



Sustainable Farming Fun

Objective:

Students will learn about sustainable farming principles through hands-on activities, exploring where food comes from and how we can grow food while caring for the environment.

Activity Title:

"Farm to Forest: Sustainable Growing for the Future"

Age Group: KS1

Duration: 1 hour

National Curriculum Links:

- **Science:** Identify and name common plants, understand basic needs of plants (light, water, warmth).
 - **Geography:** Identify where food comes from and the importance of caring for the environment.
 - **PSHE:** Learn about making healthy and sustainable choices.
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Materials Needed:

- Small biodegradable pots or coconut coir pots.
 - Soil or compost.
 - Seeds (e.g., herbs, radishes, or wildflowers).
 - Watering cans or spray bottles.
 - Pictures or flashcards of farms, animals, and crops.
 - Natural materials for crafting (leaves, twigs, pinecones).
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Activity Plan:

1. Introduction: "What is Sustainable Farming?" (10 minutes)

- Begin with a simple discussion:
 - What do farmers do?
 - Where does our food come from?
 - Why do we need to care for the environment when growing food?
 - Use pictures or props to introduce key sustainable practices like:
 - Planting a variety of crops (biodiversity).
 - Avoiding waste and using compost.
 - Protecting wildlife (e.g., creating habitats like hedgerows).
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2. Planting Activity: "Grow Your Own Mini Farm" (25 minutes)

- **Task:** Each child plants a seed in a small biodegradable pot.
 - Teach them to:
 - Fill their pot with soil or compost.
 - Plant a seed and cover it gently with soil.
 - Water the pot using a watering can or spray bottle.
 - Discuss how sunlight, water, and care help plants grow.
 - Encourage children to think about why growing our own food is good for the planet (less packaging, fewer food miles).
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3. Nature Craft: "Farm Friends and Helpers" (15 minutes)

- Students create animals or bugs that help on a farm (e.g., bees, worms, or birds) using natural materials like leaves, twigs, and pinecones.
 - Discuss how these animals are important for sustainable farming:
 - Bees pollinate plants.
 - Worms make soil healthy.
 - Birds help control pests.
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4. Reflection and Sharing (10 minutes)

- Gather in a circle and discuss:
 - How can we take care of our plants at home or in school?
 - Why is it important to grow food in a way that protects nature?
 - Let children take their pots home or place them in a school garden area to observe their growth over time.
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Outcomes:

- Students understand the basic concept of sustainable farming.
 - They learn how plants grow and why protecting nature is important.
 - Children develop an appreciation for how food is grown and the role of caring for the environment.
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Extension Ideas:

- **Garden Project:** Create a small sustainable garden with native plants and vegetables.
- **Food Chain Game:** Act out roles as farmers, plants, and helpful animals to understand their interconnections.
- **Cooking Connection:** Use harvested herbs or vegetables in a simple recipe to show the "farm to fork" process.