

NURTURING HEALTHIER FUTURES

GARDEN-BASED FOOD LITERACY

BY FOODSTREAM LEARN



Learning in natural environments or the classroom we teach growing techniques and explore cultural food rich in vitamins and minerals.

SOIL AND HYDROPONICS



PROGRAM OVERVIEW



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OVERVIEW

This summer participants will engage in a dynamic exploration of food education. They will gain practical gardening skills (soil and hydroponic), understand comprehensive food management, and engage in cooking in our virtual reality kitchen. This immersive program empowers participants to embrace sustainable food practices and make informed dietary choices for healthier living.

Activities Include:

- Hands-on workshops focusing on food groups and nutrition
- Exploring the food journey from seed to plate
- Practical soil gardening and hydroponics
- Tasting a variety of raw edible foods straight from the garden
- Learning food management—from readiness and storage to preserving and composting
- Practical food pantry management – sourcing, sorting, cleaning, packing and distribution
- Immersive food education experiences

Modules:

Fostering a Connection with Nature:

- Engage students in hands-on gardening activities to cultivate an appreciation for nature and the environment.
- Teach basic gardening skills suitable for students, such as planting seeds, watering plants, and caring for garden beds.

Promoting Healthy Eating Habits:

- Conduct interactive workshops focusing on food groups and nutrition, to teach students about the importance of balanced diets.
- Encourage students to taste a variety of raw edible foods straight from the garden, promoting exploration and curiosity about different fruits and vegetables.

Encouraging Creativity and Exploration:

- Provide opportunities for students to explore the food journey from seed to plate through interactive storytelling and hands-on activities.
- Engage students in practical cooking experiences, allowing them to express their creativity and develop basic cooking skills.

Food Management and Sustainability:

- Develop hands-on skills in food pantry management, including preparing, storing, preserving, composting, packaging, and distributing.
- Increase understanding of the significance of efficient food management methods in reducing waste and promoting environmental sustainability.

Immersive Food Education Gaming:

- Engage students in interactive learning experiences using gaming devices
- Foster collaboration and enhance understanding of food literacy through the virtual reality kitchen.

Insights into Sustainable Farming

- A rare opportunity to visit a farm and meet a real farmer or beekeeper.
- They will share personal stories, challenges, and rewards of working in agriculture.

