

# FIELD T FORK

**A unique outdoor learning experience for  
primary school children at the Hirsell, Coldstream**

**Make a visit to help your pupils explore  
where their food comes from, discover how it is grown  
and be inspired to cook and eat healthily**

**A typical visit involves:**

- arriving around 10am and staying for 4 – 4½ hours
- a power-point presentation introducing the Hirsell and your visit, including H & S briefing
- an outdoor session looking at the crops grown on the Hirsell Estate and what foods they make
- a walk to see what's of interest around the estate in that season
- a cooking activity making for example pizzas, scones, muffins or oatcakes
- considering where the ingredients come from and their place in a healthy balanced diet
- having a picnic packed lunch, outside if the weather allows
- taking home their cooking to share at home!
- NO COST

Our maximum number of children per visit is 40 and we have disabled facilities

As well as offering our regular **Food and Farming** visits which can cover any aspect of food, farming and the countryside you would like (a reminder is below), we offer **Natural Environment Days**. These days can focus on **Woodland Habitats, Red Squirrels, Mini-beasts** or **Using our Senses Outdoors** for example. On these visits both of the day's sessions will be outdoors ie there would be no cooking activity.

However for many of you the cooking activity is popular, and is recognised as an important life skill and part of the curriculum, so do use us to meet these needs. We love to see the children getting passionate about food, cooking their own from scratch and trying new tastes.

Other themes which we will/can build into a visit include:

**Healthy Eating, Being Healthy and Active, Food waste,  
Food and the Environment, Seasonal foods,  
Food journeys, Food from Scotland, Fairtrade,  
Growing your own, Sustainable living (Composting and Recycling),  
Food and Farming in the World Wars, Farming in the Past,  
Farming and the environment, Plants, Lifecycles,  
Wild Art, John Muir Award**

..... whatever you like really, and we can fit well with your Health week or Eco schools aims!

Through the seasons we will be growing and harvesting our crops, getting lost in the maize, watching new life burst forth and hunting for mini-beasts and seeds in the woods of the Estate. It would be great to share this with your children!

**For more information please get in touch:**

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