



Amanda Smart and Bobbie Frere are the directors of 'Grow to Learn', they are both experienced primary teachers and enthusiastic and successful allotmenters. All projects are delivered by at least one qualified teacher and all staff have up to date DBS certificates. Grow to Learn CIC is a 'not for profit' company.

## Our Values

*We are enthusiastic about all children learning to grow food and to cook food, developing skills that could last a lifetime*

*We are passionate about giving opportunities for success and affirming those who find classroom learning difficult*

*We strongly believe that many aspects of the school curriculum can be creatively and effectively delivered through a food project*

*We are committed to working in an organic and sustainable way, and working with seasonal ingredients*

*"Our school has no green space, but has recently installed some raised beds. Grow to Learn are working with the pupils to help them, plant, grow, harvest and cook their own food. This, for many of our pupils is a very new experience. They are using maths and science skills in their work and developing their speaking and listening skills whilst working in small groups. All the pupils who have been involved so far have been extremely enthusiastic about their work."*



Please contact us to discuss how we could work with you:

Grow to Learn CIC  
50 Dell Road  
Cotteridge B30 2HZ  
Tel. 0121 459 9016

[growtolearmcic@gmail.com](mailto:growtolearmcic@gmail.com)  
[www.growtolearn.co.uk](http://www.growtolearn.co.uk)

## Grow to Learn CIC



delivering curriculum

Food Growing Projects and Cooking Programmes for Schools



growing self-esteem



learning skills for life



healthy eating



developing co-operation

Getting children growing .....  
Getting children cooking .....

## What we do

**"Grow to Learn" work with primary schools delivering food growing projects and cooking programmes in a variety of contexts.**

Food growing projects enable the teaching of many aspects of the curriculum through practical activities in real-life situations. Science and maths in particular can make more sense when seen and practised but there is also potential for enhancing the learning of literacy, history and art through gardening. As qualified teachers, Grow to Learn staff can help schools make the most of the learning opportunities that growing food offers.



Measuring the distance between rows ready to plant potatoes

*"The quality of activities was fantastic, lots of resources that really interested the children"*

*"The learning was tailored to their needs and the children have gained confidence and grown in self esteem"*

Children benefit greatly from growing vegetables in school. Evidence, published in a report by the Food Growing in Schools Taskforce, shows that among other things, it encourages and facilitates learning, raises achievement, develops skills for life, improves motivation and encourages positive behaviours.

Food Growing in Schools Taskforce, Executive Summary, March 2012

## What we offer

*(working with "Grow to Learn") "benefited children with behaviour difficulties - they were staying on task and concentrating."*

### **Cookery Programme:**

**Available for years 1 to 6**

Our programme offers the opportunity to cook mainly savoury, healthy and seasonal dishes and has been developed to enable children to learn and use a progressive range of skills and techniques. All equipment and ingredients are provided including hobs and oven.



Y4 grating carrot for colestew wraps

As well as teaching invaluable skills for life, including how to use knives safely, our cookery sessions give opportunity to use mathematical and science skills in practical ways. We will deliver two one and a half hour sessions per day - three days would enable a small school to give each year group (Years 1 -6) an opportunity to cook, or enable two year groups to develop greater skills over three lessons.

*"The lesson was perfectly pitched and linked to healthy eating"*

*"The Grow to Learn teachers were faultless, well equipped, and super organised. We loved it and learnt lots."*

*"Excellent management of the class was noted - this can be a challenging class. Teaching experience was obvious with clear boundaries and expectations"*

**We offer a variety of options for whole classes or small groups:**

**Our 'Plot to Plate' gardening package** provides regular visits to schools over a nine month period. Children have opportunity to sow, nurture, harvest and cook a variety of vegetables including some they may not have tried before.

**Our cookery programme** teaches age specific skills and focusses on healthy eating and seasonal ingredients.

**Our intervention groups** provide a food growing and/or cookery project for children with educational, behavioural and social needs.

**Day visits** to schools offering fun, practical, age appropriate, classroom and outdoor activities as part of your school's science or 'healthy eating' focus day or week.

**We also provide training, advice and support** to schools who want to offer their children food growing or cooking opportunities but who just need a little expertise and confidence.

We offer day, half-day, weekly, fortnightly or one-off visits:



Tasting parts of plants as part of a science day.

*"The children have all thoroughly enjoyed the project and have made great progress."*