

## Stage 3 Kitchen Garden Program

The Stage 3 Kitchen Garden Program is recognised as an incredible opportunity for the year 5 & 6 students at Mount Terry Public School to learn about the process of growing, harvesting and cooking food in a dynamic 'garden to table' experience.

Students will spend 80 minutes once a week in either the garden, kitchen and on occasion, the classroom. In 2022 cooking will begin towards the end of Term 1, with cooking lessons every 3 weeks until the middle of term 4. The cost of the Kitchen Garden program in 2022 is \$50.00 and needs to be paid by week 8, Term 1.

To keep the costs of this program down, students will be focussing on growing key ingredients in our garden for the seasonal dishes they will be cooking. This means there will be a focus on using fresh, in-season and plant-based ingredients where possible. This supports their learning about sustainable food practices. Students will focus on cooking one item per lesson that they will hopefully be able to recreate at home.

In the garden, students will be learning about a wide variety of organic gardening practices that assist in growing nutrient dense food and support the garden ecosystem. They will get the opportunity to watch the journey of their food and actively engage in the process of growing it from seed to harvest.

Each week your child will need to bring their own pair of **gardening gloves, hat, sunscreen** and insect repellent. Please advise below if your child has a new food, sunscreen or insect allergy that has not previously been disclosed to the school. If your child suffers from seasonal allergies or hay-fever please ensure they have had their medication before school on the day they go into the garden.

This year we are excited to welcome volunteers back into the garden and kitchen. If you or a family member are interested in lending a helping hand in the kitchen or garden in 2022, please send your interest to [kea.allman@det.nsw.edu.au](mailto:kea.allman@det.nsw.edu.au) . All volunteers need to be fully vaccinated.

**When:**

Tuesday: 5K, 5R

Thursday: 6R, 5B

Friday: 5/6C, 6F, 6P

**Where:** MTPS Kitchen and Garden

**Cost:** \$50

**Bring:** Gardening gloves, hat, sunscreen, insect repellent

**How you can help:** You are welcome to volunteer time in either the kitchen and/or Garden lessons when it suits you.

I am looking forward to a delicious and productive year with our Kitchen Garden Program students.  
Kind regards,

Kea Allman

Kitchen Garden Teacher

# Mount Terry Public School

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My child \_\_\_\_\_, class \_\_\_\_\_ has recently developed a new allergy to \_\_\_\_\_ . I have/have not attached the relevant medical documents for this allergy.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_