**Health and Wellbeing**

“The available research evidence suggests that food growing can have a beneficial impact on the physiological health of participants. The physical tasks of food growing contribute to a broader understanding of the range of ways of staying active. Participating children and young people enjoy having access to fresh air and outdoor spaces, and teachers report that they take greater responsibility for their own health. Children and young people and teachers also report that they are more physically active as a result of food growing.”

Food Growing In Schools Taskforce: Main Report March 2012 **[Read the full report](http://www.gardenorganic.org.uk/organicgardening/food-growing-in-schools.php)**

and Nelson, J., Martin, K., Nicholas, J., Easton, C., and Featherstone, G. (2011) *Food Growing Activity in Schools*, National Foundation for Educational Research, Slough

“The benefits to individuals are a feeling of well-being, satisfaction and achievement that they have grown something, possibly for the first time.”

Worthinghead Primary School, Bradford