



Getting Children Interested in Gardening

Gardening is a healthy fun activity for children. It keeps children active and can help teach them where fresh food comes from, builds responsibility and self-confidence and helps foster a love of nature.

There are a range activities that children can help to assist with. Some examples include:

- Watering the garden
- Digging or weeding
- Picking flowers
- Planting vegetables, fruits and flowers in the correct season
- Picking vegetables and fruits when they are ready to eat
- Gathering seeds and dried flowers
- Deadheading flowers



When children help to grow their own food, it increases the chances of them

trying new food too. It also helps if they are involved in preparing the food they eat.

Some tips to get your kids involved in the kitchen is to:

- Get them to help out in meal decisions – do we want carrots or zucchini in our dinner tonight?
- Give children their own age-appropriate tasks – this may be washing the veggies, measuring ingredients, or stirring
- Allow children to taste the food at different points of preparation. This helps them to explore different tastes and textures before and after cooking

