

# Our Incredible Edibles Logbook

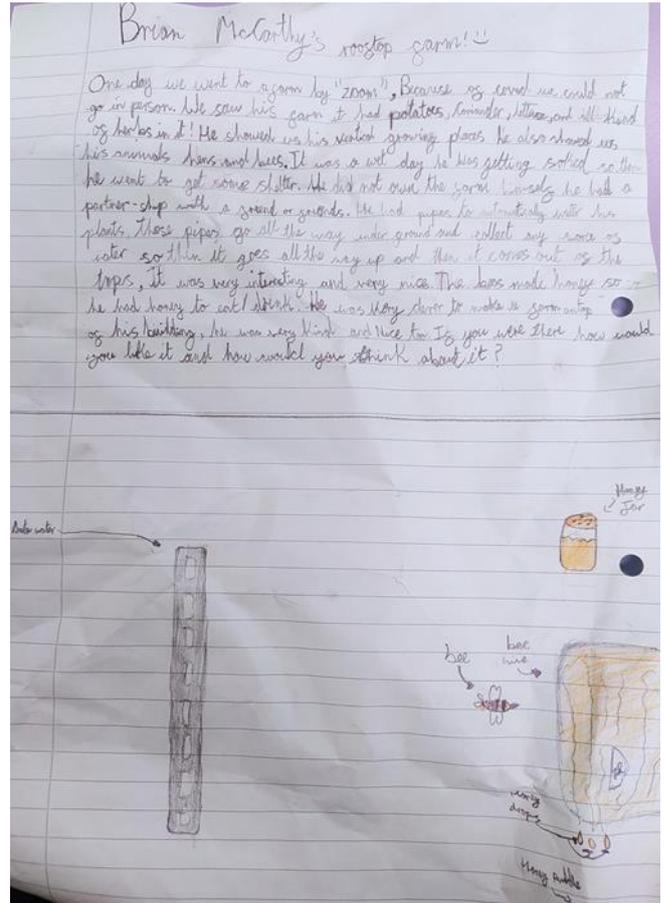
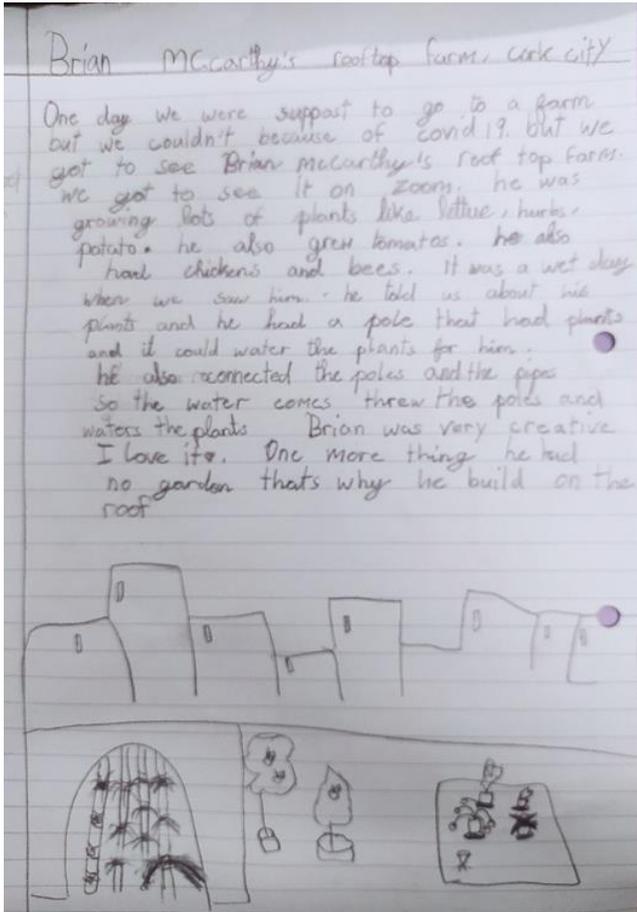
St George's NS, Balbriggan



Welcome to our Incredible Edibles logbook for 2021. We have had so much fun working on the project and learning loads about Fruit and Vegetables and Healthy eating. This logbook shows some of the things we got up to during the year. We hope you enjoy reading it!

## Task 1 – Learn about Food Origin

- 1) 3<sup>rd</sup> class checked their lunchboxes to see what fruit and vegetables they had. They looked for stickers and labels on the fruit and veg to try and see where they had come from. Tesco was not the answer! Sanju discovered that his grapes had come from India, Ruth's strawberries had come all the way from Spain and Elijah's apple had made the long journey from France.
- 2) Ms Gill's 3<sup>rd</sup> class had a virtual visit to Brian McCarthy's Rooftop farm in Cork. Even though it was a really wet day he showed us all around his farm. Here are Ruth and Aayan's accounts of the visit, Daria has also drawn a picture of Brian's farm.



Here are some photos from our visit:



3) Ms Heffernan's 3<sup>rd</sup> class learned all about strawberries and how they get from the farm to our lunchboxes. They completed a cut and paste and writing activity to show "A Strawberry Story". Here are Jessica and Nadia's finished work:

## A Strawberry Story

Soil mounds (beds) are created in the field using a bedformer.

These beds are then covered with plastic.

Holes are made in the plastic and the strawberry seeds are planted into them. The plastic is like a warm blanket, which helps the plant to grow. Some farmers grow their strawberries in tunnels to keep the plants as protected as possible from the elements.

The white flowers die and strawberries begin to grow in their place.

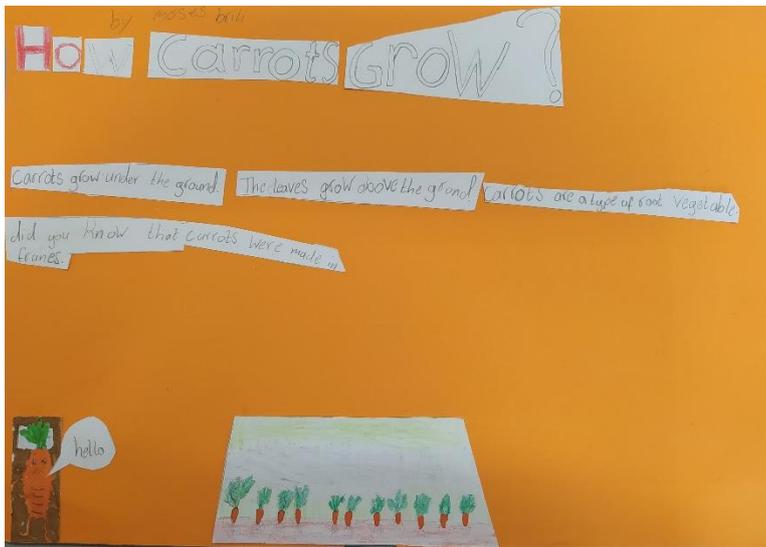
Once red, the strawberries are ready to be picked by hand and put into punnets (small containers).

These are sold in supermarkets or at local markets.

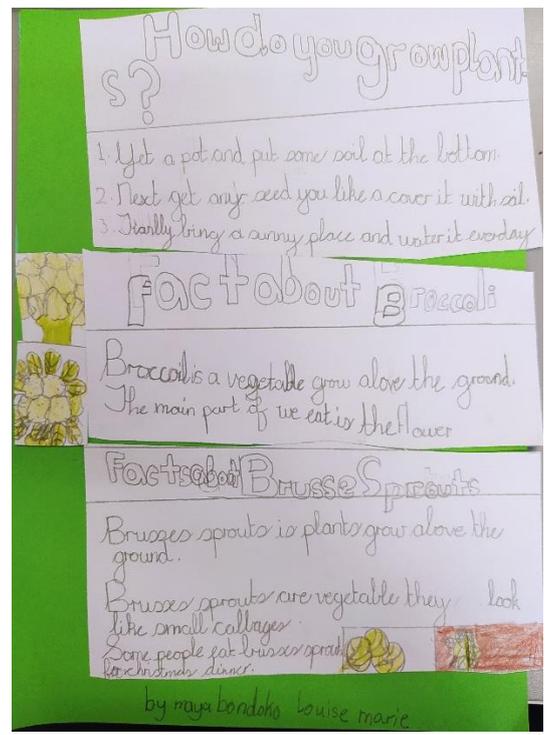
## A Strawberry Story

- 1) Soil mounds (bed) are created in the field using a bedformer.
- 2) These beds are then covered with plastic.
- 3) Holes are made in the plastic and the strawberry seeds are planted into them. The plastic is like a warm blanket which helps the plants to grow. Some farmers grow their strawberries in tunnels to keep the plants as protected as possible from the elements.
- 4) The white flowers die and strawberries begin to grow in their place.
- 5) Once red, the strawberries are ready to be picked by hand and put into punnets (small containers).
- 6) These are sold in supermarkets or local markets.

4) Some of our Green Team completed projects about Irish Fruit and Vegetables and how they grow. Here are some examples:



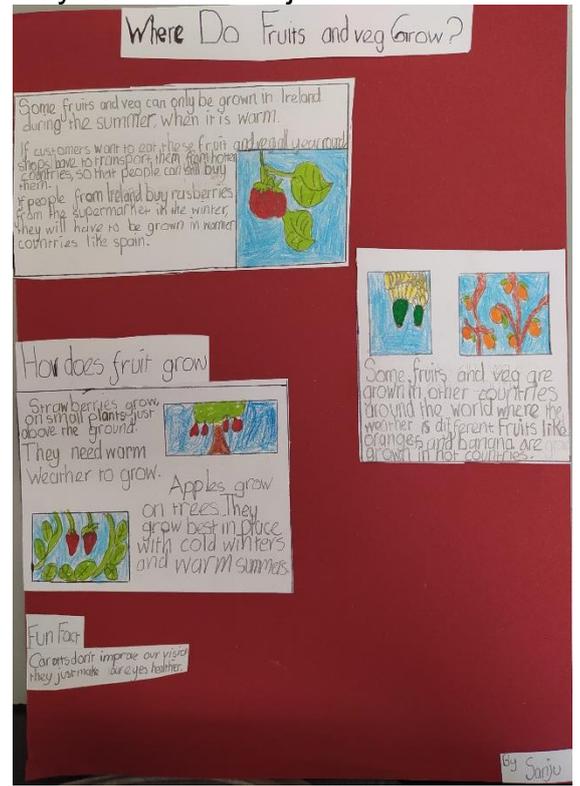
Moses' Carrot Project



Maya's Broccoli Project



Raphael's Potato Project



Sanju's Fruit Origin Project

## Task 2 – Identify Irish potatoes, fruits, vegetables and herbs

- Blindfold taste test

In 3<sup>rd</sup> class we did a fun activity. Ms Dunne brought in loads of different fruits and vegetables. Each of us were blindfolded and took turns tasting the fruit and vegetables without being able to see them. It was much trickier to guess the right answer than we thought!



28/5/21 The secret taste Test?  
we did a blind fold taste Test we sat on a chair then ms dunne gave us five different fruits we had to guess them all then eat them i think i know them then i did we had to write them down then i guess them all right the fruits were carrot, cucumber, mango, tomato and kiwi. It was fun and sunny.

secret taste test? 28/5/21  
We did a blind fold taste challenge we had to put a mask on our eyes guess what fruit it was first we had to put our hands out and eat it the fruit and they were carrot cucumber mango tomato and kiwi I mostly enjoyed the mango and I least enjoyed the tomato.

Azhar and Daniel tell us all about the taste test.

- Shopping lists

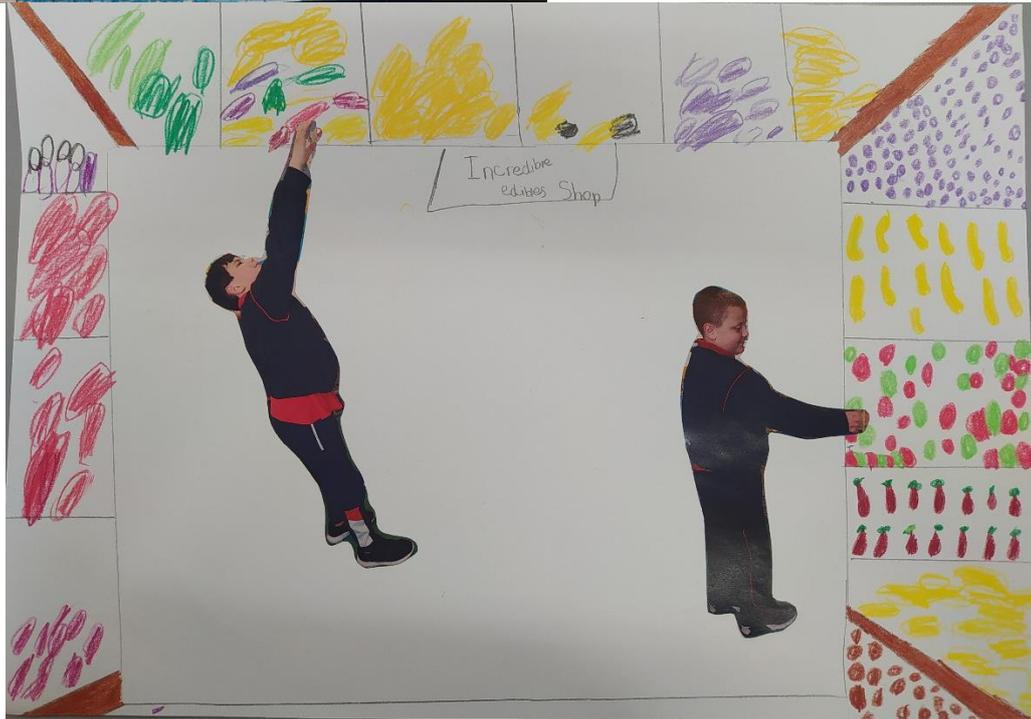
Nadia and Olamide from 3<sup>rd</sup> class did some virtual shopping for Healthy Smoothies. They did some research to see where their food had come from, if it had the Bord Bia Quality Mark and if the food was in season. Here are their shopping lists:

Take this list when you are shopping and answer these questions and/or include pictures/ photographs:			
What potatoes, fruit, vegetables or herbs did you buy?	Strawberry	milk	Peach
How much did each item cost?	€2.99	€1.49	€0.89
Where do the potatoes, fruits, vegetables and herbs come from? (Try to buy Irish)	N.I.	ireland	dont know
Do they have the Bord Bia Quality mark?	Yes	Yes	Yes
Are the potatoes, fruit, vegetables and herbs in season? (Check on pack)	Yes	Yes	no

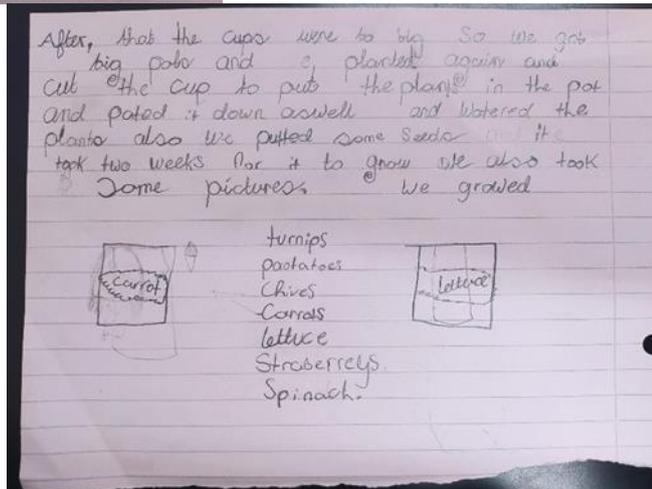
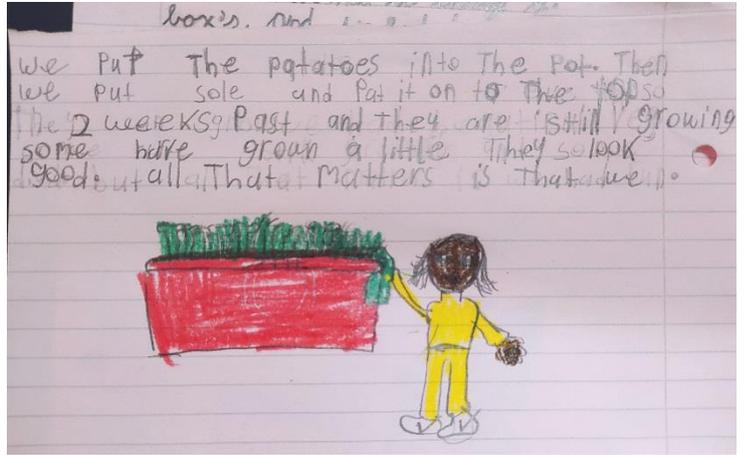
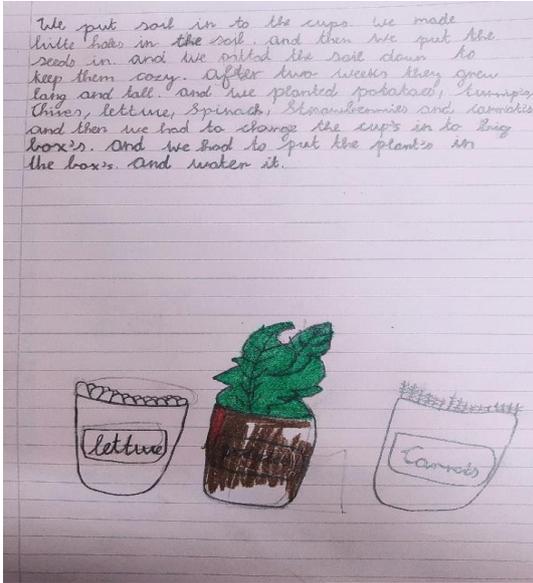
Take this list when you are shopping and answer these questions and/or include pictures/ photographs:				
What potatoes, fruit, vegetables or herbs did you buy?	Kiwi	cucumber	graps	apple
How much did each item cost?	€0.99	59c	1.99	€55
Where do the potatoes, fruits, vegetables and herbs come from? (Try to buy Irish)	china	Ireland	South Africa	Ireland
Do they have the Bord Bia Quality mark?	NO	NO	NO	NO
Are the potatoes, fruit, vegetables and herbs in season? (Check on pack)	NO	yes	NO	no

- As we could not visit the local supermarket we decided to design our own fruit and vegetable shops. Here are some of our designs. The shops are full of so many colourful fruit and vegetables!



# Task 3 – Planting and Growing

1) Ms Dunne's class took part in the Incredible Edibles planting project. Here are some student accounts of what we did and some photos of us at work doing our planting.





We planted strawberry and potato plants in pots. We planted turnips, carrots, spinach, chives and lettuce in small pots. We designed colourful labels for the pots. We had to water them every day with our bottle top waterers.



When the plants grew too big for their pots we moved them into bigger containers so they could continue to grow.



The plants are growing really well and we can't wait to taste some of them!

2) Ms Gill's class took part in the Innocent Big Grow project. They planted radishes, spinach, peas, beetroot and salad leaves. Each week Ms Gill picked a grower of the week. The winner got the wear the Star Grower badge for a week. Here of some photos of their fabulous work.





## Task 4 – Preparing, cooking and eating Irish fruits and vegetables

Ms Dunne and Ms Gill teamed up to have a fun, healthy eating day in 3<sup>rd</sup> class. We got to make fruit smoothies and fruit kebabs. We also wrote recipes for our smoothies and drew pictures of fruit and vegetables. It was really fun choosing what to put into our smoothies. Building the fruit kebabs was fun too. But the best part was getting to eat, drink and enjoy our fruit and veg in class!



Ms Gill's Smoothie Station



“There were a lot of fruits and vegetables. Ms Gill got us to pick what we wanted for our smoothies. We picked apple or orange juice and put in yoghurt. Then we blended it”  
Daniel 3<sup>rd</sup> class

“We had to taste our smoothies to see if they were good. Mine was good”  
Ruth 3<sup>rd</sup> class



Enjoying our Smoothies! 😊



Making our Fruit Kebabs



Here are the recipes the class voted as the best:

- Azhar's kebab recipe – strawberry, blackberry, banana, apple, peach
- Daria's kebab recipe – strawberry, banana, blueberry, blackberry, kiwi
- Daniel's kebab recipe – banana, apple, raspberry, strawberry, orange



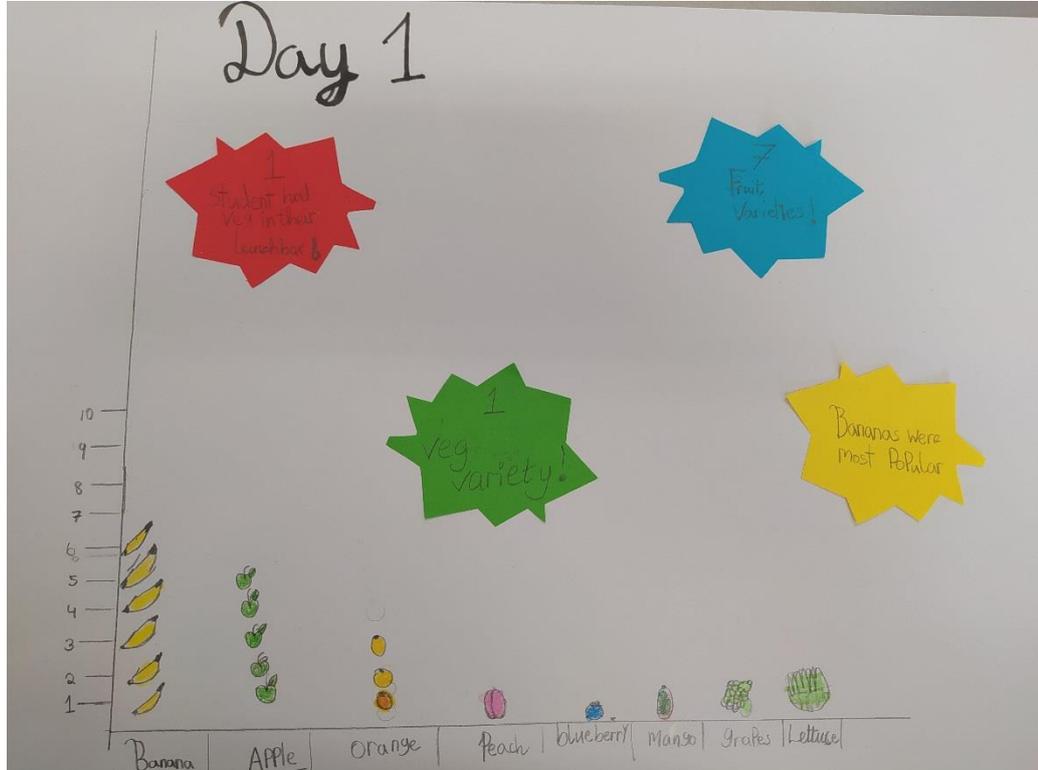
We then all got to enjoy our Smoothies and Kebabs in a class fruit and veg party. It was great fun!



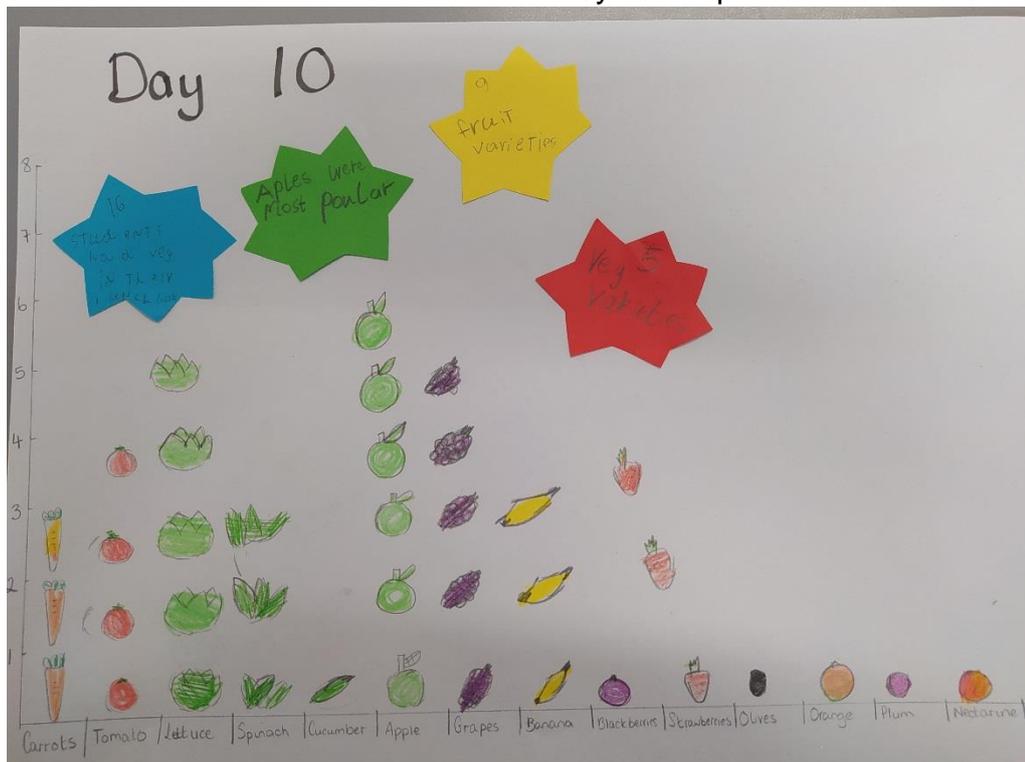
## Task 5 – Take part in Healthy Eating Week and learn about the Food Pyramid

The whole school had great fun taking part in Healthy Eating week and learned a lot. Here are some of the activities that classes got up to during the week.

- 1) Ms Gill's 3<sup>rd</sup> class took a record of how many people had fruits and vegetables in their lunch boxes one day. This was their results:

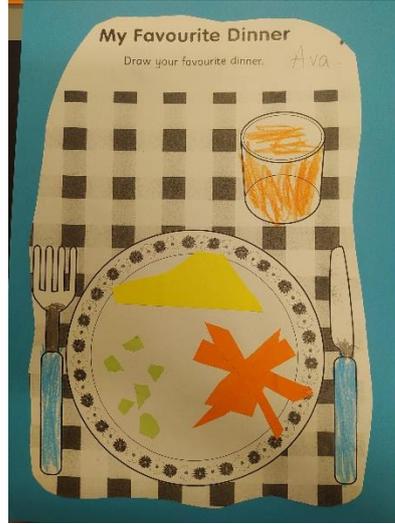


They decided to try really hard to improve their fruit and vegetable eating for two weeks. They took a second record a week later to see if they had improved. Here were the results:



As you can see they made a great improvement, well done!

2) Ms Broadhead's Junior Infants designed some plates of healthy foods. They made sure to include fruits and vegetables in each of their meals. We think they look delicious!



3) Ms Kelly's 4<sup>th</sup> class completed daily food diaries during Healthy Eating Week. They kept a record of what fruits and vegetables they ate each day. They also took note of what colours they were eating and tried their best to eat a rainbow. They learned that eating as many colours of fruits and vegetables as possible is the best way to a Healthy Diet. Here are some of their diaries:

Healthy Eating Chart.

**Eat a RAINBOW everyday!**  
Name: Lily's Rainbow Chart

	Red	Orange	Yellow	Green	Blue	Purple	How many colors did I eat today?
Sunday	apple	orange	banana	peas	blueberries	grapes	6 six
Monday	apple	orange	banana	peas	blueberries	grapes	6 six
Tuesday	apple	orange	banana	peas	blueberries	grapes	6 six
Wednesday	apple	orange	banana	peas	blueberries	grapes	6 six
Thursday	apple	orange	banana	peas	blueberries	grapes	6 six
Friday	apple	orange	banana	peas	blueberries	grapes	6 six
Saturday	apple	orange	banana	peas	blueberries	grapes	6 six

Healthy Eating Chart.

**Eat a RAINBOW everyday!**  
Name: Fabiana Davic's Rainbow Chart

	Red	Orange	Yellow	Green	Blue	Purple	How many colors did I eat today?
Sunday	Apple	orange	Mango				3
Monday	watermelon	orange	Mango	lettuce	blueberries		5
Tuesday	watermelon	orange	mango	broccoli	blueberries	plum	6
Wednesday	Apple	orange	Banana	lettuce	blueberries	plum	6
Thursday	Apple	orange	Banana	lettuce	blueberries	plum	6
Friday	Apple	orange	Banana	lettuce	blueberries	plum	6
Saturday	Apple	orange	mango	lettuce	blueberries	plum	6

Healthy Eating Chart.

**Eat a RAINBOW everyday!**  
Name: David's Rainbow Chart

	Red	Orange	Yellow	Green	Blue	Purple	How many colors did I eat today?
Sunday	apple	orange		grapes	blue berries		four
Monday	apple	orange	sweet corn	apple	blue berry		five
Tuesday	strawberry	orange		apple			three
Wednesday	slice berry		banana		blue berry		three
Thursday	raspberry		banana	apple			three
Friday	apple	orange	banana		blue berry		four
Saturday	raspberry		banana	apple		plum	four

Healthy Eating Chart

Fill in all the potatoes, fruit and vegetables you eat during Healthy Eating Week!

AgriAware safe food

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Portion 1	Potato						
Portion 2	Melon						
Portion 3	Pineapple						
Portion 4	Apple						
Portion 5	Carrot						
Portion 6	Cucumber						
Portion 7	Banana						
Total	8	7	7	7	7	7	7

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4) Ms Heffernan's 3<sup>rd</sup> class also took part in the Eat a Rainbow Challenge. As well as eating their rainbows they made some lovely posters of the fruits and vegetables they were eating. Here are Nadia and Olamide's posters:



5) Ms Byrne's Junior Infants have been reading "The Hungry Caterpillar" and learning all about fruit and vegetables. They have also done some lovely fruit artwork.



6) Ms King's 5<sup>th</sup> class were learning about Healthy Eating Choices. They each had to plan a healthy lunch to bring to school. They had to label their lunchbox and say why they had chosen each item. Here is Diana's healthy lunch, it looks really tasty and super healthy!

