

Growing Food Kit

Key Messages



Focus question: Does anyone grow food at home?

- Growing your own food at home or in a community garden is a wonderful way to teach children about gardening, seasonal produce and healthy eating. It's a great way for your children to try different foods. It always tastes so much better when it is fresh. There's nothing like a home-grown tomato or strawberry!
- In growing foods at home, children can develop skills in responsibility, confidence, creativity and cooperation.
- Having a garden teaches us so much about what is grown seasonally and healthy eating. It's good to eat lots of different coloured veggies and fruit.
- It's a good idea to make a plan before planting seeds in the garden. Where will the garden be (most veggies need as much sun as you can give them), what size will it be, what do you like to grow and what season is it?
- You can plant seeds or seedlings-seeds are cheaper and you get lots in a packet. You can get seeds at
 - Farmer's Markets
 - Nurseries
 - Hardware stores like Bunnings or Mitre 10
 - The Library
- It's a bit hard to dig holes for your plants and to weed with your bare hands so you might need some tools like a little trowel or fork and a basket or bucket to carry your produce in.
- All gardens need flowers as well for pollinators such as bees. They are also pretty.