



**HAUMOANA  
SCHOOL**  
think. challenge. achieve



## GARDEN TO TABLE PROGRAMME

The **Garden to Table** programme, established in Auckland in 2009, seeks to change the way children approach and think about food. At Haumoana School we want to see our children enthusiastically getting their hands dirty and learning how to **grow, harvest, prepare** and **share** fresh, seasonal food.

Garden to Table is a successful garden and kitchen programme run in schools throughout the country. The aim is to introduce New Zealand primary and intermediate school students to the joy of fresh, seasonal produce they have grown, harvested, cooked and shared in their own school, with the help of peers, volunteers and teachers.

The students become involved in all aspects of gardening in an environmentally sustainable garden, cooking and then enjoying a delicious, seasonal meal they have produced themselves. Students' knowledge, gained by being engaged in both the garden and kitchen, is taken back to their classroom where it is reinforced in their day-to-day learning. These new learning threads are then picked up by the classroom teacher and woven through the curriculum as a whole. Comprehensive curriculum resources managed through a GTT members only website, further support and connect these learnings.

The GTT programme can be adapted by schools to meet their own community needs and available resource levels. However, there are some key aspects fundamental to the successful delivery of the programme that will be expected to be visible in all GTT schools:

- **Hands-on-learning** - students learn by being actively involved in hands-on lessons in the kitchen and garden
- **Co-operative learning** - students work with the specialists, classroom teachers, volunteers, and their peers on all aspects of looking after the garden to grow and harvest produce, and in the kitchen to prepare and present food
- **Valuing nutrition** - students use fresh, seasonal produce from the school garden to make delicious, nutritious food
- **Hygiene and safety practices** - students learn garden and kitchen hygiene and how to use garden and kitchen equipment safely
- **Using standard equipment** - students are encouraged and taught to use standard garden and kitchen equipment (including sharp knives) in a safe, small-group environment
- **Developing life-long skills** - students repeat basic cooking and gardening skills ensuring they develop life-long skills enabling them to look after their own wellbeing and the wellbeing of others
- **Experiencing food** - students are encouraged and supported to try new foods and experience all the pleasure, flavour and texture food has to offer
- **Enriching learning** - students use their experiences in the GTT programme to enrich their other learning in a number of curriculum areas including reading, writing, mathematics, science, social responsibility and technology
- **Sharing** - students experience the joy, pride and pleasure of sitting down to share a meal with their peers, volunteers and teachers - a meal they have created themselves, all the way from the garden to the table. They then take responsibility and cooperate with each other to clean up.

## **GARDENING SESSION**

### **Some of the skills developed during Haumoana School garden sessions:**

- Learning how to grow organic vegetables including planting seeds, preparing the soil and transplanting seedlings
- Learning to feed the plants and soil organically using worm tea and other natural fertilizers
- Learning about worm farms
- Learning how to make compost
- Learning how to harvest the vegetables correctly and how to store them
- Developing an understanding of the seasons, by learning when to grow each vegetable and how to care for them in each season, such as deep watering, mulching in summer; and protection from wind, slugs and snails in winter.
- Saving seeds for use next season
- Language skills are developed while talking with volunteers
- Expanding vocabulary with terms such as organic, germination, composting, trench, mulch, pollinate, evaporate, companion planting and crop rotation
- Ability to follow instructions given by the garden specialist or volunteers
- Developing an appreciation for the tastes of fresh, organic produce

