



PENRITH LAKES ENVIRONMENTAL
EDUCATION CENTRE

Kitchen Garden Program

The Penrith Lakes EEC Kitchen Garden Program is a comprehensive, cross KLA program that addresses sustainability, wellbeing, ATSI and educational outcomes through hands-on, real-world learning.

The program supports students in learning to grow, harvest and prepare fresh, healthy food.



Scan to find out more

Authentic learning . Healthy people . Flourishing environment





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WHAT'S NEW IN 2025!

New lesson plans, activities and stand alone units on offer for all schools joining the Kitchen Garden Program in 2025.

NEW LESSON PLANS AND UPDATED ACTIVITIES

Updated activities and lesson sequences for all Stages, with a new and fresh take on the Kitchen Garden Program.

New recipes for students to cook during their cooking classes, along with picture guided recipes for students to follow.

Literacy and numeracy garden and cooking lessons for teachers to use in the classroom following on from Kitchen Garden Lessons.

NEW STAND ALONE UNITS FOR ALL STAGES

10 week units on the following:

- Country and Culture
- Composting
- Worms
- Bees
- Waste
- Water
- Energy

BE PART OF THE KITCHEN GARDEN PROGRAM IN 2025

If you would like the Penrith Lakes Environmental Education Centre KG Team to be part of your school's Kitchen Garden Journey, there are two models we offer to NSW schools

Face to Face - In School Program

(Subject to teacher availability)

PLEEC Kitchen Garden Teacher - 1 day per week for the full school year.

Comprehensive, cross KLA program for all Stages with lessons for garden set-up, garden maintenance and cooking in the classroom.

Four to five classes per day.

Cost: \$28,500 per year

(Additional funds will be required for maintenance, kitchen and garden set up, and supplementary food).

Online Support Program

Online support to set up and run the KG Program in your school.

Comprehensive, cross KLA program for all Stages with lessons for garden set-up, garden maintenance and cooking in the classroom.

Three-weekly Zoom collaborative meetings with the KG Coordinator and other schools participating in the program.

Individual support where required.

Cost: \$2,500 per year

(Additional funds will be required for maintenance, kitchen and garden set up, and supplementary food).

If you have any further questions and interested in undertaking the program, please contact the centre:

Phone: 02 4730 3630

Email: penrithlakes-e.school@det.nsw.edu.au