



# Cadishead Primary School

Thursday 6<sup>th</sup> June 2019

Weather: **Warm and Wet**

## **Growin**

Group:  
Growing

This week,  
how  
good for



Year 6  
for health

Year 6 have been learning about growing food and gardening is your health.



First of all we looked at examples of foods we need to be healthy and sorted them into the different food groups: **Fruits and vegetables, fats, dairy, carbohydrates and proteins**. We then put them in order starting with foods you should eat lots of and ending with foods you only need a small amount of. The children worked great as a team and placed them in the correct order: **fruits and vegetables, carbohydrates, proteins, dairy and fats**.

We then looked at more examples of fruit and veg. We looked at which of these foods can be grown in the UK and which are usually grown in hotter countries. The labels on the food told us exactly where they had come from so this helped us.





We discussed

the advantages and disadvantages of **importing** (buying from abroad) fruit and vegetables. It's a good thing because you can get more exotic food or foods '**out of season**' (some foods grown in the UK are only available in certain seasons/times of the year.) But some fruit and veg that are imported are picked before they are ripe meaning they are less **nutritious** (healthy). And because this food has to travel, it won't be as fresh as food grown closer to home.



And you can't get food closer to home than grown in your own garden! To prove it we **harvested** (picked) and ate some **strawberries** growing in the school garden. These were definitely very tasty (and probably more nutritious) compared to shop bought ones! Yum!

Finally, we sowed some fruit and vegetable seeds in pots to take home which included tomatoes, aubergines and chilli peppers. These will make a super healthy addition to your meals when they are ready!

Great teamwork and discussion today Year 6,

See you soon,

Catherine

