**Self-esteem and confidence**

“There is strong evidence from published research and practical experience, that food growing in schools has a profound positive impact for the children and young people, teachers, schools and wider communities involved. When delivered effectively, children and young people achieve more in their learning, have better dietary health and have higher self-esteem and confidence.”

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

“Students also develop confidence and self esteem as they see their plants growing successfully and their animals flourishing.”

Thomas Alleyne’s School, Uttoxeter. Ofsted report