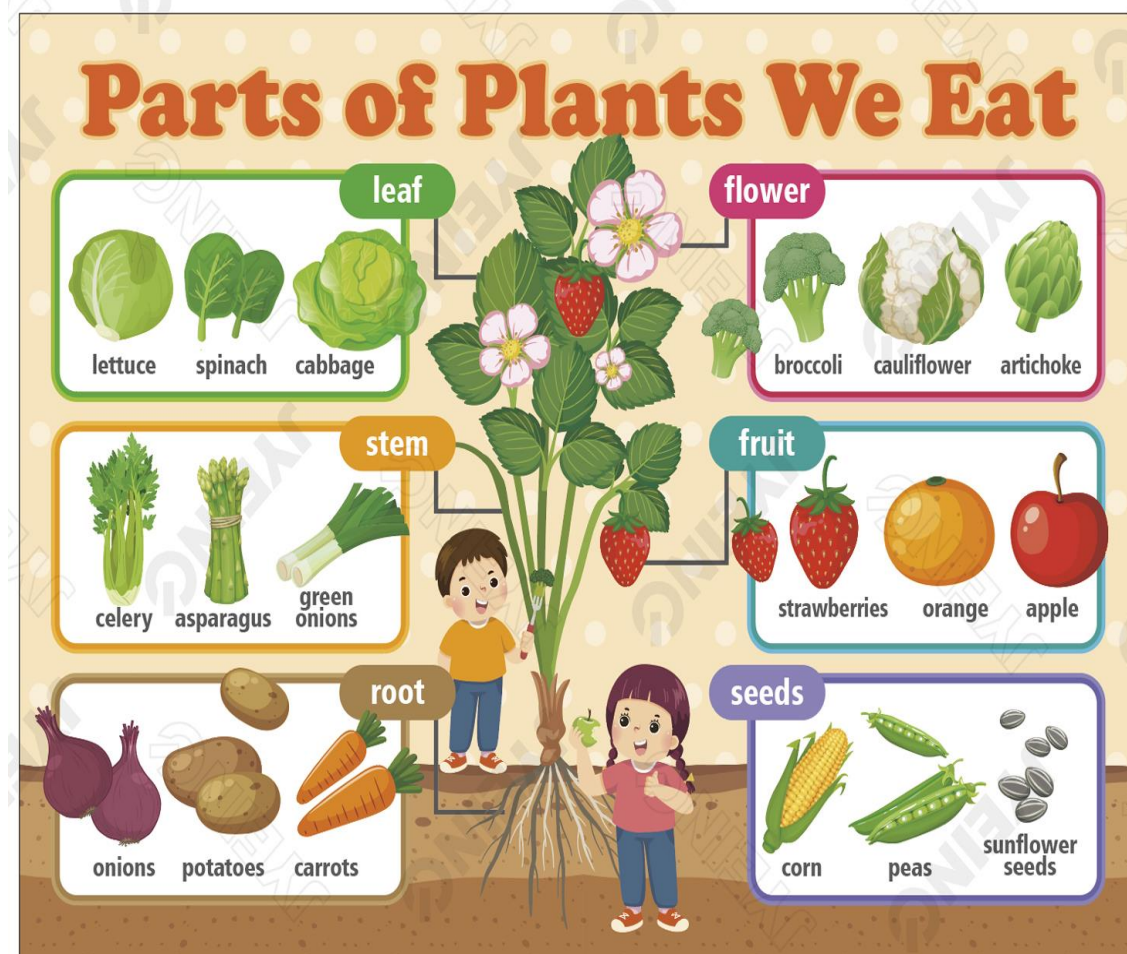
Food from plants

Lots of our food comes from plants.

What are the main parts of this plant?

Did you name the:

- root;
- stem;
- flower;
- leaf;
- fruit?



Parts of Plants We Eat

leaf



lettuce

spinach

cabbage

flower



broccoli

cauliflower

artichoke

stem



celery

asparagus

green onions

fruit



strawberries

orange

apple

root



onions

potatoes

carrots

seeds



corn

peas

sunflower seeds

Name two more examples of roots(根) that we eat.

What do plants need to grow? (植物成長需要什麼?)

What can you see in this picture?

Plants need the right conditions to help them grow. Plants need:

- soil to grow in;
- water;
- sunlight.



Health

6 REASONS TO EAT SEASONALLY

營養高



Greater Nutrient Density

更省錢



Save Money

更美味



Foods Taste Better



Often A Lower Environmental Impact

對環境影響較低



Adds Variety and Appreciation

有更多不同用法



Support Local Farms and Businesses

支持在地農業



Spring春



Summer夏



Autumn秋



Winter冬



Where(哪裡) can plants be grown?

Plants can grow in different places:

- in pots  and containers  inside and outside
- in greenhouses; 
- in the ground  or in growing bags 
- in raised containers and boxes; 
- in a vegetable garden 
- on a farm. 



Where else can plants be grown?

What could you grow?

Here are some ideas of what you could grow.



Courgettes



Tomatoes



Potatoes



Herbs



Cress



Strawberries



Lettuce

Find out when these can be planted and when they are ready to eat.

Planning

What do you need for your growing area?

種植時需要什麼?

What will you grow?

種什麼?

種在學校的哪裡?

Where will your growing area be in school?



誰來照顧?

Who will help look after the growing area?

何時(哪個季節)開始種?

In which season will you start planting?

Planning 開始計畫吧!

Talk to your teacher about your growing area.

Work out a plan to grow your ingredients.

Plan how you will take care of your plants.



The challenge

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Good luck!

