

# grow it! cook it! eat it! Suggested 3-day timetable for 3 form entry

This suggested timetable allows for one year group in each Key Stage to have a Healthy Eating taught session and two other classes to plant Indoor Herb Gardens. It also provides time for daily Breakfast Club, Family Gardening Club, Fruit Tuck Shop and Smoothie Bar as well as a Parents Healthy Eating Session.

<b>Before School</b>	<b>First Session</b>	<b>Break</b>	<b>Second Session</b>	<b>Lunch</b>	<b>Third Session</b>	<b>After School</b>
Gardening Breakfast Club	KS1 Healthy Eating Class A	Fruit Tuck	KS2 Healthy Eating Class A	Smoothie Bar	Indoor Herb Garden Session	Gardening Club
Cooking Breakfast Club	KS1 Healthy Eating Class B	Fruit Tuck	KS2 Healthy Eating Class B	Smoothie Bar	Parents Healthy Eating Session	Gardening Club
Sharing Breakfast Club	KS1 Healthy Eating Class C	Fruit Tuck	KS2 Healthy Eating Class C	Smoothie Bar	Indoor Herb Garden Session	Gardening Club

All the resources and teaching plans for the above sessions can be found on the [g!c!e!](#) website