



Tesco's Farm to Fork Trail – pupils excited and motivated by the hands-on experience and learning environment

Every pupil from Balksbury Junior School has taken part in a Farm to Fork Trail as part of the Tesco Eat Happy Project. Here Deputy Headteacher Dave Coombs explains why they got involved and what the children learned.

When we heard about the Farm to Fork Trails we registered straight away. They sounded like a great opportunity to give our children an insight into where their food comes from and how it got to them.

At Balksbury, we know that knowledge gained in 'a real' environment supports and enhances learning in the classroom. This is especially important when it comes to food and nutrition as it can help them to make positive choices about what they are eating.

We worked closely with Sheryl at Tesco Andover to arrange the Trails. She was instrumental in encouraging us and making it possible for all of our 330 children to take part.

During our visits the children got to listen to experts and learn about fish, fruit, veg and bread. This got the children thinking deeply about where everything that they ate actually came from.



The hands on nature of the visit made it possible for all of our learners to access the information and interact with food industry professionals.

The children were excited and motivated by the different learning environment and the input from the people that they met during the Trail encouraged all of the children to take part.

Although children don't ultimately make the decisions about the food that they eat, understanding more about different foods will encourage them to try different and alternative foods in the future.

A development for this project would be Farm to Fork for adults, where parents are invited to come alongside their children so they can learn about food together to help them make better decisions about what they put in their baskets. While parent and child trails are occurring over the summer, perhaps Tesco could look into making this a more permanent addition to Farm to Fork for the future.

We at Barksbury think the Trails were a very worthwhile learning experience for our children and hope Tesco continue the initiative and develop it further. We look forward to working alongside them in the future.

Dave Coombs
Deputy Headteacher
Barksbury Junior School

If you would like to take part in a Farm to Fork Trail, visit www.eathappyproject.com

