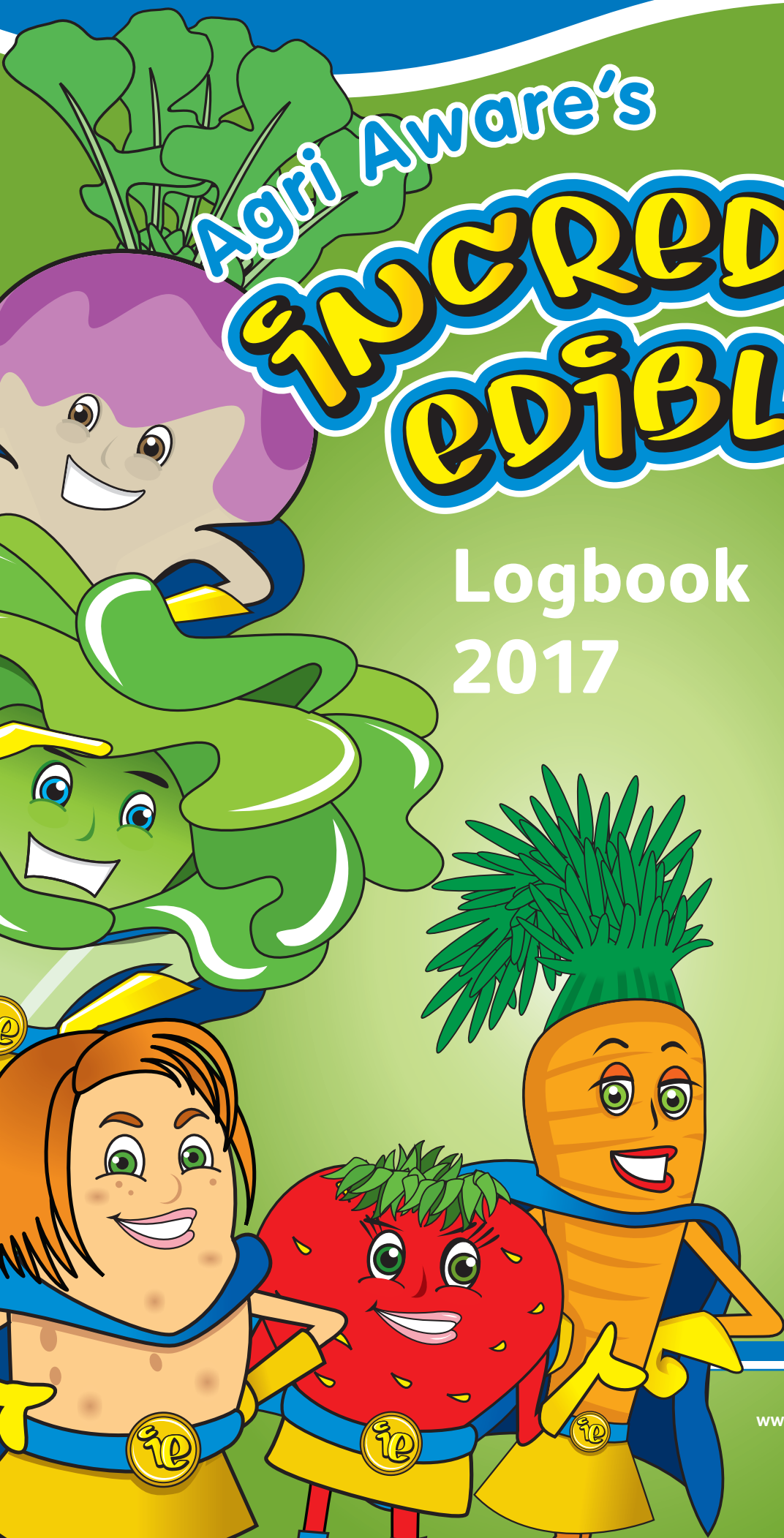


Agri Aware's

# INCREDIBLE EDIBLES™

Logbook  
2017



AGRI AWARE

[www.agriaware.ie](http://www.agriaware.ie) [www.thefamilyfarm.ie](http://www.thefamilyfarm.ie)  
[www.incredibleedibles.ie](http://www.incredibleedibles.ie)  
[www.bestinseason.ie](http://www.bestinseason.ie)  
[www.potato.ie](http://www.potato.ie)



# Agri Aware's **INCREDIBLE EDIBLES™**



**AGRI AWARE**  
[www.agriaware.ie](http://www.agriaware.ie)

## **Agri Aware**

Waverley Office Park, Old Naas Road, Bluebell, Dublin 12.  
Tel: +353 1 4601103 Fax: +353 1 4601097 Email: [office@agriaware.ie](mailto:office@agriaware.ie)

[www.agriaware.ie](http://www.agriaware.ie)  
[www.incredibleedibles.ie](http://www.incredibleedibles.ie)  
[www.thefamilyfarm.ie](http://www.thefamilyfarm.ie)



# Application Form



**Please complete before returning to Agri Aware**

**School Roll Number:** \_\_\_\_\_

**School Name:** \_\_\_\_\_

**Teacher's Name:** \_\_\_\_\_

**Teacher's contact number:** \_\_\_\_\_

**Working E-mail Address:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Number of students participating in Incredible Edibles:** \_\_\_\_\_

**Please tick if applicable:**

**Special Needs Class** ☐

**Montessori** ☐

**Designated DEIS School** ☐

**Gaelscoil** ☐

**Please return completed logbook to:**

**Agri Aware, Waverley Office Park, Old Naas Road, Bluebell, Dublin 12**

**Please tick one of the following:**

**I would like my logbook returned (Please include stamp addressed envelope. If the logbook does not fit in the stamped addressed envelope provided, it will not be returned)** ☐

**I would not like my logbook returned** ☐

# Incredible Edibles



## Become an Incredible Edibles class/school!

If you would like to become an Incredible Edibles class/school, you need to complete the following tasks.

### What do we do?

There are five simple tasks. You can complete all or some of the tasks to become an Incredible Edibles class/school.

- Include photograph(s) and pupil accounts of the class experience
- Submit your logbook to Agri Aware by 16 June 2017
- Please indicate if your school has children with special needs, is a DEIS school or if your junior class took part in the activities.

### What are the tasks?

- Task 1: Include a photograph(s) of the class/school planting and growing the six Incredible Edibles, potatoes, fruit, vegetables and herbs
- Task 2: Learn about food origin
- Task 3: Include a photograph(s) or story of students identifying Irish potatoes, fruits, vegetables and herbs when shopping
- Task 4: Include a photograph(s) or story of students preparing, cooking or eating Irish Potatoes, fruits, vegetables and herbs at home – Please submit your most creative and delicious recipe to Agri Aware which may be featured on the Incredible Edibles website
- Task 5: The new Food Pyramid places emphasis on more fruit and vegetable consumption. Record your potato, fruit, vegetable and herb consumption during Incredible Edibles Healthy Eating Week (15-22 May 2017) with the aim of achieving 5+ portions each day throughout the week!

You can include examples of work from your class or each pupils' story/photograph(s) in the logbook. Please attach examples into your logbook.

Tasks 3 and 4 should be photocopied and sent home as activities. All the activity sheets are available online at [www.incredibleedibles.ie/activities](http://www.incredibleedibles.ie/activities). Please note that they are curriculum linked.

### Logbook

Once registered, teachers should download the Incredible Edibles logbook and grow chart for students. The logbook you download can be used as a guide to create your own personal growing journey. However you interpret it is fine so be creative as you like, e.g. scrapbooks, photo albums, binders; we receive the lot!

### Achievement

Each Incredible Edibles School that returns the completed logbook to Agri Aware before 16 June 2017, will be awarded with an Incredible Edibles Certificate of Achievement which will be available to download from [www.incredibleedibles.ie](http://www.incredibleedibles.ie).

Each school who submits a completed logbook will also be in with a chance to win its very own school polytunnel!

# Task 1



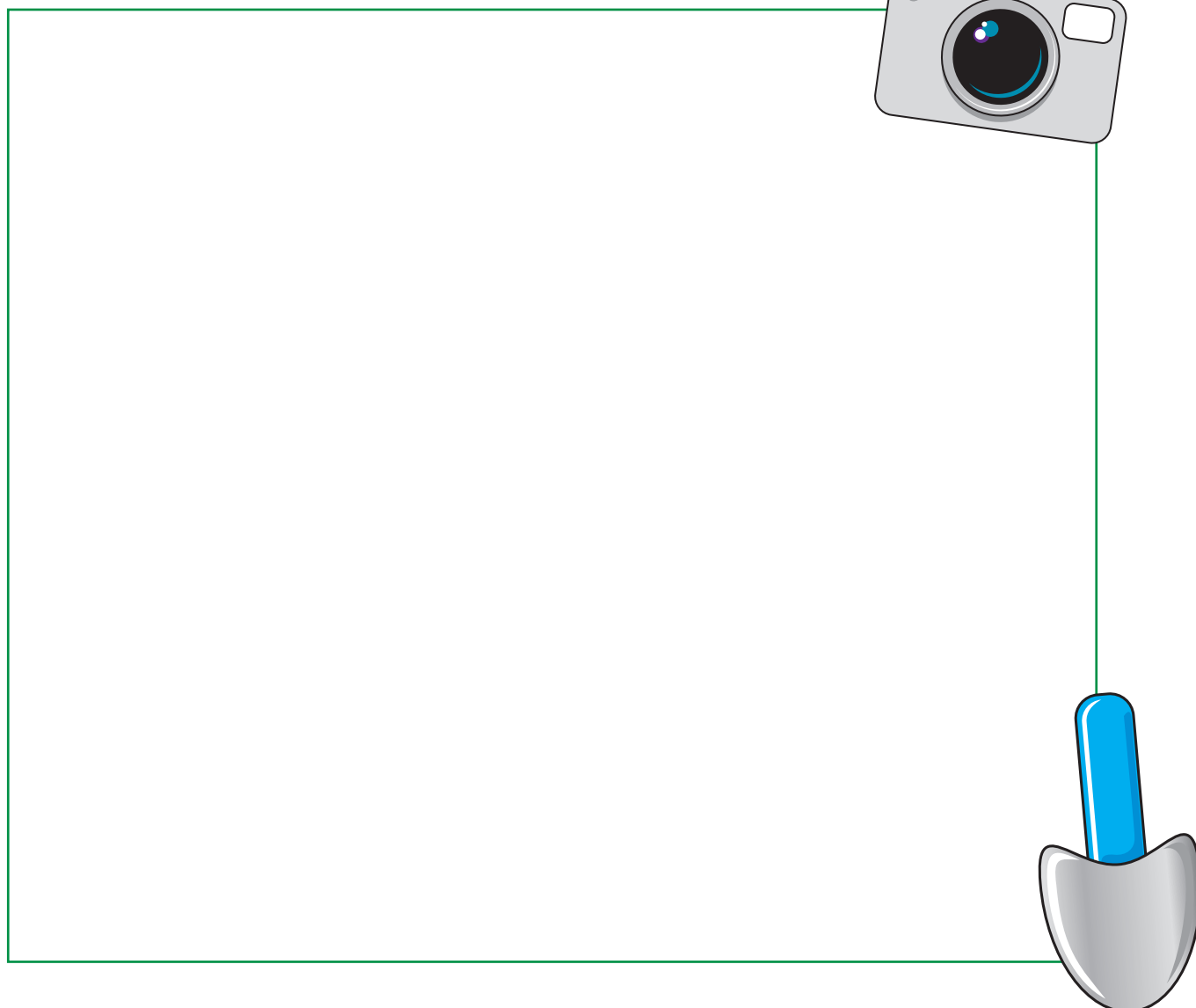
## Task 1: The Growing Element

**Task 1: Include a photograph(s) of the class/school planting and growing the six Incredible Edibles, potatoes, fruit, vegetables and herbs**

### Curriculum link: Living Things

When you start the challenge, take a photograph(s) of the class planting the six Incredible Edibles. In April and May, take a photograph(s) of the produce growing and include these in your logbook. Be creative as you like and clip/staple or glue more pictures. The more the better. Don't forget to keep up-to-date with your growing progress by following our Incredible Edibles Blog on [www.incredibleedibles.ie](http://www.incredibleedibles.ie), where you will also see pictures of our growing progress in the Family Farm, developed by Agri Aware and Dublin Zoo.

**Please attach photographs from Task 1 here:**



# Task 2



## Task 2: Food Origin

### Task 2: Learn about food origin and visit a local grower

#### Curriculum link: Natural environments, Myself

Begin the class by asking students where their lunch comes from. Some may say the supermarket, the kitchen or the local newsagent.

The best way to discuss food origin is to pick a selection of foods that students are familiar with. Food plays a huge role in society. In some parts of the world people are obese, while others are starving. Potatoes, fruit and vegetables play an important role in human health. Students gain a good understanding of food origin as they progress the Incredible Edibles project.

#### For Example:

**Vegetables:** Most vegetables are grown in the ground. Vegetables grow in different seasons and climates.

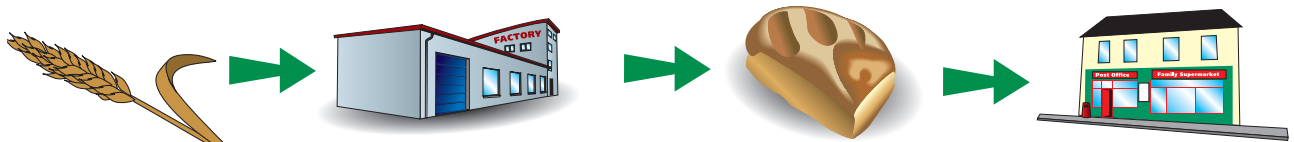
**Fruit:** Fruit, like vegetables, grow on plants, trees and bushes.

**Herbs:** Fresh herbs greatly enhance the taste, appearance and nutritional value of the food we eat. By growing a small selection of herbs such as chives in small pots on our windowsill or in our garden, we can add flavour to stocks, soups and sandwiches relatively quickly and easily.

**Eggs:** The eggs that we eat come from hens. We eat eggs which are not fertilised, meaning that they will never hatch to produce chickens.

**Mushrooms:** Did you know that mushrooms grow in the dark? Mushrooms come in all shapes and sizes from small button mushrooms to big mushrooms, such as the Portobello mushroom. The most common type of mushroom we grow in Ireland is the white button mushroom.

**Processed food:** Much of the food we buy is processed meaning it has been changed or has had something added to it. White bread is an example of a processed food. Wheat grains are ground in a mill and then different parts, like the husk, bran, germ and endosperm get separated. White flour (made from the endosperm), is mixed with other ingredients and baked to make the loaf you buy in the shop.



## Suggested Activity

Make a list of 20 food items in class and figure out if they are processed or unprocessed. Discuss how additives, sugars and salts are added to many food items. For more information and lesson plans, see Agri Aware's 'Dig In!' resource at [www.agriaware.ie/Digin](http://www.agriaware.ie/Digin)

## Logbook

Pick a food item and get the students to explore the steps taken to bring it from farm to fork. They can make a poster, write a story or take photos of the food at each stage of the process. Classes could also visit a local grower as part of a school trip. Please attach examples of this work to the inside back cover of your logbook.

# Task 3



## Task 3: Home Activity

Please photocopy for each student

**Task 3: Include a photograph(s) or story of students identifying Irish potatoes, fruits, vegetables and herbs when shopping**

### Curriculum link: Natural environments, Myself

The next time you go food shopping, try to buy fresh potatoes, fruit, vegetables and herbs. Write a short account of what you bought and why you bought it, draw a picture or take a photograph of yourself shopping.

### What is the Bord Bia Quality Mark?

The Bord Bia Quality Mark is a stamp of approval for foods produced in Ireland. This means that we are able to tell where the fruit and vegetables were grown and know that they are of high quality. For more information on the Bord Bia Quality Mark, see [www.bordbia.ie](http://www.bordbia.ie)

Take this list when you are shopping and answer these questions and/or include pictures/photographs:



What potatoes, fruit, vegetables or herbs did you buy? \_\_\_\_\_

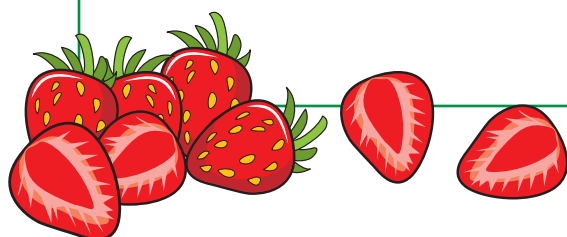
How much did each item cost? \_\_\_\_\_

Where do the potatoes, fruits, vegetables and herbs come from? (Try to buy Irish) \_\_\_\_\_

Do they have the Bord Bia Quality mark? \_\_\_\_\_

Are the potatoes, fruit, vegetables and herbs in season? (Check on pack) \_\_\_\_\_

See [www.bestinseason.ie](http://www.bestinseason.ie) and [www.potato.ie](http://www.potato.ie) for more information on seasonality and the seasonal calendar for Irish produce.



**Activity:** Discuss why some produce found in our supermarkets and shops is not Irish? What can we do to ensure we buy Irish?

**Note for teachers:** Include an example of the students' work for Task 3 in the logbook



# Task 4



## Task 4: Home Activity

Please photocopy for each pupil

**Task 4: Include a photograph(s) or story of students preparing, cooking or eating Irish potatoes, fruits, vegetables and herbs at home – Please submit your most creative and delicious recipe to Agri Aware as part of your logbook submission (which may be featured on the Incredible Edibles website)**

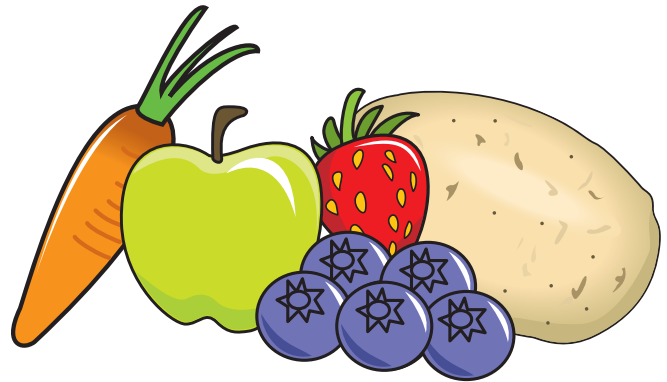
### Curriculum link: Natural environments, Myself

Prepare a meal with a member of your family or teacher using Irish potatoes, fruits, vegetables and/or herbs. Write a short account of how you prepared and cooked the meal or include a photograph/picture of the meal that you helped to prepare and cook. If you are an experienced cook, try making a dish that you have never made before. Submit a recipe made from Irish potatoes, fruit, vegetables or herbs to Agri Aware's Incredible Edibles website as part of the Incredible Edibles recipe competition. For more details visit [www.incredibleedibles.ie](http://www.incredibleedibles.ie)

### What to keep in mind

- Cook something simple
- Try something new
- Get help from an adult

For some great recipes for all the family, go to:  
[www.incredibleedibles.ie](http://www.incredibleedibles.ie)  
[www.bordbia.ie](http://www.bordbia.ie)  
[www.bestinseason.ie](http://www.bestinseason.ie)  
[www.potato.ie](http://www.potato.ie)



### Seasonality

Have a look around the potato, fruit and vegetable section when you go shopping. Think about which fruit and vegetables are in season. This means that a lot of it is available. The fruit and vegetables that we eat are in season at different times of the year. Some fruit and vegetables grow during warm months, while others grow during cold months. When you are preparing or cooking your meal, take a look at the fruit and vegetables that you are using and find out if they are in season.

For more information on seasonality and to find out when different fruit and vegetables are in season, see [www.bestinseason.ie](http://www.bestinseason.ie)

**Please attach a photo below:**



**Note for teachers: Please include an example of the students work for Task 4 at the back of this logbook.**



# Task 5



## Task 5: School and Home Activity

### Task 5: Record your potato, fruit and vegetable consumption during Incredible Edibles Healthy Eating Week

#### Curriculum link: Myself

#### Record your potato, fruit, vegetable and herb intake in school and at home

The new Food Pyramid places emphasis on more fruit and vegetable consumption. Potatoes, carrots, turnips, lettuce, strawberries and chives are all healthy foods and are important for a healthy balanced diet.

Agri Aware's Incredible Edibles Healthy Eating Week will take place from 15 - 22 May 2017. More details can be found on [www.incredibleedibles.ie](http://www.incredibleedibles.ie).

**Remember:** Task 5 is an activity for school and in the home.

#### Teachers

Photocopy the Incredible Edibles Healthy Eating Diary template available at [www.incredibleedibles.ie](http://www.incredibleedibles.ie). Alternatively, help the children to design their own Incredible Edibles Healthy Eating Diary in class. Ensure that students record the potatoes, fruit and vegetables they eat at school in their Incredible Edibles Healthy Eating Diary.

#### Students

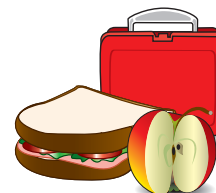
Record the potatoes, fruit and vegetables you eat each day in school and at home during Healthy Eating Week from 15 - 22 May 2017 in your Incredible Edibles Healthy Eating Diary.

#### Parents/Guardians

Make sure your child records the potatoes, fruit and vegetables he/she eats at home during Healthy Eating Week from 15 - 22 May 2017.

#### Hints and tips to encourage healthy eating in the home

- Set an example by eating healthy nutritious foods
- Experiment with cooking and try something new at home, perhaps a fruit or vegetable that you have never eaten before or a new recipe
- Blend soups and smoothies if no one likes 'bits'
- Involve children during meal-time preparation; it will take the mystery out of what is going onto their plate



For some great recipe ideas for all the family, visit [www.incredibleedibles.ie](http://www.incredibleedibles.ie) and [www.bordbia.ie](http://www.bordbia.ie)

**Note for teachers: Ensure that students record the potatoes, fruit, vegetables and herbs they eat at school in their diary.**



**family farm**

As part of healthy eating week (15-22 May 2017) why not visit Family Farm, developed by Agri Aware and Dublin Zoo, where you can learn all about healthy eating via our interactive educational 'Eat Well Plate' situated alongside our Incredible Edibles patch in the farmhouse garden! Email [office@agriaware.ie](mailto:office@agriaware.ie) for more information or advice on planning your trip!



**PLEASE ATTACH  
EXAMPLES OF  
WORK HERE**



**PLEASE ATTACH  
EXAMPLES OF  
WORK HERE**

## Agri Aware

Waverley Office Park, Old Naas Road, Bluebell, Dublin 12.

Tel: +353 1 4601103 Fax: +353 1 4601097 Email: [office@agriaware.ie](mailto:office@agriaware.ie)

[www.agriaware.ie](http://www.agriaware.ie)

[www.incredibleedibles.ie](http://www.incredibleedibles.ie)

[www.thefamilyfarm.ie](http://www.thefamilyfarm.ie)

[www.bestinseason.ie](http://www.bestinseason.ie)

[www.potato.ie](http://www.potato.ie)

[www.loveherbs.ie](http://www.loveherbs.ie)



Coordinated and compiled by: Dr Elizabeth Finnegan, Agri Aware

### Developed by:



AGRI AWARE

[www.agriaware.ie](http://www.agriaware.ie)

in association with:

**Bord Bia**  
Irish Food Board

[www.bordbia.ie](http://www.bordbia.ie)



[www.education.ie](http://www.education.ie)

**An Roinn Sláinte**  
DEPARTMENT OF HEALTH

[www.health.gov.ie](http://www.health.gov.ie)



[www.healthyireland.ie](http://www.healthyireland.ie)



[www.agriculture.gov.ie](http://www.agriculture.gov.ie)



[www.ifa.ie](http://www.ifa.ie)



[www.bordnamonahorticulture.ie](http://www.bordnamonahorticulture.ie)

**Country Crest**  
True to nature

[www.countrycrest.ie](http://www.countrycrest.ie)

**Keelings**  
OUR PASSION  
DELIVERS

[www.keelings.com](http://www.keelings.com)

**O'Shea Farms**

[www.iverkproduce.com](http://www.iverkproduce.com)



[www.meadepotato.com](http://www.meadepotato.com)



[www.ipmpotato.com](http://www.ipmpotato.com)



[www.teagasc.ie](http://www.teagasc.ie)



[www.indi.ie](http://www.indi.ie)