

Life Skills Activity

Indoor Kitchen Garden

Growing your own food to eat is good for the body and it can be fun to do but maybe not in wet weather.

Life Skills at Meadowside includes learning about Healthy Living. Here is something that everyone could try.

Garden Challenge: Make an Indoor kitchen garden grown from your food

How? Watch the video then find vegetables that you can use and follow the video ideas.

Video: How to Grow Food from Food <https://www.youtube.com/watch?v=ZViSfMppwUI>

You could keep a record (daily/weekly) about how your food grows, what has been successful or unsuccessful to grow (take photos/make notes)*.

You could even try to grow other foods from seeds/pips.

I wonder what you will grow? What will grow best? What you will make with what you grow?

I am also going to try to grow some vegetables so the challenge is on Meadowside. If you can post some photos of vegetables or maybe fruit, you are growing.

* This work can be part of your home learning (so keep this work for school)