

BECOME UNITED

Grow Your Own Food Pack

A resource for children to learn more about growing your own food in a fun and interactive way

Put the fruits you liked here!

Put the fruits you disliked here!

twinkl.com

BECOME UNITED

twinkl.com

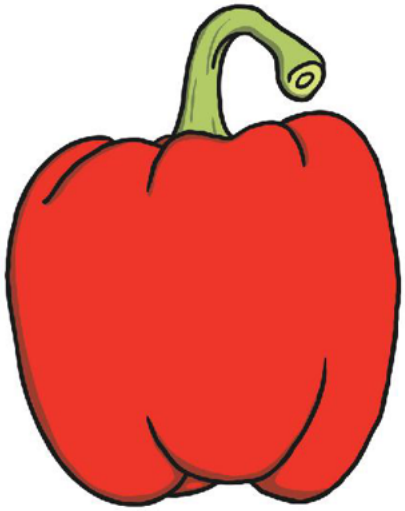
Put the vegetables you liked here!

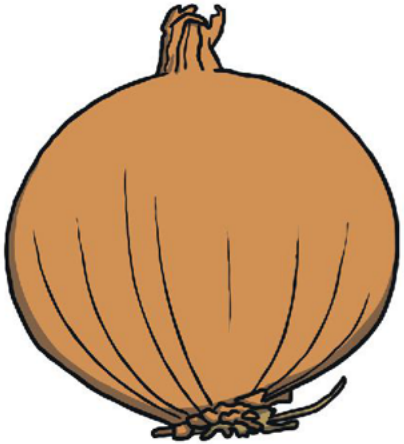
twinkl.com

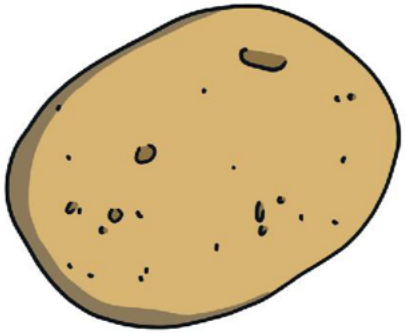
Put the vegetables you disliked here!

twinkl.com

BECOME UNITED











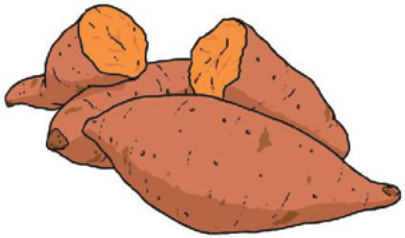


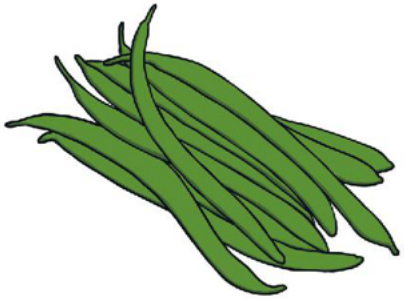


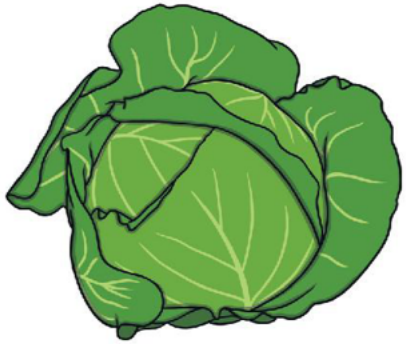


twinkl.com

BECOME
UNITED

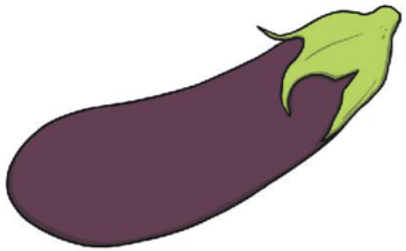


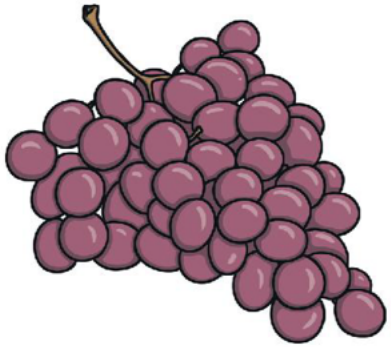


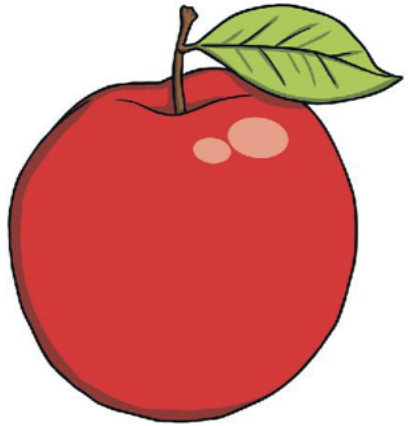






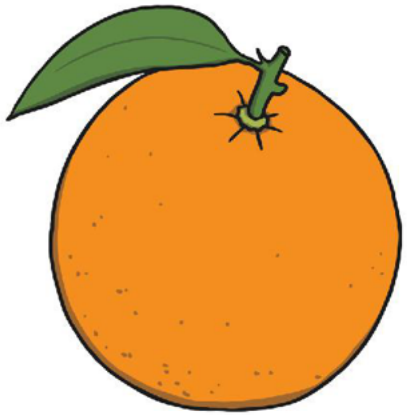


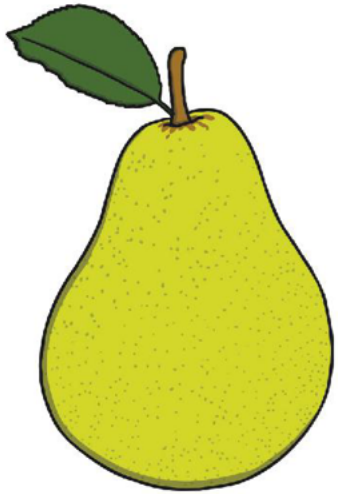


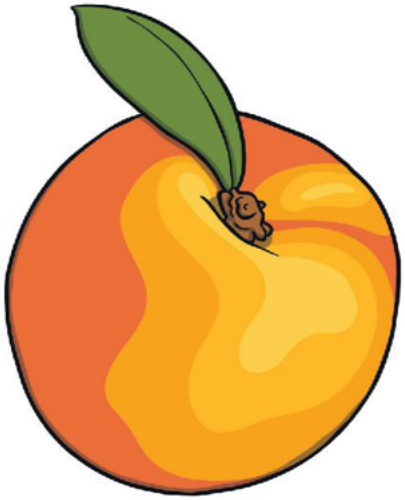


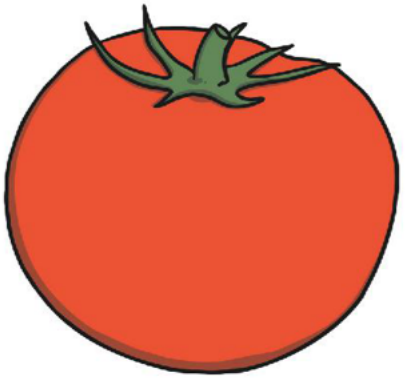
twinkl.com

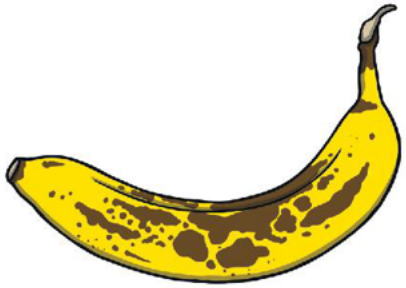
BECOME
UNITED

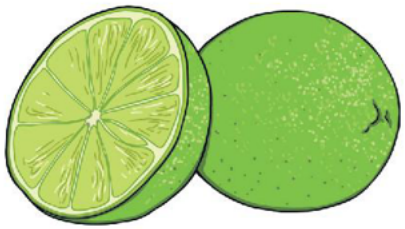


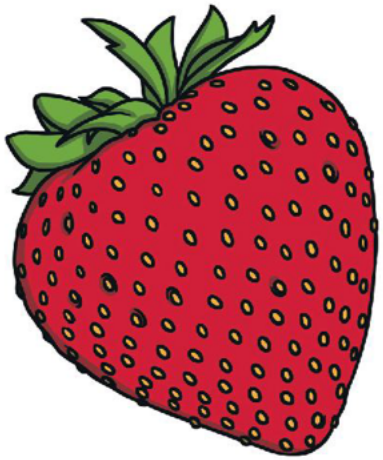


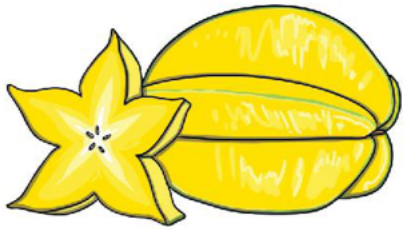






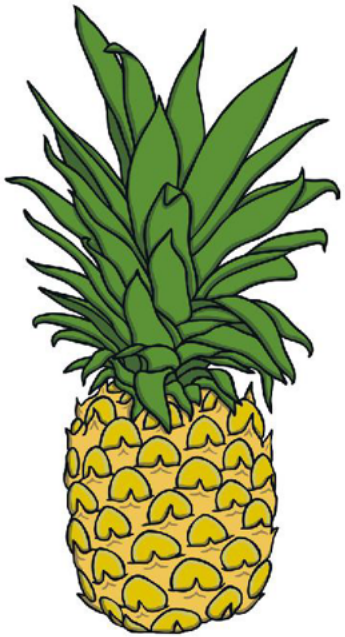




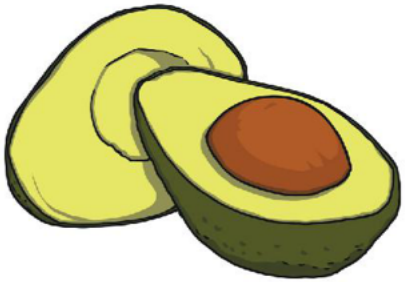


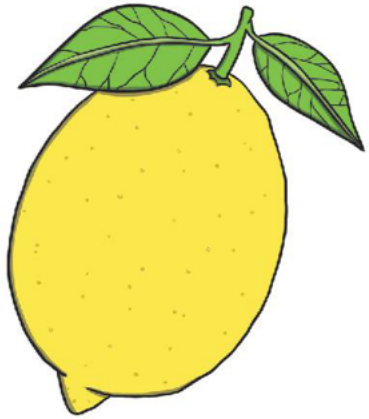
twinkl.com

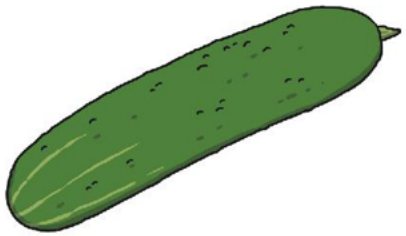
BECOME
UNITED

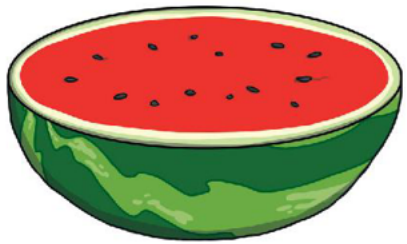




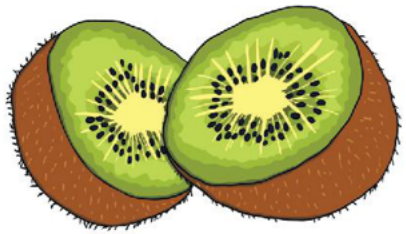












twinkl.com

BECOME
UNITED

Allotment Research

Allotments are a popular way to grow your own food, spend time outdoors in the fresh air, save money on fresh produce and engage with local people, helping to develop community spirit!

But what planning and effort need to go into creating your own plot?

Use the Internet to find out more about the features of allotment gardening and then, add information for each of the sub-headings provided on the next page.

You could also find out about:

- how to manage your allotment in extreme weather;
- encouraging wildlife and keeping animals on your plot;
- allotment structures.



Allotment Research

Planning and preparing the plot

Types of soil

Quick-growing vegetables

Fragrant herbs

Favoured fruit

Useful tools

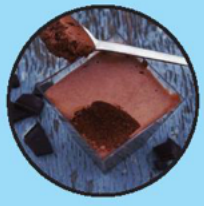
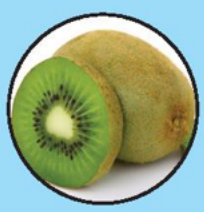
Pest prevention

Now you have completed your research, go back to your Allotment Plan to mark out and label your allotment planting beds.



Healthy Eating

Tick the foods that you think you should eat often. Leave blank the foods that you think you should eat occasionally.

☐	apple 	☐	tangerines 
☐	cake 	☐	banana 
☐	nuts 	☐	mousse 
☐	fizzy drinks 	☐	broccoli 
☐	salmon 	☐	donuts 
☐	carrots 	☐	hotdog 
☐	English breakfast 	☐	kiwi 

twinkl
BECOME UNITED
visit twinkl.com
twinkl Quality Standard Approved

Healthy Eating

Tick the foods that you think you should eat often. Leave blank the foods that you think you should eat occasionally.

☐ lollies 	☐ avocado 
☐ fish and chips 	☐ chocolate 
☐ blueberries 	☐ burger 
☐ salad 	☐ brussels sprouts 
☐ salmon 	☐ mandarin 
☐ watermelon 	☐ pizza 
☐ vegetables 	☐ strawberries 

visit twinkl.com

Parent Guide

How can I use this with my children?

You know you want to practise some mindfulness with your child, and you want to do it outside, but can't think of where to start? This list of simple activities is here to help.

How does this help my children's learning?

Mindfulness is an important tool for children to use. It helps with concentration and focusing skills, retention, interpersonal relationships and calming down.

Ideas for further learning:

When your child has completed several mindfulness activities, why not see if they can practise some deeper meditation techniques by remaining still, closing their eyes and simply breathing?



twinkl

BECOME UNITED

10 Outdoor Mindfulness Activities

- Sit quietly with your child, close your eyes and identify five sounds you can each hear.



- Find a pond or use a bucket of water and get your child to touch it gently on the surface. How many ripples can they make? What if they use two fingers? Or a stick? Or a rock?



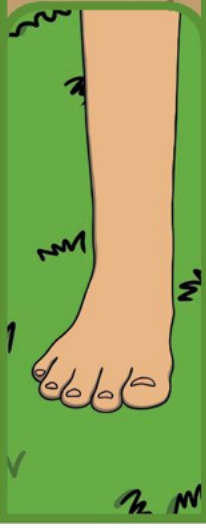
- Ask your child to collect several pebbles of different sizes and stack them on top of each other to create a tower. How tall can they go? What is the best way to arrange the pebbles to make the tower taller?



- Find a patch of dirt and a stick and ask your child to draw circular patterns, focusing on the different thickness of the lines they can make depending on how they angle the stick. How many spirals can they make without lifting the stick?



- Find a soft patch of grass. Ask your child to take off their shoes, close their eyes and walk slowly over the grass. What does it feel like? What does it sound like? Ask them to focus solely on the sensations on the soles of their feet, then try and describe them.



- Ask your child to hug a tree and put their ear against the trunk. What can they hear?



- Get one person to collect a small pile of items they find around the garden or park. The other person must close their eyes and guess what each item is focusing on the texture alone.



- Find a soft patch of grass where you can see the sky and ask your child to sit or lie down. Get them to closely look at the sky and the clouds and describe the colours they see without saying 'blue' or 'white'.



- Collect a pile of flower stems, rocks and leaves, and use them to make a maze. Focus on creating one path to solve the maze and a series of dead ends. Can your friend or parent use a stick to trace the path and solve the maze?



- Ask your child to pick out how many shades of green they can see in your garden. Give them each a name.



visit twinkl.com

10 Outdoor Mindfulness Activities

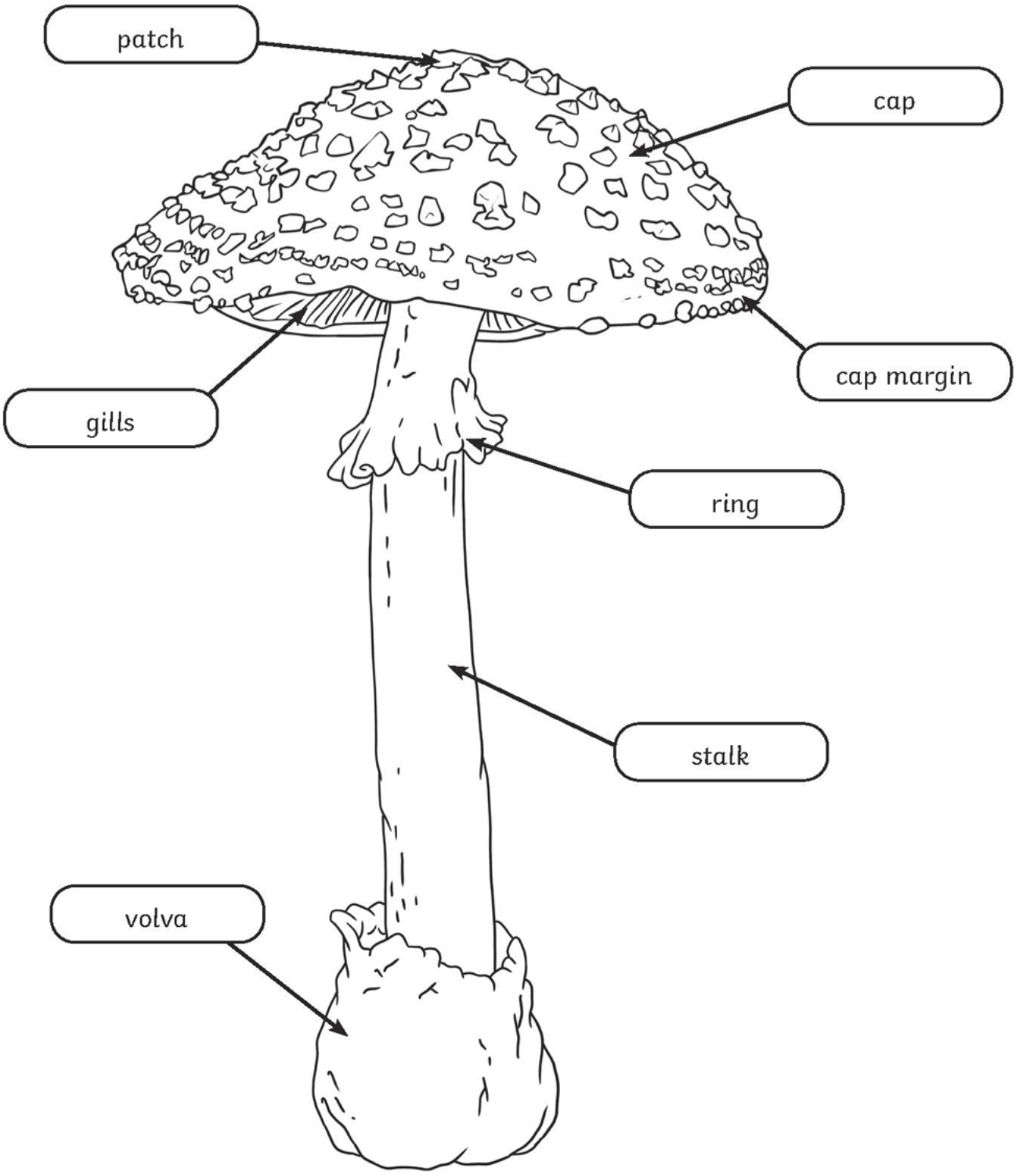
We hope you find the information on our website and resource useful. The description of any physical activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking any activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional.

Parts of a Mushroom

Labelling Activity

Do you know the difference between a mushroom and toadstool? A toadstool is a type of mushroom that is poisonous or inedible!

Look at this diagram of a mushroom.



Which parts of these mushrooms can you identify? Label the ones you recognise.





visit twinkl.com

Which parts of these mushrooms can you identify? Label the ones you recognise.





visit twinkl.com

Which parts of these mushrooms can you identify? Label the ones you recognise.





Take it further:

- take photos of mushrooms and toadstools you can find on a walk.

  or

- buy some mushrooms from a shop.

Can you find the different parts on these mushrooms?

Common Mushrooms



Oyster

Oyster mushrooms are well known mushrooms, that have an unusual shell-like shape, with generally cream or grey caps. They are generally found in a tiered formation on tree stumps and are sometimes used in food dishes.





Chicken of the woods

Chicken of the woods is an unusually named mushroom that is usually found growing on oak trees. It is known for its fan shaped, layered appearance and yellow colour. It is edible when young.



Giant Puffball

Puffball mushrooms are quite famously known for their round, white appearance, making them look like footballs! They are often found in meadows and on sports pitches. Young puffballs are edible and have soft, clean, white skin. Whereas aged puffballs split to release their spores and tend to have a more dirtied appearance.



BECOME UNITED

Plant Care

Common Mushrooms





Fly Agaric

One of the most commonly recognised mushrooms due to their red and white caps. These mushrooms are usually seen on the edges of woodland. They are highly poisonous and hallucinogenic.



Shaggy Inkcap

Inkcaps have a long, narrow cap and gills that turn from white, to pink, to black, before emitting an inky liquid. They are usually found on grassy verges.





Field Mushroom

Field mushrooms are fairly common mushrooms to find. They grow in fields and meadows as their name suggests. They are edible, and tend to have white caps and brown gills.

BECOME UNITED

Plant Care

Winter Gardening Tips and Ideas

For established and budding gardeners alike, winter can be a quiet time. Wet or frosty weather can literally put a damper on our desire to get out into the garden.

Whether you're braving the weather alone or with your child, there are plenty of jobs to be done in the winter to prepare for the year ahead, plus a few plants that can be sown outdoors or started inside the house for the coming months.

Check out these wintry tips for some great gardening ideas for November through to January.

Winter is a great time to clean, tidy and sort gardening tools! Any spades, trowels, forks, etc. can all be cleaned by washing with a hose, drying with a towel (to prevent wooden handles being damaged) and scrubbing with a brush. You can also buy special gardening tool disinfectant.

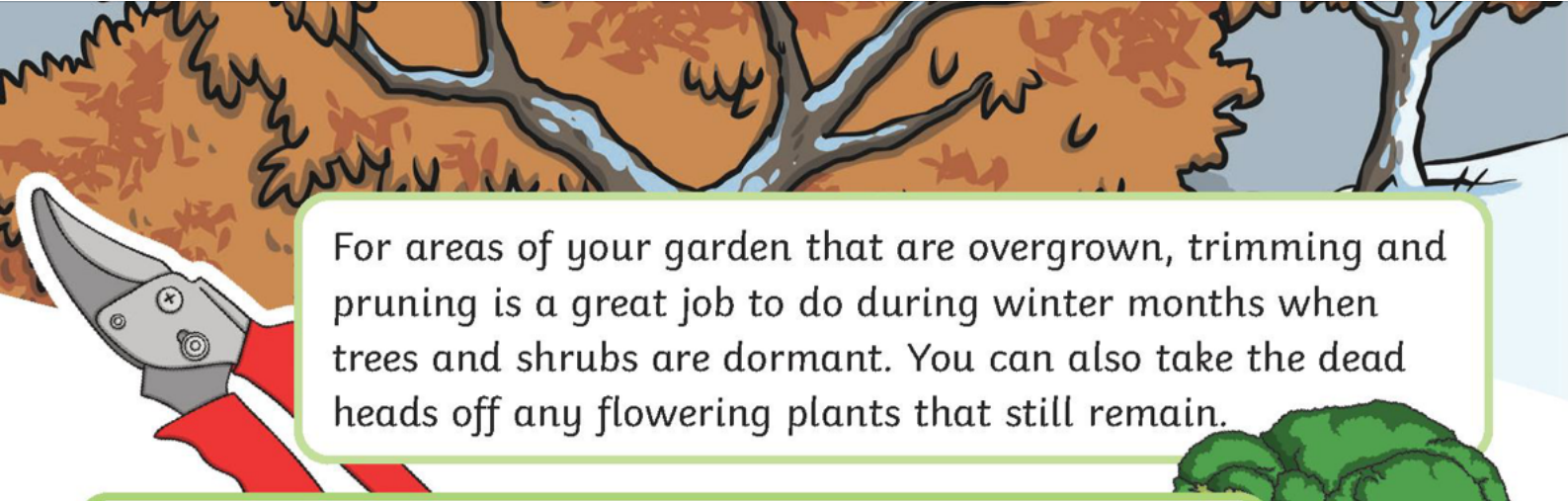




The best time to plant fruit trees is between December and March, as long as the ground isn't frozen. You should also try to avoid planting when there's bad weather forecast over the next week or two. Clear and cold is great!

Invite wildlife to take refuge in your garden by setting up areas that suit their needs during winter time. Birds will be on the lookout for food, as berries are now much more scarce, so why not set up a simple bird feeder with seed and fat balls? You could also set up a small, covered area full of moss and leaves to suit a travelling hedgehog in need of shelter.





For areas of your garden that are overgrown, trimming and pruning is a great job to do during winter months when trees and shrubs are dormant. You can also take the dead heads off any flowering plants that still remain.

Hardy vegetables like cabbages, garlic, broccoli, leeks, Brussels sprouts, kale, peas and parsnips can all be planted and grown during winter as long as the ground isn't frozen or water-logged. Be sure to check the labels and read the advice given, as some will need planting around eight weeks before the first major frost.





Depending on your soil type, you could fork and turnover your soil now to help prevent frost and to prepare it for planting in the spring. For clay soil types, dig your beds during the winter to help break up the soil; for sandy soil, you can wait until spring.

Even though grass is evergreen, it becomes dormant during winter months and won't grow or replenish; you can help prevent patches and wearing out by keeping off the grass as much as possible and protecting high traffic areas with planks or sheets when in use.

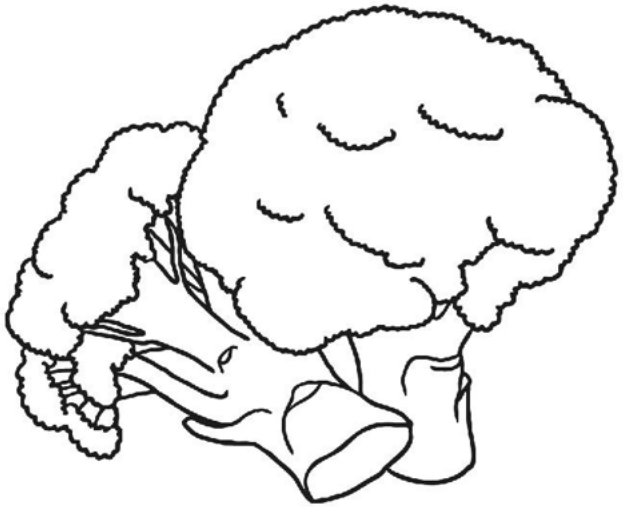




You can support plants against harsh winds and frosty weather; use sticks to tie up any young or fragile trees, protect plants with a covering or move them inside or to a greenhouse. You can seek information about specific types of plants online or in an informational book.

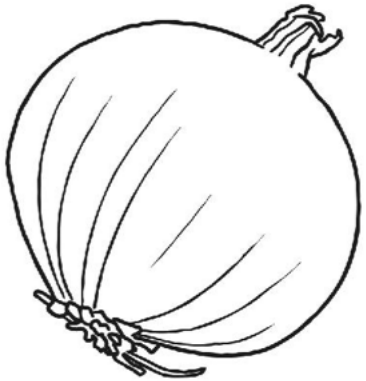


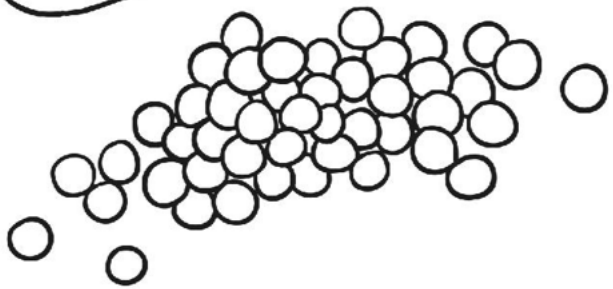
Vegetables

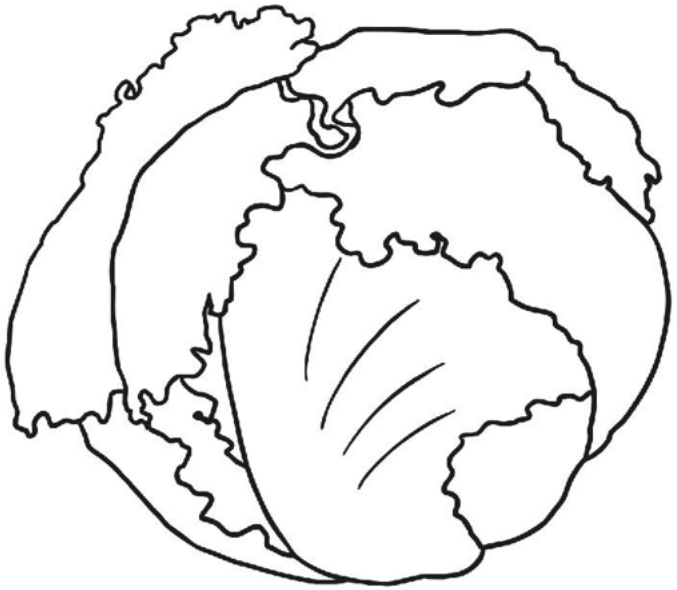




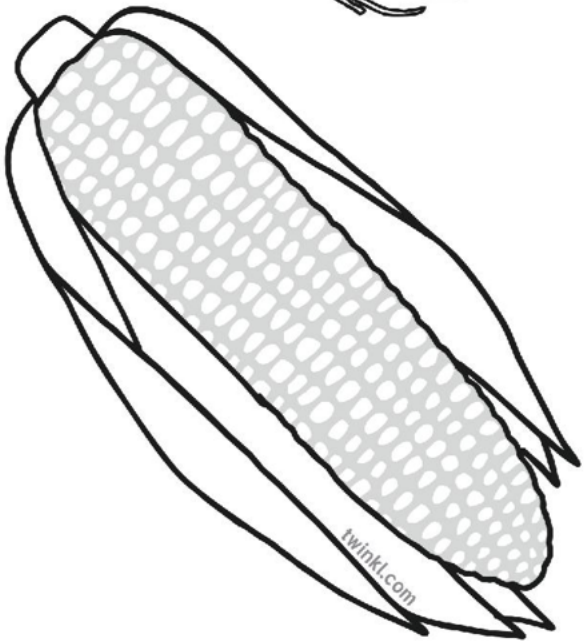






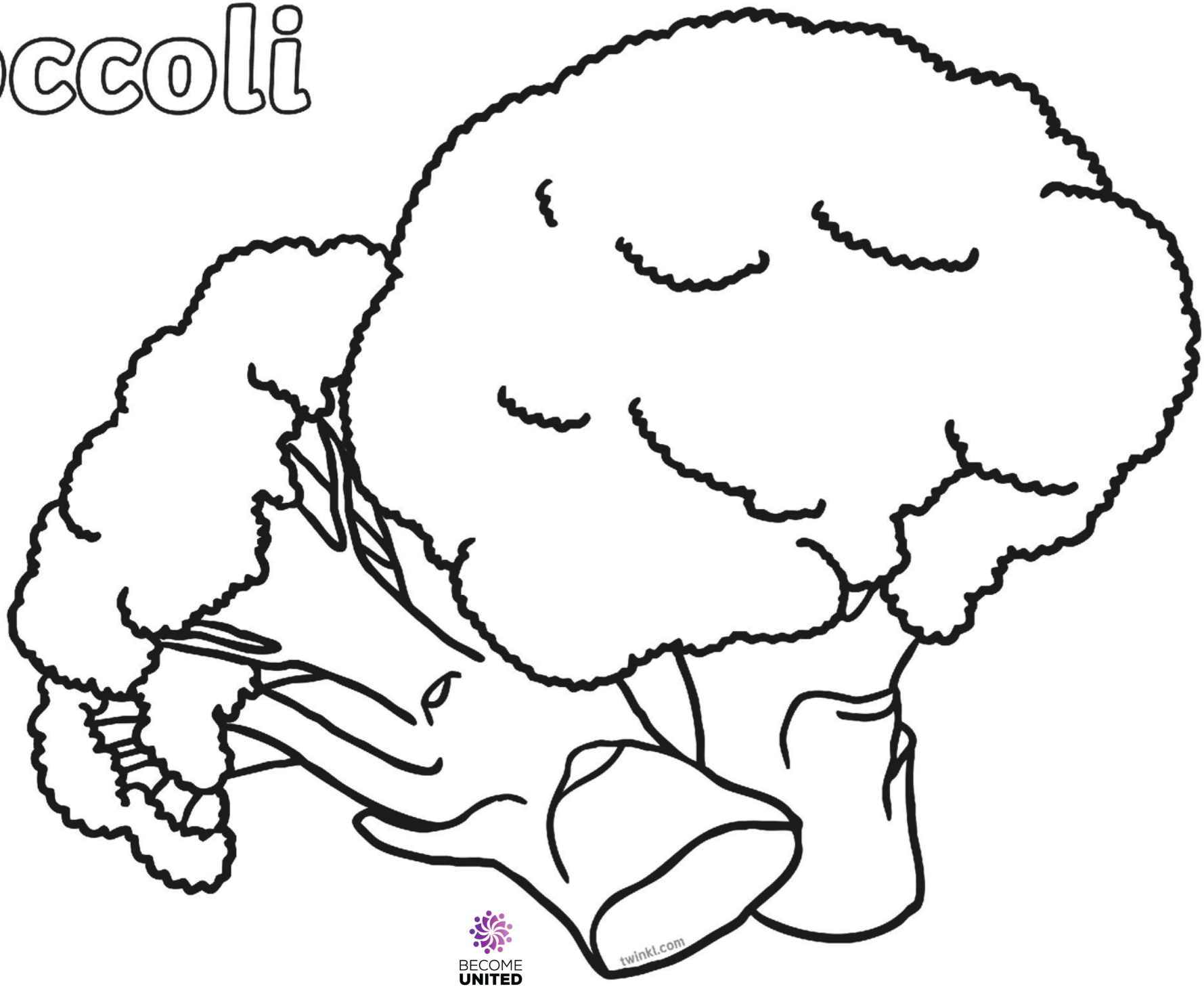






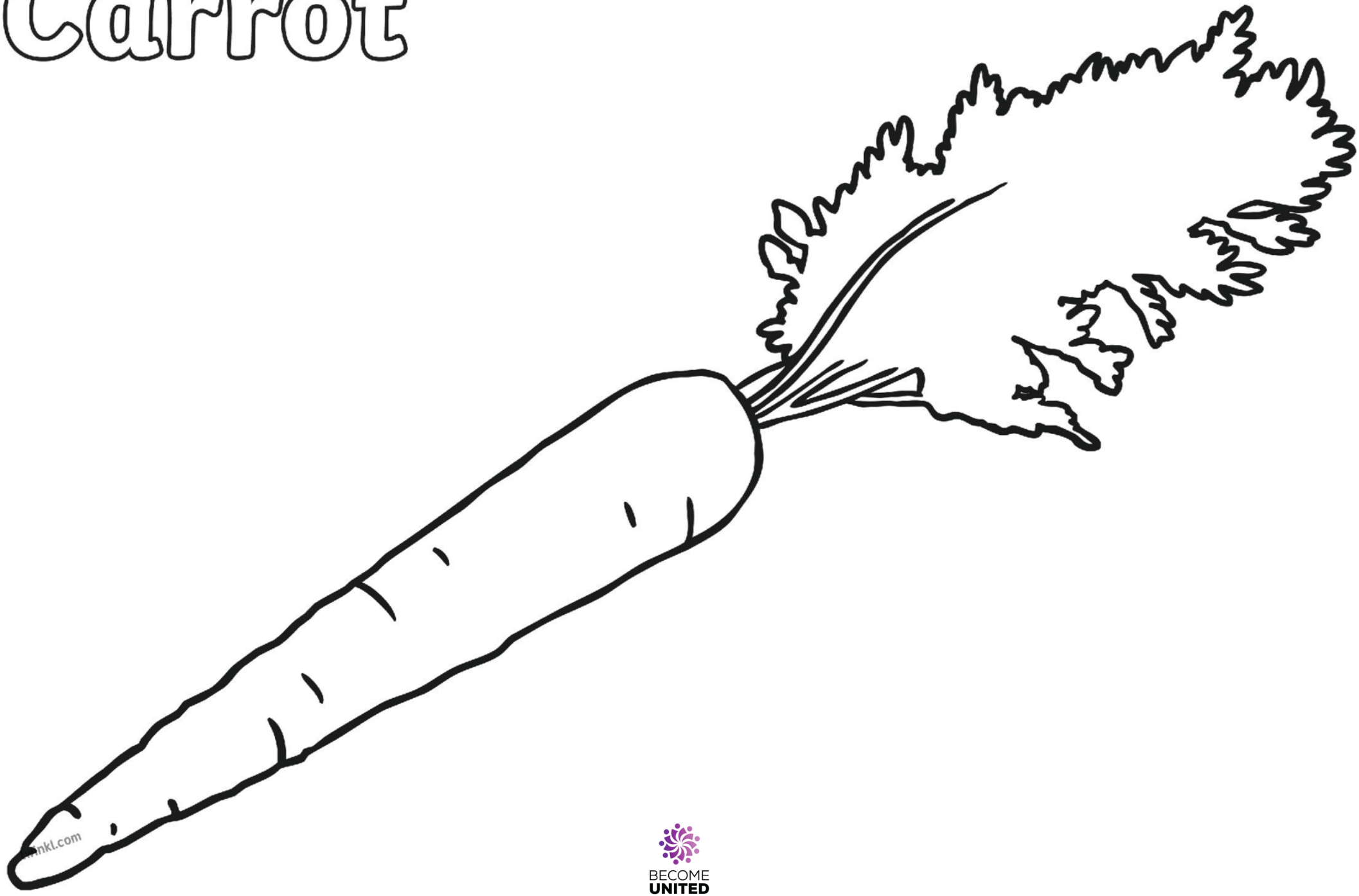
BECOME
UNITED

Broccoli



BECOME
UNITED

Carrot



inkl.com

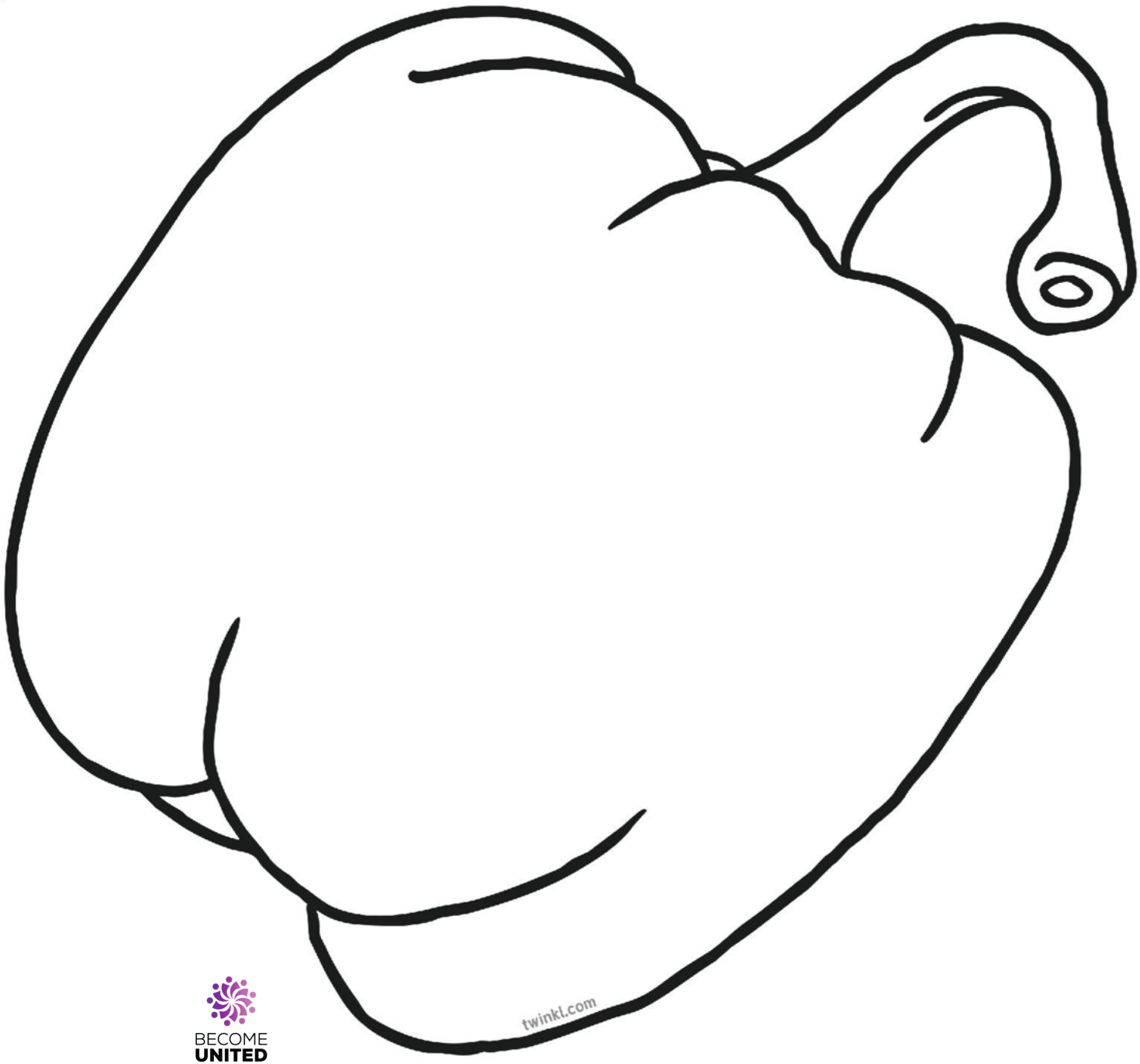
BECOME
UNITED

Lettuce



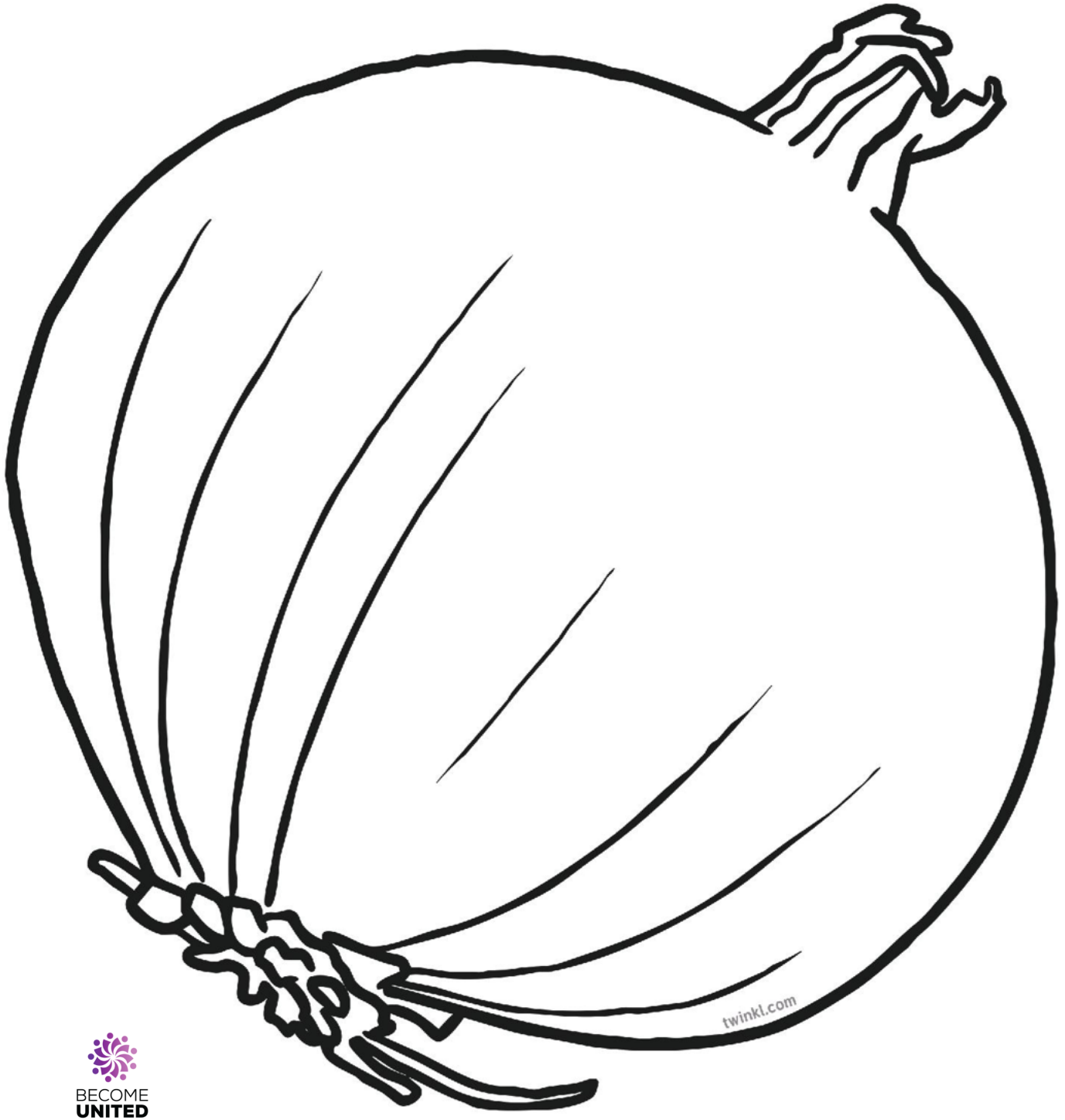
BECOME
UNITED

Pepper



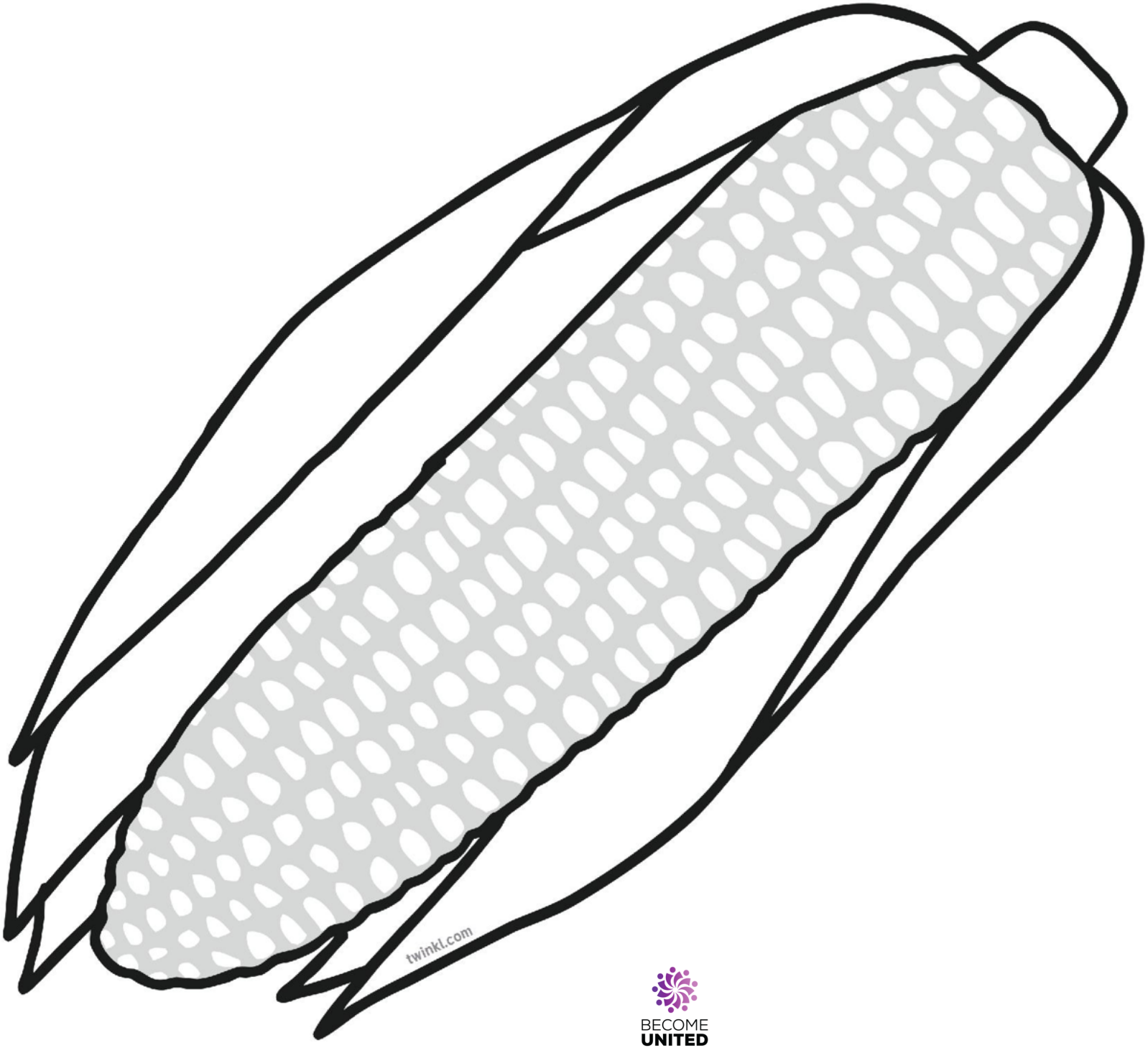
BECOME
UNITED

Onion



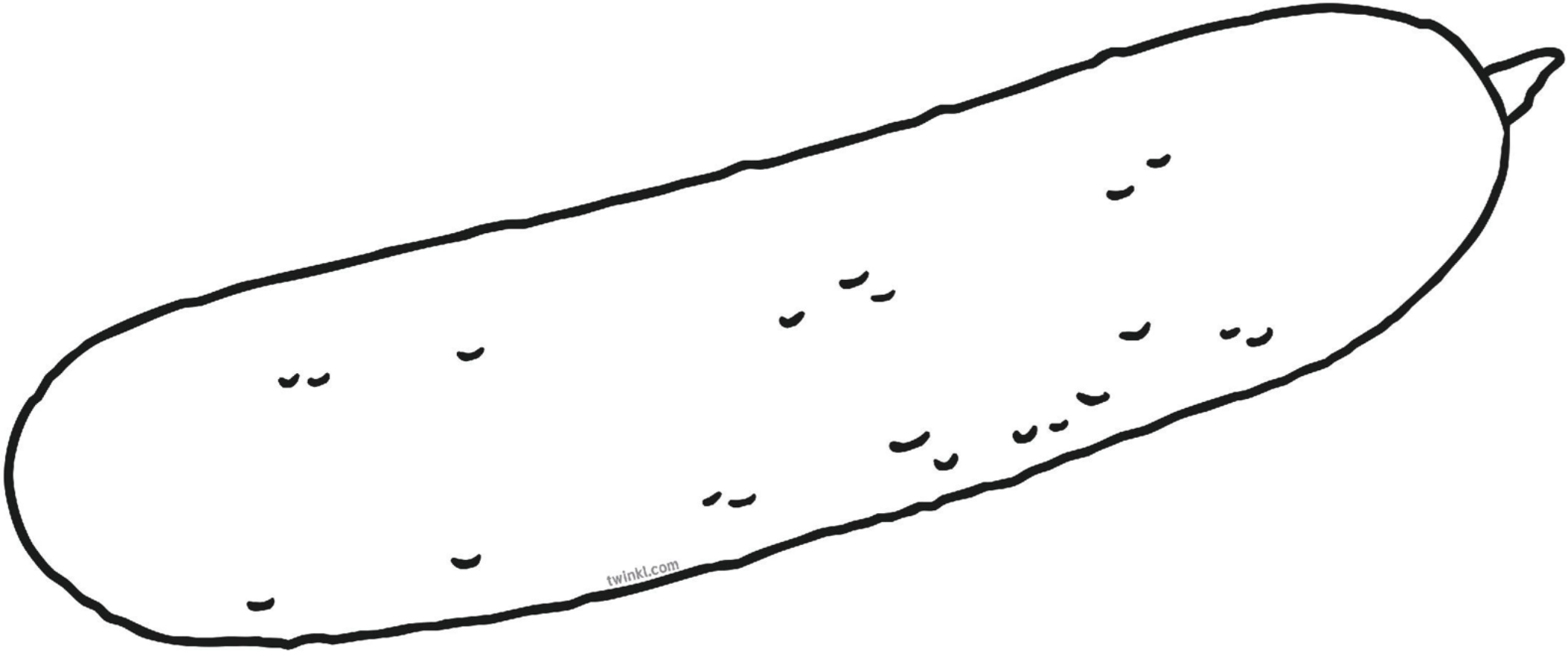
BECOME
UNITED

Corn



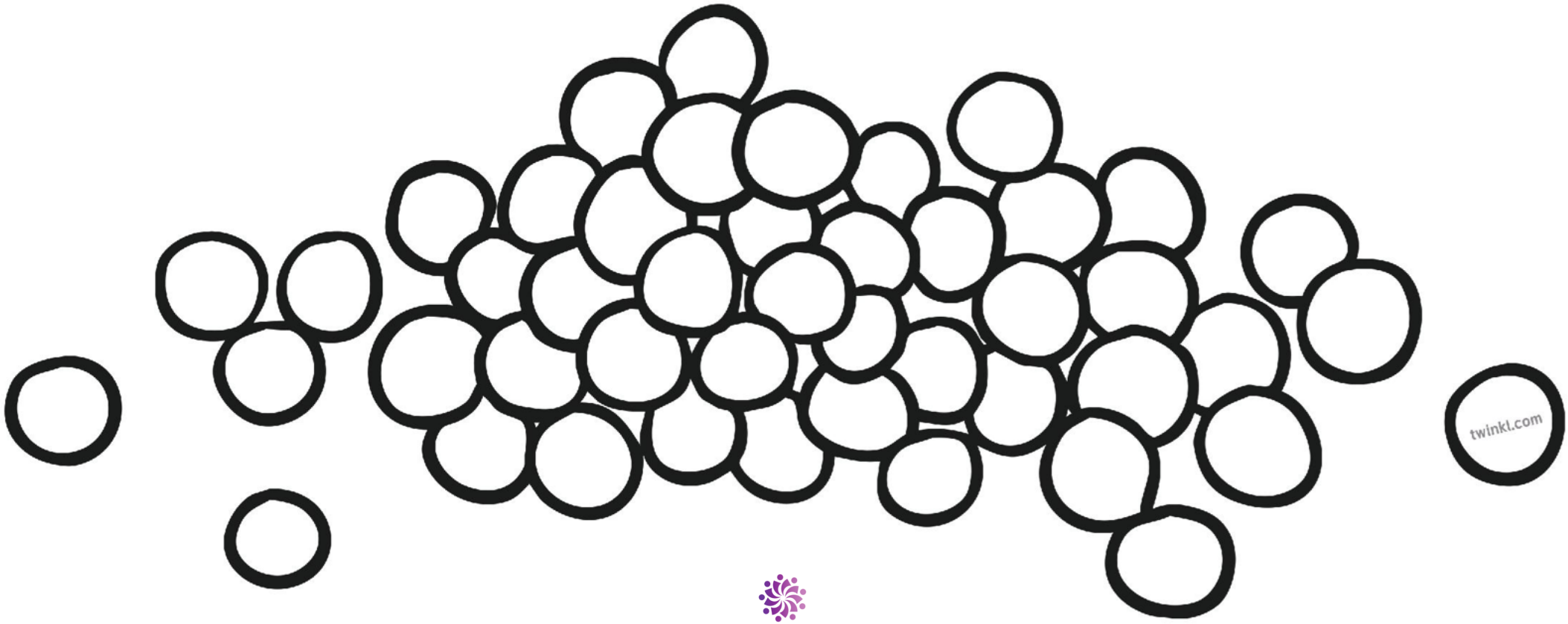
BECOME
UNITED

Cucumber



BECOME
UNITED

Peas



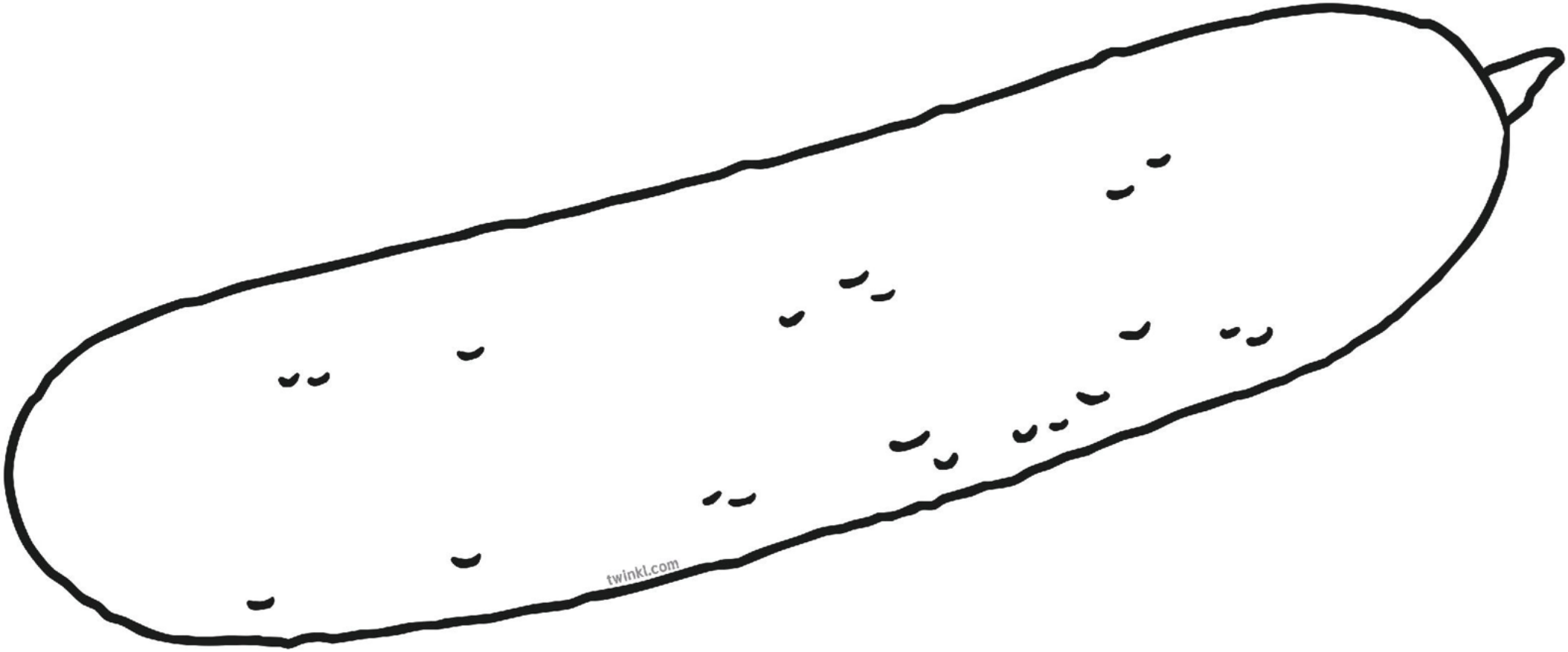
BECOME
UNITED

Runner Beans



BECOME
UNITED

Courgette



BECOME
UNITED

Garden Labelling



Garden Labelling

Cut out the words and stick them in the correct place on the picture.

flowers	shed	spade	watering can	bench	hose	tree	bird
fountain	grass	fence	butterfly	ball	seeds		

flowers	shed	spade	watering can	bench	hose	tree	bird
fountain	grass	fence	butterfly	ball	seeds		

flowers	shed	spade	watering can	bench	hose	tree	bird
fountain	grass	fence	butterfly	ball	seeds		

BECOME UNITED

Garden Labelling



flower

shed

spade

watering can

bench

hose

tree

bird

fountain

grass

fence

butterfly

ball

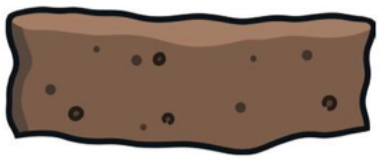
seeds

What Do Plants Need?

Most plants need three things so that they can grow.

They need: light water soil

Label the pictures with the correct words from the box above.



_____



_____



_____

Finish the sentences using the words from the box above.

Many plants get _____ from the rain.

They grow roots in the _____ to get nutrients.

Plants also use _____ energy from the sun to make their own food.

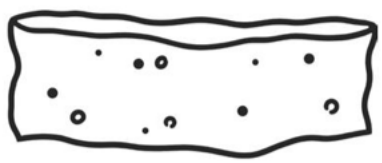
Draw a picture of a plant getting everything it needs.

What Do Plants Need? **Answers**

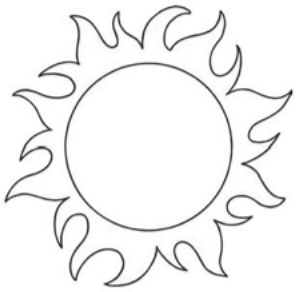
Most plants need three things so that they can grow.

They need: light water soil

Label the pictures with the correct words from the box above.



soil



light



water

Finish the sentences using the words from the box above.

Many plants get **water** from the rain.

They grow roots in the **soil** to get nutrients.

Plants also use **light** energy from the sun to make their own food.

Draw a picture of a plant getting everything it needs.

A child's picture should show a plant in some soil getting light and water.

Plants

s	l	f	i	k	y	p	p	g	e	u	u
t	x	h	d	k	w	r	q	c	r	v	g
e	e	v	e	r	g	r	e	e	n	e	b
m	j	q	v	m	c	r	j	y	c	g	u
d	w	c	a	o	u	n	f	h	c	e	l
k	u	y	r	o	y	a	n	z	s	t	b
q	e	n	w	f	r	u	i	t	k	a	u
g	s	c	f	y	k	v	p	h	d	b	o
w	d	e	i	s	v	g	g	t	o	l	t
s	d	d	f	l	o	w	e	r	s	e	l
b	i	t	z	i	t	g	e	c	c	s	k
r	r	i	o	v	e	n	k	m	e	w	k

fruit
stem
bulb

vegetables
evergreen
flowers

Plants

d	t	e	m	p	e	r	a	t	u	r	e
m	r	g	r	t	i	y	g	h	s	e	n
t	i	k	p	k	r	h	e	g	u	p	k
z	g	p	f	z	b	u	r	i	o	r	q
i	n	y	n	x	n	v	m	l	u	o	l
c	e	h	r	i	y	a	i	g	d	d	i
w	z	t	e	j	o	f	n	r	i	u	s
e	i	l	w	o	r	g	a	e	c	c	z
t	g	a	o	e	n	n	t	t	e	t	p
e	k	e	f	m	v	o	i	a	d	i	c
n	l	h	y	p	v	i	o	w	x	o	o
e	t	e	b	t	i	d	n	h	v	n	a

temperature
healthy
germination
light

water
grow
reproduction
deciduous

Plants

y	v	n	o	i	t	i	r	t	u	n	n
n	e	y	i	q	c	a	k	d	d	y	o
j	g	s	e	v	a	e	l	o	u	s	i
f	e	r	t	i	l	i	s	e	r	f	t
v	t	r	r	c	q	w	t	e	l	c	a
b	a	p	x	f	s	a	w	o	s	q	n
x	b	h	p	b	j	o	w	e	i	g	i
m	l	b	p	k	l	e	e	d	u	j	l
m	e	y	h	f	r	d	q	x	u	c	l
r	s	w	b	i	s	y	x	r	p	k	o
b	d	b	n	d	a	n	w	o	r	g	p
f	r	g	e	s	t	o	o	r	f	m	k

flowering
roots
leaves
flowers
nutrition
fertiliser
pollination
seeds
vegetables
grow

Where do Fruits and Vegetables Grow?

Where do these different fruits and vegetables grow?



apples



grapes



oranges



potatoes



onions



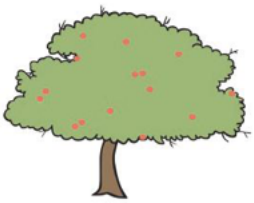
pumpkins



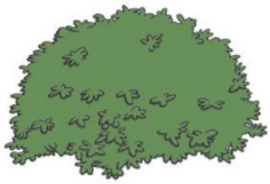
carrots



raspberries



trees



bushes



vines



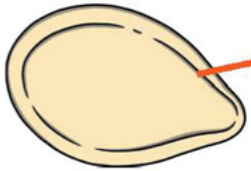
under the ground

- Why not have a go at growing some of these fruits and vegetables?
- You could go to the garden centre and see if you can find them growing there.
- Can you add any fruits or vegetables to the list?

Parts of a Pumpkin Plant







root	flower
stem	tendril
leaf	fruit
seed	

Design a Plant

Draw your own plant in the plant pot.
Think about the size, shapes, colours and patterns your plant will have.



Make a Bird Feeder

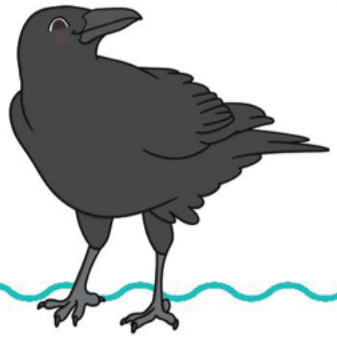
Look after the birds this winter by making bird feeders.



You Will Need:



- Bird seed
- Raisins
- Suet or Lard
- Coconut halves or old yoghurt pots
- String
- Scissors or hand drill
- Mixing bowl



What To Do:

- Cut a small hole in the yoghurt pot or coconut shell and thread a length of string through it.
- Tie a knot to secure it, leaving enough length outside to tie the pot to a tree.
- Allow the lard to warm up to room temperature and cut it into small pieces.
- Mix the lard, seed and raisins in the bowl with your hands until the fat holds the mixture together.
- Fill the yoghurt pots or coconut shells with this mixture and leave to set in the fridge for an hour.
- Hang the bird feeders from trees or a bird table and watch out for any visiting birds!

Ways to extend this activity: Observe the birds visiting the bird feeders and create a graph of the different species. Find the most popular location for the bird feeders by recoridng the number of birds visiting. Explore different types of bird seed or additional foods such as cheese or apple.

Ways to support children with this activity: Some children may need help threading and tying the string — this could be prepared in advance.

National curriculum links: Identify and name a variety of common animals in their habitats, including birds. Find out about and describe the basic needs of animals for survival. Identify that animals get nutrition from what they eat. Design purposeful, functional and meaningful products.

Mushroom Spore Collection

Materials:



Large edible mushroom



Glass bowl



Pencil or marker



White piece of paper or cardboard

Instructions:

1. Cut off the stalk of the mushroom near the cap.
2. Find a place inside where there are no drafts and put the mushroom on a white sheet of paper and cover it with the glass bowl.
3. Place the pencil or marker under one side of the bowl to create a small opening so some air can get in.
4. Leave your mushroom for about 1 day.
5. After a day, remove the bowl and carefully lift off the mushroom cap. Observe the pattern of the spores on the piece of paper.
6. Drag your finger across the paper to collect some of the spores to observe.
7. When you have finished observing you can blow your spores into your garden.

Explanation:

Mushrooms are a fungus. They don't have seeds like plants, they have spores. The spores are found in the wrinkly bit underneath the cap. They are too small to see just one, so your experiment collected thousands of them, making them look like powder. The bowl prevented most of the tiny spores being blown away.

The part of the mushroom you can see when it is growing is just the very top of a fungus (fruiting body). Most of it lives underground (mycelium). There is thought to be 1.5 million different kinds of mushrooms. One amazing kind of mushroom can produce 30 billion spores in one day!



Mini Greenhouses Lab Science Experiment



Method

1. Poke drainage holes in the bottom of two large plastic cups.
2. Place soil in two large plastic cups.
3. Plant seeds in the soil of both cups.
4. Water your soil.
5. On one cup, place a clear cup on top of the plastic cup to create a dome.
6. Leave the other cup without a dome.
7. Observe the effects inside the dome over the next few weeks. Compare plant growth to the cup without a dome. Discuss how greenhouses work.

You will need:

- Soil and water
- Seeds (lima beans work particularly well with this activity)
- Large red or blue plastic cups
- Clear plastic cups



Extension:

- Every 2-3 days, measure the growth of the plants in each cup. Create a line plot showing the growth comparisons.

Thank you to our volunteers, staff, and partner organisations of Become United (BU) for helping us create this guide.

BU is a community group, focused on projects for the BAME community of Greater Manchester, with a focus on 4 areas: Mental Health, Sport, Youth and Resources in various languages for the BAME community.

Contact us to find out more about our projects or any feedback/ comments on this pack.

Web: becomeunited.org.uk

Email: info@becomeunited.org.uk

#BecomeUnited

BECOME
UNITED