

Year 5 Forest School

Learning about one of our wonderful wild foods, and how to forage and cook over the fire requires a curious mind.

Wild garlic

Children discussed the importance of healthy eating, and seasonal and wild foods.

Introducing wild garlic, and how it is a very heart healthy food which reduces blood pressure.

Explaining the methods to make wild garlic pesto, toasting sunflower seeds over the fire, and then crushing with the leaves in a pestle & mortar, and simple flatbreads-kneading dough in a bag.

In groups, the children made pesto & flatbreads, helping to cook breads on the fire. The children then ate the delicious breads with pesto!



OPAL

The children have loved using the scooters this week.

