



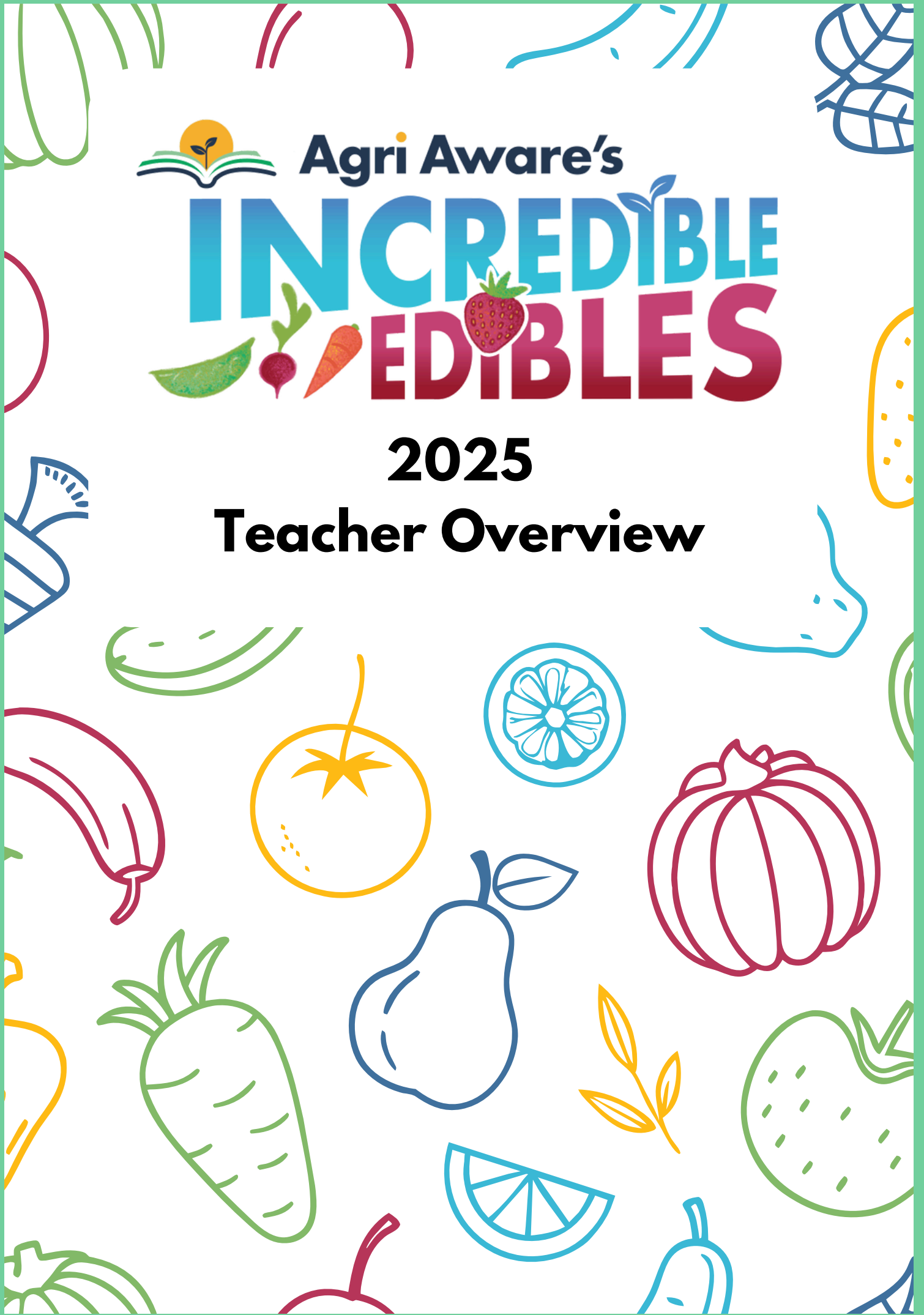
**Agri Aware's**

# **INCREDIBLE EDIBLES**



**2025**

**Teacher Overview**





## Teacher Welcome

Incredible Edibles is back! The programme returns for its 18th year and continues to introduce primary school students to the joy of growing your own food!

There has been some changes to the programme this year with refreshed tasks, fun quizzes, and a School of the Month competition which will give students a chance to be rewarded for all their efforts with each task.

We listened to feedback received from teachers and shortened the course from 5 tasks to 4. You will not be missing out on any of the important content though, we have just combined the content into the refreshed tasks. The reduced number of tasks will allow teachers more time to complete the programme in the class room.

We have also included new fun activities which have been separated for junior and senior groups, helping you to decide which activities would be beneficial for your particular class. There is no limit to which tasks or how many you choose to do, senior students can do junior tasks and vice versa, whichever suits you as a class group.

This booklet is designed to give you an overview of the tasks which can be found in the 2025 Incredible Edibles programme. It is also to help you, the teacher, understand any resources you may need for each task prior to it starting. The full guidelines will be available to all registered teachers in January prior to the programme starting in February.

**Submission deadline is 23rd May 2025.**



## **How to become an Incredible Edibles class or school!**

We have listened to feedback from teachers and combined tasks from previous years to reduce the work required to complete the course. In 2025, there are four tasks available to complete. You must complete a minimum of one task to be accredited as a Bronze Incredible Edibles School. If you complete all four tasks, you will be awarded Gold.

### **What are the tasks?**

The tasks may have a new name and a refreshed look, but each one will cover the same topics as always, with some new additions. Each task will contain learning outcomes, lesson contents and interactive activities to support what has been learned. The tasks for Incredible Edibles 2025 include:

***Task 1: Sowing & Growing***

***Task 2: Tracing our Food's Journey***

***Task 3: Roots to Recipes***

***Task 4: Balanced Bites***



## Timeline

**January** - Teachers will receive their guidebook which will contain all the information needed to deliver the programme including lots of activity suggestions.

**Full grow boxes will be sent to teachers that submitted projects to Incredible Edibles in 2024. Grow boxes will also be sent to those that take part in our pre programme quiz. This will be sent to all registered teachers in January so check your emails to receive the link. Remaining grow boxes and seed packs will be sent to teachers in order of registration.**

**February** - Task 1: Sowing and Growing can begin! Grow packs will be dispatched to teachers on the 10th of February and be delivered in the days following. This will give you plenty of time to complete Task 1, as the planting element is covered towards the end of the task.

**March** - This month is time to start Task 2: Tracing our food's journey! Students will learn all about the journey food takes to get to our plates! Also keep an eye out for the School of the Month Competition on Agri Aware's social media accounts!



## Timeline

**April** - Task 3: Roots to Recipes will teach students how to use the fruit and vegetables in tasty ways which will fill us up and give us lots of energy! Also keep an eye out for April's School of the Month Competition on Agri Aware's social media accounts!

**May**- This is the last month of the programme! Finish off with Task 4: Balanced Bites which looks at the variety of food we eat to gain nutrients and energy for our health and wellbeing. The deadline for submissions is the 23rd of May so make sure you get your submissions in before that date!

**June** - Prize winners will be announce for each catagory! Each teacher that made a submission will also recieve an email informing them of their Gold, Silver or Bronze certificate of achievement. The Incredible Edibles certificate and rosette will be dispatched to schools this month.



## Project and Submission Information

This year, we are looking for something different for the programme submissions. If you have taken part in the incredible Edibles programme previously, you may have submitted a collection of drawings, activities and pictures based on your work throughout the programme, documenting your progress throughout each chapter.

Following on from feedback we received from teachers, we have changed the project brief for this year. Instead of a documented record of the work done throughout the programme, this year we are looking for you and your class to get creative. We want you to submit something your class has designed or created to represent what they have learned during the programme. This can be a poster, collage, video, song, poem, story or any type of artwork. We want you and your class to show us what you have learned throughout the programme but in a way that is easier and more convenient for teachers.

We want to encourage online submission. You can take videos or photographs of your amazing creations and upload them to our submission portal. The portal will be open in April for you to submit your submission.

The upload should be made to the portal. Click below to access the Incredible Edibles 2025 submission portal.

**2025 Incredible Edibles  
Submission Portal**



## Project and Submission Information

Canva is a very useful tool that can aid you in the creation of an online submission.

If you have prepared your submission in PowerPoint format, please convert to a PDF before submitting.

If you have prepared your submission in Word Document, please convert to a PDF before submitting.

The project must be submitted by **23rd of May 2025**. Please get in touch with us at [office@agriaware.ie](mailto:office@agriaware.ie) to notify us of any late submissions or if you are having any difficulties.

**Note:** Every submission is required to be completed on the above online portal.



## **Tasks Overview**

Each task will bring students through different aspects of growing fruit and vegetables, where they come from, food production in Ireland, why fruits and vegetables are so good for us and creating tasty recipes with them.

Each task is split into sections, each focusing on a different element of that task. The teacher guidebook will contain all the guidance you as the teacher will need to complete each task, as well as activity sheets and teaching aids to help along the way. Each task will also contain suggested activities that can be completed for both Junior (infants to 2nd class) and Senior (3rd class to 6th class) students. These tasks are not limited to those age groups. If you feel you can use the suggested tasks for younger or older classes, please feel free to do so. These are just suggestions.

### ***Task 1: Sowing and Growing***

### ***Task 2: Tracing our Food's Journey***

### ***Task 3: Roots to Recipes***

### ***Task 4: Balanced Bites***

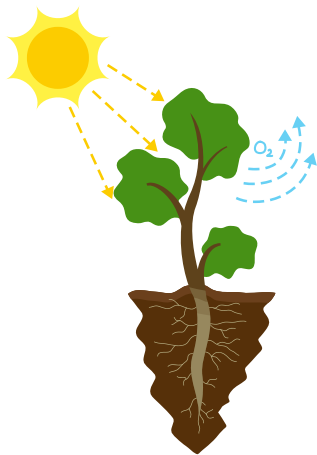




# Task 1 Sowing and Growing

## Task 1 objectives

- Appreciating how plants grow to produce our fruit and vegetables
- Take responsibility for caring for the plants and ensuring they have all they need to grow
- Understanding the plant cycle
- Identifying plant parts
- Understanding what plants need to grow

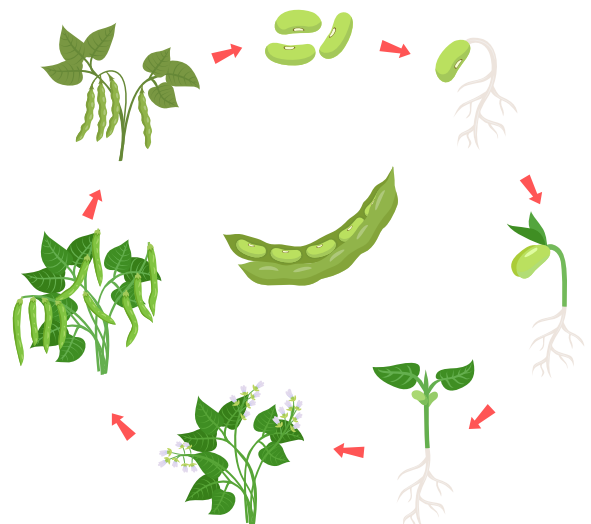


### 1. What plants need to grow

In this section, students will learn the importance of sunlight, water and soil to a growing plant. Older students will also learn in more detail the role photosynthesis plays in creating energy for the plant.

### 2. Understanding the plant cycle

This section will look at the cycle of a growing plants from seed all the way through to fruiting and seed production.

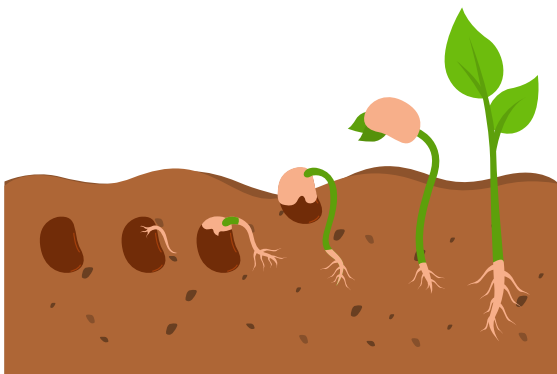




## Task 1 Sowing and Growing

### 3. Identifying plant parts

Students will learn the role each part of the plant plays in it growing and producing tasty fruit and vegetables.



### 4. Growing

Students plant their own fruit and vegetables from the Incredible Edibles grow pack and watch as they develop into tasty fruit and vegetables.

**During the course of Task 1 you may require the following:**

- Agri Aware's grow pack (boxes will be dispatched on the 10th of February)
- Markers/crayons
- Paper
- Task 1 activity sheets



## Task 2: Tracing our Food's Journey

### Task 2 objectives

- Students will understand where fruits and vegetables originate from
- Students will learn about the importance of farming and how food is harvested
- Students will be able to identify and understand the origins of fruits and vegetables

### 1. Growing fruits and vegetables



In this task students will learn where fruits and vegetables originate from. That some grow on trees such as apples and oranges, some on vines such as tomatoes and cucumbers, and some in the soil such as carrots and potatoes.

### 2. Farming in Ireland

Students will learn that Ireland is a great producer of crops due to the climate that we have here.





## Task 2: Tracing our Food's Journey

### 3. Local produce

Students will learn the importance of buying food that is produced here in Ireland. This is made easier by looking for the Bord Bia quality mark in the supermarket for example. It can be explained here that the Bord Bia quality mark is proof of high quality food.



### 4. Seasonal Produce

There is an opportunity here to teach students about the benefits of eating seasonal produce to improve the quality of the ingredients they are using.

**During the course of Task 2 you may require the following:**

- Packaging or wrappers from food products
- Markers/crayons
- Paper
- Task 2 activity sheets



## Task 3: Roots to Recipes

### Task 3 objectives

- Make the connection with the food they have grown and what ends up on their plate.
- Enhance basic cooking skills.
- Build self-confidence preparing meals from start to finish.
- Promote teamwork if working in groups.



### 1. Food preparation and food hygiene

Students will learn simple tasks involved in food preparation like washing their hands, as well as washing the fruit and vegetables they use.

### 2. Cooking

We have provided 2 straight forward recipes:

- A strawberry Milkshake
- Colcannon





## Task 3: Roots to Recipes



### 4. Irish Dairy Production

This section will teach students about Irish dairy production and how various dairy products are made.

### 5. Raiding the recipes

This section will give students the chance to discuss their favourite recipes and encourages them to identify the types of food used in their recipe.



**During the course of Task 3 you may require the following:**

- A place to cook / Portable Hob.
- Saucepans & Pans
- Blender
- Plates & cups
- Fruits and vegetables



## Task 4: Balanced Bites

### Task 4 objectives

- The importance of eating a balanced diet.
- Understand how different foods have different nutrients that our bodies need.



### 1. Balance is good for plants and us

Here we draw a comparison between the weather and our food. Just as plants need a balanced mix of sunlight, rain, and wind to grow and thrive, we need a variety of nutritious foods to help our growth and well-being.

### 2. Our food rainbow

An engaging activity for children during this task is to create a food rainbow. Just as sunlight and rain come together to form a beautiful rainbow, a variety of foods can come together to make one too!





## Task 4: Balanced Bites



### 3. Food for a balanced plate

Students will learn about the foods that we need to make sure we are all getting a balanced mix of foods in our diet.

### 4. What's on your plate?

Students will get the chance to design their idea of a balanced meal which includes all the elements we have learned during this task.



**During the course of Task 4 you may require the following:**

- Markers/crayons
- Paper
- Task 4 activity sheets
- Shopping magazines that contain images of food (supermarket magazines are ideal)
- Glue
- Scissors



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