

# How we have made our setting healthier for all Wild Oak Childminder

We have been working hard in our setting to make sure that all children are able to take part in our gardening, growing and eating of our own foods. Previously we had noticed that mainly just the walking and older children were going down the garden to explore and join in with gardening and playing with herbs/ plants that we have grown.



Over a few weeks we planned together what we might like to grow on our new patio planters.



‘I want to eat potatoes’

‘My mum likes eating salad’

We decided on various fast growing salad, potatoes and herbs as the children have recently loved to make potions in the mud kitchen and we thought real herbs would add a new dimension to their play and offer another way to explore real and healthy foods.

We built a large sturdy planter which I hoped that non walkers could crawl up to and stand up at and reach safely. And I bought some small trowels and rakes to suit smaller hands



As our salad, vegetables and fruit start to grow so does the curiosity of all of the children and I observe children who have not had any interest in salad before suddenly wanting to help grow and explore.



Time for a snack!

All of the children helped and took turns to harvest our salad and I was surprised at how much we had grown! Enough in fact to send some home to families each week to share.

Children who had not tried salad before realized that different varieties may taste different and so kept trying Watercress, Rocket, Lettuce, Beetroot leaves, Mint, Sage and more. We all had our favourites!



We bought a new snack table which all children can sit at and be much more independent.

Next we are going to Harvest our Potatoes and root vegetables!

I am so pleased with the result of the project and I am very happy to say that all children can now be involved in our gardening. We will continue to plan our gardening to stretch in to the winter months by growing winter Veg. We will continue to share what we grow with the children's families.



Everybody worked in all weather! Busy making vegetable soup.



The outside kitchen special today is sage and mint mixture!