

# The Children's Kitchen



The Children's Kitchen is a city-wide project which is starting work in 12 Early Years settings. The project encourages children under 5 to explore fresh produce through Food Sessions and developing food growing areas onsite. These sessions are free and take place during the Nursery day.

Children under 5 are developing their tastes and understanding of food; this project aims to give children a healthy start by:

- Exploring new foods, learning about how produce grows and trying new tastes and food from around the world.
- Food Sessions during the nursery day where children can explore, experiment and eat.
- Teaching safe cookery skills which can be used at home
- Learning about how produce grows by planting seeds and

plants around the setting and following 'plot to plate'

- Linking with local families, community and food groups across the city.

Encouraging young children to explore fresh produce

Growing fruit and vegetables

Learning new skills and trying new flavours

Linking to local food and growing groups

Involving parents and the community

## WANT TO GET INVOLVED?

Can you volunteer to help with cooking or gardening?

## DO YOU HAVE ANY QUESTIONS?

contact

[jo@feedingbristol.org](mailto:jo@feedingbristol.org)  
or talk to your child's key person

