



factsheet: Veggie4school school gardening programme

Getting Ready to Grow

our story:

In response to the Ministry of Education, Veggie4school Gardens stands out as more than just a gardening project. It represents the nexus of growth, understanding, and sustainable living. Every sapling planted not only contributes to the midday meal scheme but also teaches students about patience, teamwork, and commitment. Through “V4S Gardening Lessons” and “V4S-Tasting Lessons,” students experience the joy of farming coupled with the appreciation of taste, turning every bite into a celebration of their hard work.

Deeply rooted in sustainability, Veggie4school Gardens uses organic pots crafted from recycled paper. It's more than just about plants; it's a commitment to a collective, greener future. Join us in this transformative mission, where we aim to instill lasting values and sustainable dreams.

Learning Paths:

“Every chapter includes 40 minutes of hands-on V4S gardening and 20 minutes of V4S tasting tasks.”

1. **V4S school Gardening:** Offering hands-on experience.
1. **V4S-Tasting Lessons:** Teaching about food's nutritional value and environmental effects.

Main objectives:

The Veggie4school program aims to teach children environmentally friendly food-growing practices, emphasising using sustainable containers over plastic ones. The program employs a hands-on approach to engage children in gardening, imparting knowledge about environmental and scientific aspects of food production.

Goals:

- **Skill Development:** Teach children sustainable gardening, helping them cultivate food using green methods.
- **Environmental Awareness:** Highlight the importance of sustainable containers and the harm of plastic in food growth.
- **Experiential Learning:** Involve children in gardening to deepen their grasp of food production's scientific and environmental aspects.
- **Nutritional Understanding:** Enhance kids' knowledge of the health benefits of fruits and vegetables and the downsides of processed foods.
- **Environmental Impact:** Inform children about food production's wider environmental effects, emphasizing composting, full plant use, and eating seasonal produce.



Every Child a Pot can change a lot



Learning Activities:

The program includes activities reflecting its goals:

- **Hands-On Gardening:** Direct experiences in plant care and understanding soil.
- **Taste Exploration:** Students sample various foods and tastes.
- **Educational Presentations:** Sharing of gardening and tasting insights.
- **Cultural Connections:** Discovering gardening's role in different cultures.
- **Interactive Quizzes:** Quizzes to gauge and solidify understanding.

Learning Outcomes:

- By the program's end, students will:
- Demonstrate proficiency in basic gardening techniques and plant care.
- Understand the nutritional value of various foods and the benefits of a diverse diet.
- Identify the stages of plant growth and apply appropriate care practices.
- Collaborate effectively with peers and communicate insights confidently.

- Appreciate the interconnectedness of gardening, nutrition, and sustainable living
- Through this structured approach, students will acquire practical skills and develop a holistic understanding of the relationship between nature, nutrition, and their well-being.

School Enrollment Criteria:

- Catering to students in grades 6-8.
- Commitment to environmental education.
- Availability of suitable land or space.
- Support from school administration.
- Integration of gardening into the curriculum.
- Volunteer engagement for garden-related activities.

V4S DIY Toolkit:

- "V4S Learning materials, both offline and online, are available for free download, including the vegetable growth calendar."
- Biodegradable Growing Pots
- Seeds suitable for local climates
- Organic compost and fertilisers
- Essential gardening tools



Let your school be the detective, diving deep into sustainable gardening's secrets.