

Starting from Seed Audit

All the fruit and vegetables that we eat start off as a tiny seed. So did all the trees and plants around us, that make our planet such a special place to live.

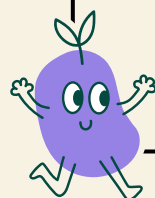
Seeds need some important things to help them to grow into strong plants, just like we do. They need soil, water and sunlight.

People all over the world grow the food that we eat. Some people grow food in ways that help nature, but sometimes food is grown in ways that harm it. We can look for special labels that help us to know which foods are helping nature.



Try and answer the questions in the table.

Do you grow any fruit or vegetables in your setting?	YES 😊	NO ☹️
Do you grow any herbs that could be used for cooking?	YES 😊	NO ☹️
Do you ever grow plants or flowers from seed?	YES 😊	NO ☹️
Do you ever visit a local farm or growing space to see where your food comes from?	YES 😊	NO ☹️
Do you have a container to collect the rainwater and use it to water the plants?	YES 😊	NO ☹️
Do you ever taste the fruit, vegetables, or herbs grown in your setting or grown locally?	YES 😊	NO ☹️
Do you explore and see what seeds you can find in nature?	YES 😊	NO ☹️
Can you find any of these labels on food or drink in your setting? (You could look on your adults' tea and coffee as well as in the kitchen)	YES 😊	NO ☹️



If you have any answers with sad faces, think about what you could change in your setting to make them happy faces?

What do we want to change?	How will we change it?	What difference did we make after we made the change?