

SUSTAINABILITY CROSS CURRICULUM PRIORITY

Kitchen Garden

with Red Hill EEC

UNIT OVERVIEW

Red Hill Environmental Education Centre (EEC) offer an evidence-based **Kitchen Garden** program where students are engaged in one-hour gardening and cooking lessons each week for up to four classes per day. The program is designed for students to achieve educational, wellbeing and sustainability outcomes through curriculum-embedded, cross-KLA learning sequences. The Red Hill EEC Kitchen Garden program teaches a range of life skills and supports critical thinking, communication, problem solving and teamwork skills.

WHY KITCHEN GARDENS?

"All the research is pointing to the two biggest factors that will determine how long you live and the quality of your life:

1. *What you eat*
2. *The quality of your relationships"*

Dr Michael Mosley (2019)

The Red Hill EEC Kitchen Garden program supports schools to measurably increase student engagement and achievement including:

- individual & cross-KLA syllabus outcomes and sustainability (LAC)
- general capabilities: literacy and numeracy, personal and social responsibility, critical and creative thinking
- *Wellbeing Framework*: achievement, meaningful goals, enjoyment of learning and wider staff wellbeing
- CESE *What Works Best 2020*: wellbeing and staff collaboration themes.
- other targets including Healthy Canteens, Schools Excellence Framework, NESA APSFT and NSW Health
- greater community engagement & school aesthetic value



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Kitchen Gardens – Program Outline



Students engage with one-hour outdoor gardening and cooking lessons each week led by Red Hill EEC staff. Depending on school scheduling, up to four classes per day can be accommodated.

This program has been proven throughout more than 40 schools across the state.

FACE TO FACE IN-SCHOOL PROGRAM

The Kitchen Garden program includes:

- Red Hill EEC Kitchen Garden teacher 1 day/wk
- up to 4 classes per day
- target Stages 2 / 3, may be adapted to other Stages
- a combination of theory lessons, hands-on gardening activities and cooking



LONG TERM LEARNING COMMITMENT

The Red Hill EEC Kitchen Garden program runs for 2 years to support your school with:

- kitchen garden set up and establishment
- kitchen garden maintenance
- curriculum based learning
- cooking with produce on-site



COSTING OPTIONS

Red Hill EEC have a variety of costing options to select from, depending on the level of support and resources your school requires. All costing options include a Red Hill EEC teacher for 1 day per week for a period of 2 years, with additional staffing provided as required by the program.

Other program set up costs may include:

- kitchen garden start-up equipment
- gardening equipment
- cooking/kitchen equipment

TO BOOK

For bookings or further enquiries about this program, please contact Red Hill Environmental Education Centre on 02 6374 2558 or redhill-e.school@det.nsw.edu.au

