



WORKSHEET

HEALTHY SOIL WEEKLY SCHEDULE

Once upon a time... the soil, where our food starts!

When you choose seasonal and locally grown food, you're supporting farmers who respect the land and helping to ensure that the soil remains fertile for future generations. In this worksheet, you'll plan a week's worth of meals, choosing different fruits, vegetables and grains or pulses for each day. Then, you'll write or draw to show how each choice can help protect the soil.

Day	Fruit	Vegetables	Cereals/Legumes	Effect on Soil
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



GROUND OBSERVATION ACTIVITY

Bring a handful of soil from home or school. Take a close look and record your observations in this table. You can write words or draw. Then, reflect: how can your food choices help this soil to become healthier and more fertile?

What to watch out for	My observations (text or drawing)
Soil colour	
Texture (fine, coarse, sandy, clayey...)	
Smell of the soil	
Presence of roots or plant debris	
Presence of animals/organisms (e.g. earthworms, insects)	

Reflection: What can you do in your food choices to help this soil become healthier?