



Plant a Pizza Garden.

ACTIVITY PLAN



Growing our own food encourages patience, responsibility, and resilience — reminding us that what we nurture with time and care not only feeds our bodies, but also strengthens our social and environmental connections.

Growing your own food has many benefits.

- Body: Fresh food has many beneficial vitamins and minerals.
- Mind: Gardening reduces stress and makes kids feel proud when they eat what they grow.
- Environment: Growing food helps reduce waste and teaches kids about caring for the planet.

**Fresh veggies and herbs from the garden taste great.
Have a go at growing your own.**



Materials Needed:

- Small pots or garden space
- Soil
- Seeds or seedlings (tomato, basil, oregano, capsicum, or chilli are great)
- Gardening hand tools - spade or fork
- Watering can
- Textas and craft sticks to label plants



Most veggies and herbs will be ready to harvest in 70-80 days.

Making Pizza Toast

For a tasty and nutritious lunch, try adding your fresh veggies and herbs on top of Bakers Delight's Lunchbox Pizza Toast recipe, using their Hi-Fibre Lo-Gi White Block Loaf.



See bakersdelight.com.au/recipes for more ideas!