



**FIELD
TO SCHOOL**

CASE STUDY

Semínko kindergarten – the best school food in the Czech Republic?

Summary of project

Organic eggs, fresh, seasonal and local ingredients, no additives or processed food in the school canteen. School gardening, cooking classes, visits to local farmers...All that, plus many more similar activities have led to Semínko kindergarten being awarded a golden certificate in the Skutečně zdravá škola program. Semínko in Prague is the only kindergarten in the Czech Republic who can boast this achievement.

Who is involved?

Semínko Kindergarten is based in the Toulcův dvůr environmental educational centre.

The school garden covers over 1,000 m² and was awarded the Natural Garden Certificate in 2015. It is quickly being recognised as a model of best practice for outdoor education for children. Its rugged terrain was specially modelled to suit the needs of children and the environmental education programme. The children,



together with their parents and teachers, planted several trees and shrubs (pine, hazelnuts, currants, blackberries, apple, pear and berries) in the outdoor space, as part of its design. There is also a willow house where children can sit and play. There are also raised beds where the children can sow salad, carrot and kohlrabi seeds, as well as beds for herbs and ornamental flowers.

The centre also includes an eight hectare farm with animals. The kindergarten curriculum is based on environmental an educational program with an emphasis on education in sustainable development and healthy and sustainable lifestyles. Children spend large parts of every day outdoors, doing educational activities based on learning about plants and animals. Parents regularly come to help with the landscaping and this is an ideal opportunity to strengthen the links between parents, school, children and local nature.

How are the children involved?

Part of leading a healthy lifestyle is learning about food and a respect for nature. Children learn where the food on their plates comes from, about the ingredients that go into their food and how to avoid food waste. They regularly visit the farm and learn how the farm animals

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live. They are also involved in cooking classes, flour milling and baking. Seasonal food harvesting in the garden are also regular and favourite activities.

How is the project linked to food and farming?

In the outdoor 8 hectare area of Toulcův dvůr there is a pet farm, a riding hall, a kitchen and ornamental garden and orchards. Children visit these on regular basis and messages around food is embedded into their curriculum subjects.

How is the project linked to the school curriculum?

The school cooks and teachers consider healthy nutrition as an important part of a child's development. Healthy nutrition is therefore part of the school curriculum. Talking about diet and its importance to good health is part of the educational activities.



Children learn about the journey of food from farm to plate, how agriculture influences the landscape and farm animals, and how agricultural methods affect the environment. Practical examples of how we approach healthy food include cooking, baking, juicing, cultivating and subsequently using the various food items in the kitchen. Teachers also talk about school food with the parents, provide contact to the food suppliers and provide recipes for their children's favourite meals.

Positive outcomes

Magdalena Kapucianová, the head teacher says:

“A strong parent community naturally formed within our kindergarten. Parents ask for recipes and are always happy when their children eat new things like lentils in kindergarten. We share recipes at various family events, providing parents with new, inspirational ideas for cooking back in home.”

