

IT HAS TO BE **HEINZ**

**GROW
YOUR
OWN**

Dear Teacher,

Welcome to the **Grow Your Own educational programme**, brought to you by Heinz Tomato Ketchup 50% Less Sugar & Salt. This free science-led programme inspires pupils aged 5-7 by taking them on a tomato-growing adventure! Guided by the cheeky-but-irresistible Tomato Twins, Henry and Holly, pupils will learn about the parts of a flowering plant, what plants need to grow, and where food comes from.

The resources

The programme contains the following resources to excite your little learners about growing:

- **84 seed packets** – Use some with the whole class at school and give the others to the pupils to take home, so they can continue to learn about plant growing with their families.
- **84 growing pots** – Each pupil can be given a pot and one of the class seeds, to begin growing their plants at school before taking them home. Use spare pots to grow plants for the whole class to observe.
- **e-storybook** – To introduce the topic, read through this visually engaging PowerPoint story to help pupils understand how tomatoes grow from seed to fruit
(found at: www.nationalschoolspartnership.com/growyourownireland)
- **Activity ideas** – Select flexibly from these fun, hands-on, cross-curricular activity ideas around the tomato-growing theme to create the ideal learning journey for your pupils.
- **Parent leaflet** – Send this home to show parents how they can support their children's learning by growing tomatoes at home – includes Grow Your Own competition information.

The Grow Your Own Learning Journey:

1. Select which of the activities ideas you'd like to use with your class.
2. Introduce the topic and spark pupils' imaginations by taking them through the e-storybook.
3. Use your growing pots and class seeds (one per pot) to start some class plants and individual pupil plants.
4. Send home the individual pots, pupil seed packets and parent leaflets.
5. Have fun carrying out your chosen activities.





Curriculum Links

Junior and Senior Infants

Science – Strand: Living things – Strand unit: Plants and animals

First Class

Science – Strand: Living things – Strand unit: Plants and animals

SPHE – Strand: Myself – Strand unit: Taking care of my body

For more detailed curriculum links, see www.heinzgrowyourown.ie/schools

Tips for growing your tomatoes

The e-storybook has been designed to take pupils through the growing journey, with tips for every stage. It can be used at the beginning of the programme but also revisited as your class tomato plants develop. Here's a helpful timeline with tips for your pupils' tomato-growing adventures:

Timeline	Stage	Growing tips
Week 1-2 (anytime between Feb and Apr)	Seed	Plant tomato seeds in compost soil, using a small, well-draining pot. Leave in a sunny place, such as a windowsill. Water thoroughly, and allow water to drain out of the pot. Water every 5 days.
Weeks 3 to 8	Seedling	Continue to water thoroughly, allowing the water to drain out, every 5 days.
Weeks 9 to 12	Leaf	Move plant to a larger pot (about 30cm in diameter). Pull the plant and soil from the small pot, and place it in the large pot with additional soil. Make sure the top of the plant is sticking out of soil. Water thoroughly, allowing the excess water to drain out. Water every 5 days.
Weeks 13 to 20	Flowering	Yellow flowers appear. Water thoroughly every 3 days
Weeks 16 to 20	Fruit	Flowers wither and fruit first appears as a small green ball. Continue to water every 3 days
Weeks 22 to 25 (anytime between Jul and Oct)	Fruit	Harvest when the tomato is bright red.

Good luck! We hope you and your pupils enjoy your tomato-growing adventure!