



Penrith Lakes Environmental Education Centre

Kitchen Garden Program

The WHAT:

Penrith Lakes Environmental Education Centre (PLEEC) has developed a Kitchen Gardens program where students are engaged in one-hour cooking and gardening lessons each week for up to four classes per day. The program is designed for students to achieve educational, wellbeing and sustainability outcomes through curriculum embedded, cross KLA lesson sequences. The PLEEC Kitchen Gardens program teaches a range of life skills, supports critical thinking, communication, problem solving and teamwork skills.

The WHY:

"All the research is pointing to two biggest factors that will determine how long you live and the quality of your life:

- 1. What you eat.*
- 2. The quality of your relationships."*

Dr Michael Mosley, 2019



Face to Face - In School Program

- PLEEC Kitchen Garden Teacher - 1 day P/W
- 2 Year program for all stages with program for gardening set up, garden maintenance and cooking in the classroom
- Up to 4 classes per day

*Cost: \$24,000 per year
(Additional funds will be required for
maintenance and set up of gardens)*

OR

Online - Program Support

- Online support to set up and run program
- 2 Year program for all stages with program for gardening set up, garden maintenance and cooking in the classroom
- Monthly zoom collaborative meetings with other schools participating in program
- Individual support where required

*Cost: \$2,500 per year
(Additional funds will be required for
maintenance and set up of gardens)*

If you would like more information regarding this program, please complete an enquiry form on our website -
<https://www.penrithlakeseec.com/programs/kitchen-garden-project>