



## Live healthy!

### Summary of project

In the spring 2018, the Stanisław Karłowski Foundation in cooperation with the Koszalin branch of the National Centre for Agricultural ran an educational project called "Live healthy!" intended for students from regional primary schools. Since the start of the project, schools have received once a week, milk and vegetables for their lunches from chosen farms including the Stanisław Karłowski Foundation. The purpose of this state supported action is to develop healthy eating habits in children, which is extremely important during their intensive growth stages. The aim of the project was to create a link with school to enable children to understand where their food comes from.

During visit to the farms, have had the chance to discover places where healthy food is produced. They learnt how to look after animals, to provide them with decent living conditions and to make them happy. During the workshops, children developed new and existing transferrable skills that complemented their school knowledge. Science on the farm is a fascinating discovery, and the students learnt about farming ecology. Educational workshops were adapted to the age and needs of the participants.

### Who is involved?

The two main partners are the Stanisław Karłowski Foundation and the Koszalin branch of the National Centre for Agricultural. A number of schools from the region have taken part in the project. The workshops were led by members of the education department of the Stanisław Karłowski Foundation.

### Key steps

In April 2018, schools expressed their interest in the project to the National Centre for Agricultural. The visits were carried out in May and June 2018. The one day visits to the farm consisted of three educational workshops. During the first workshop titled "From grass to milk", students learned about plants growing in the meadow, went to see the cows, tasted their milk and talked about the role of dairy products in our



daily diets. In the second workshop titled "From grain to bread", the children learnt about different types of cereals grown in their region, milled grain for flour and then each student baked their own bread roll. As part of the third workshop, "From field to table", the children visited the gardens and collected vegetables for lunch. The stay on the farm ended with a





common lunch consisting of milk, cheese and vegetables from our garden, accompanied by their own freshly baked bread rolls.

### How are the children involved?

Before the students came to the farm, they discussed with the subject of healthy eating at school. The children were involved in the workshops throughout and teachers were encouraged to follow up the learning back in the classroom after the visit.

### How is the project linked to food and farming?

The focus of the project is entirely associated with the subject of agriculture and food. On the one hand, students receive milk and vegetables at school and on the other hand, by participating in the above described workshops they can learn about where their food comes from.

### How is the project linked to the school curriculum?

The knowledge gained on the farm can be used in lessons of biology; including the science of animals, plants and the humans; environmental science and geography, including specific sections on agriculture and organic farming. Furthermore, the project complements a variety of educational additional content, such as healthy eating, eating culture, and a how to have a balanced diet.



### Positive outcomes

The students and teachers who participated in the project were greatly impressed by what is happening on farm. They tasted organic vegetables, had the opportunity to cook their own food, as well as sample fresh milk straight from the cow!

