

## From Seed to Plate:

### Inspiring children to grow, cook and eat good food



#### Seed to Plate

Schools in Barking and Dagenham are changing their food culture and tackling obesity with an innovative public health funded project called Seed to Plate, led by the School Improvement Service and supported by Barking and Dagenham Catering Services.

25 schools were provided with funding, CPD and support to develop food growing and cooking within and beyond the curriculum. Participating schools have created growing areas and taken their produce from seed to plate via the science of plant growth, the theory of nutrition, practical D&T food lessons, produce sales and special events led by school cooks. Children have grown and cooked potatoes through the McCain Field to Fork programme, visited local supermarkets, helped to design a community growing space, worked with chefs (Chefs Adopt a School Programme), taken part in national events and competitions and initiatives (for example Food Revolution Day) and promoted healthy eating in their schools and communities.

*“The food growing experience allows for a genuine whole school approach to healthy eating that is fun and rewarding for the kids. Every single child is given the opportunity to bring the food chain to life using the resources provided and get the opportunity to taste their hard work.”*

**Maureen Lowes, Barking and Dagenham Catering Services Manager**

#### ‘Field to Fork’ potato programme

Schools across the London Borough of Barking and Dagenham took part in a ‘Field to Fork’ potato harvest, as part of the Seed to Plate Programme. The programme works closely with McCain Foods to help pupils learn about the growing process and understand where food comes from.

#### Integrating food across the curriculum

In spring, after being supplied with pots, soil and appropriate gardening tools, pupils from schools across the borough planted their seeds, watered them and waited for them to grow.

The class from each school harvesting the most potatoes (determined by weight) was awarded a certificate of achievement at a special award ceremony.



*“Every time the students unearth another potato a huge cheers erupts from the class. I think the programme is fantastic – it combines so many subjects in the curriculum, science, food technology and even maths!”*

**Gardener at Southwood Primary**

### **Celebration lunch of home-grown potatoes**

On Friday 17 July, Councillor Rodwell, Leader of Barking & Dagenham Council awarded the winning class at Gascoigne Primary school, Class 2I, with a certificate of achievement at a celebration lunch for producing the heaviest crop.

The home-grown potatoes were served for lunch by the school's catering team – they were either roasted and served with rosemary or transformed in to chocolate orange potato cakes.



*“Initiatives such as this are so important in helping us as a school achieve the aims of the School Food Plan. Long may they continue as the students get so much out of it. Plus the chocolate orange potato cakes were delicious.”*  
**Kulvinder Johal, Northbury Primary**