



Curriculum Aspiration: Understanding the World:

To grow and care for my own plants and make food with them.



Milestone 1



Children begin to develop an understanding of how plants grow through practical planting and care experiences. They learn simple plant-related vocabulary, observe changes over time, and explore the basic conditions plants need to thrive, including water, sunlight and care.

Milestone 2



Children develop increasing independence and responsibility when caring for plants, observing and discussing changes as they grow. They take part in harvesting produce and simple food preparation activities, helping them understand the journey from growing to eating.

Milestone 3



Children develop a deeper understanding of how plants grow and can explain the journey from seed to food. They use ingredients they have grown in simple recipes and show respect for nature by recognising the importance of caring for plants and the environment.