



OMEGA

Olfactory, Mindful Eating and Gardening Activities

GROW, EAT, ENJOY AND BE HEALTHY



OMEGA

Our sense of smell and taste are closely linked. How we smell affects how we enjoy food! We are going to explore and develop our sense of smell around the experience of food growing and eating.



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Session 1

We are going to learn:

- How we grow food
- How to plant seeds
- How to care for plants



OMEGA

How do we grow food?



How do we grow food?

Root?

Leaf?

Stem?

Flower?



The carrot is a modified root!



How do we grow food?

Root?

Leaf?

Stem?

Flower?



Broccoli is a modified flower!



How do we grow food?

Root?

Leaf?

Stem?

Flower?




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How do we grow food?

Root?

Leaf?

Stem?

Flower?



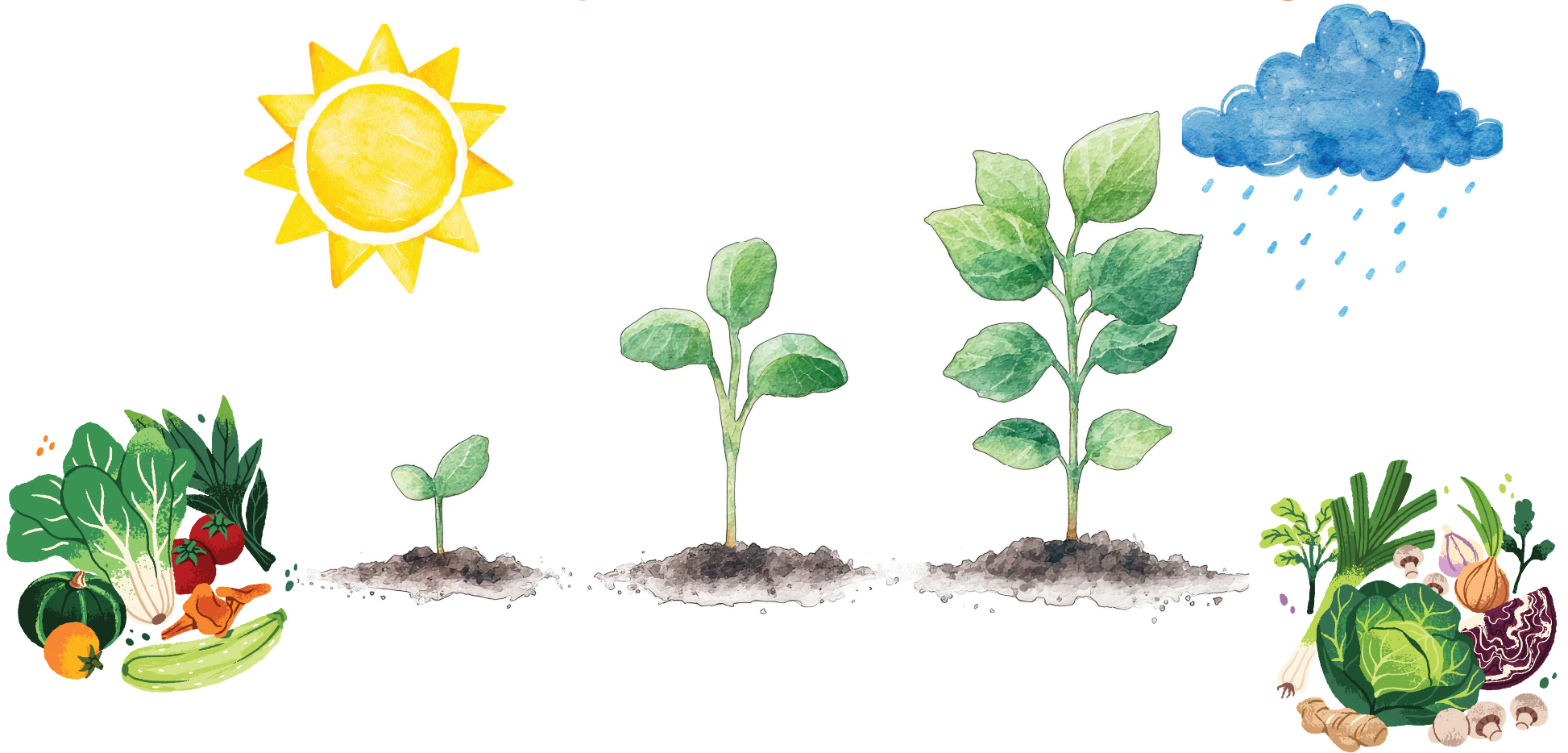
A pea is an edible seed!



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What do plants need to grow?



How do we feed plants?



How to care for plants?



Water



Sunshine

How to care for plants?



Make room for each plant to grow



Support peas and beans and tomatoes





Let's go outside and
grow some food!