



# EATS Educates: Impact Report

2024 - 2026



“ I didn't even know that my kids would eat vegan style vegetable noodles and artichoke soup  
**Megan (parent)** ”

# THE VISION

EATS Rosyth was established in 2015 with a clear mission:

**To create welcoming spaces that encourage people to connect, learn and thrive, while improving health, wellbeing and social inclusion.**

**With a range of diverse and ambitious projects, through this connection to food and nature, the opportunity arose in May 2024 to extend this vision with a two year pilot project in community education with all four primary schools in Rosyth.**

With funding from Fife Council's Community Recovery Fund and OVO Foundation, a community-based food education programme was launched called EATS Educates. By engaging the youngest members of the community, the project aimed to strengthen food awareness and environmental responsibility for future generations in Rosyth.

A project team of three, Joe, Laszlo and Josh was set up. To establish a baseline level of food literacy among pupils, an initial survey was conducted in June 2024, involving over 500 pupils. The findings concluded that half of the children had never eaten certain fruits and vegetables such as courgettes or carrots, and teachers reported that many children struggled to recognise common everyday produce. The survey also revealed a strong desire for more outdoor learning in green spaces and gardening opportunities - over 70% of pupils

expressed an interest in these activities. The findings highlighted an urgent need to improve access to nutritious food, increase food education, and promote health and wellbeing across the whole school community.

The EATS Educates team began to develop a hands-on food education programme.

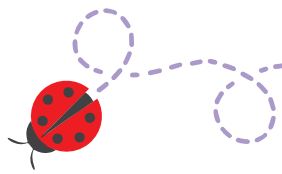
## THE PROJECT HAD CLEAR GOALS

- To have a positive lasting impact on health and wellbeing
- Active involvement in planting, harvesting and cooking
- Broaden diets and reduce reluctance to new food
- Gain practical food growing and cooking skills
- Transform green spaces for outdoor learning
- Develop life skills and learn simple DIY tasks
- Learn importance of wildlife conservation, biodiversity, recycling and composting
- Support curriculum activities
- Build confidence, team work and independence while having fun
- Nurture a stronger connection between food and the natural world

With these objectives EATS Educates would lay the foundations for healthier individuals and a more resilient community.



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# PARK ROAD PRIMARY SCHOOL

Park Road Primary has an extensive school site; however, much of the grounds are dominated by tarmac. Despite this limitation, pupils participating in the project have gradually expanded the amount of usable green space available. This was an essential goal for the team, because during our initial consultation, both teaching staff and pupils expressed a strong desire for more natural outdoor areas to support learning and wellbeing. Due to Rosyth's unique topology, this school is prone to significant flooding with water levels occasionally reaching up to 1.5 metres. This could affect the project significantly, but both the project team and pupils designed growing spaces to minimise any possible consequences. This was achieved by higher raised beds, different compost mix, extra protection for raised beds and planting more moisture tolerant plant species.

- Primary 5 and 6 classes participated in alternating weeks, with over 120 pupils involved directly
- Park Road also participated in the Soil to Slice programme, enabling pupils to experience the full journey of wheat production, from sowing and growing, to harvesting, threshing, milling and baking. This immersive, hands-on approach not only built valuable practical skills but also helped pupils develop a strong appreciation of wheat's significance to Scotland
- Because of the proximity of Rosyth Public Park, this area was included in the teaching sessions, utilising the pond and other green areas for observing wildlife and learning about different habitats



## CHALLENGE

- School ground covered in tarmac

## OUTCOME

- Wildflower area and usable green space created for outdoor learning

- A dedicated wildflower area was created, alongside improved use of existing green spaces. This increased opportunities for pupil engagement while positively supporting their wellbeing and enhancing local wildlife populations
- An additional raised bed was built at the nursery garden
- Cooking sessions became popular with teamwork and skills being developed

## Developing Cooking Skills

At the outset, the baseline survey revealed that pupils at Park Road Primary had the lowest levels of fruit and vegetable consumption, with only 14% to 30% reporting regular opportunities to taste fresh produce. This insight formed the project's core objective: to increase pupils' exposure to, and confidence in, working with fresh ingredients.

The impact was evident early in delivery. During cooking sessions, pupils demonstrated genuine curiosity, asking thoughtful questions about herbs, spices, and cooking techniques. They listened attentively to instructions and showed enthusiasm

when sampling new fruits and vegetables.

Teamwork developed with pupils taking ownership of a range of roles - including chopping, peeling, seasoning and cooking. Even routine activities such as washing up were approached positively, with pupils organising themselves into teams to clean equipment.

The Soil to Slice session focused on baking, with pupils engaged in every stage - from measuring flour and mixing, to kneading and shaping. Pupils baked rolls and flatbreads, compared their own products with shop-bought alternatives, and deepened their understanding of the value of locally produced food.

This was recognised by the school, by committing further support by allocating a dedicated space for cooking classes, complete with a fully equipped kitchen. More recently, primary 5 pupils delivered their first self-led cooking lesson during class time, independently preparing carrot and lentil soup. This represents a significant milestone and a clear indicator of their growing skills, confidence, and independence.





"I know now that pumpkins, sweetcorn and beans like to live together"

**Logan, Age 11**

"I learnt that it is important to look after our environment"

**Miah, Age 10**

"I would describe the Educates sessions as fun, sometimes messy and very educative"

**Hanna, Age 10**

"This is really fun and makes you want to go outside more"

**Mirryn, Age 8**

"My favourite part is to cook"

**Connor, Age 11**

"It was great that the activities were so hands-on and the children were involved at every stage. It was all explained well and clear expectations set. Lots of opportunities for children to share and extend their knowledge"

**Stephanie Hanton, primary 5 teacher**

"Got to smell and taste herbs, good engaging sensory activity. Kids were trusted to do serious planting themselves"

**Helen Pearson, primary 5 teacher**



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**Alison Forbes,  
Principal Teacher**



*Park Road Primary School have thoroughly enjoyed participating in the EATS Educates programme over the last two years. It has provided meaningful, hands-on opportunities for our learners to be involved in planting, cooking and developing a real understanding of responsibility.*

*A stand-out moment was seeing the full journey from planting seeds through to harvesting and cooking, which truly captured the children's enthusiasm and sense of achievement.*

*The impact on our learners has been significant, particularly for those who are more reluctant to engage, as the practical nature of the programme enabled them to participate confidently and consistently.*

*Professionally, both teachers involved with the programme have gained valuable knowledge and increased their confidence in delivering food education in a purposeful, engaging way.*

*At a whole-setting level, EATS Educates has strengthened our approach to experiential learning and enriched our curriculum, and we are very grateful for the opportunity to be involved.*

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COMMUNITY ENGAGEMENT



GROWING ACHIEVEMENT



HAVING FUN



RETENTION OF LEARNING



# KINGS ROAD PRIMARY SCHOOL

Kings Road Primary benefits from a unique setting, featuring the largest enclosed quad among the Rosyth Schools, this was identified as the main growing space. The sheltered courtyard acts as a natural suntrap, offering excellent protection from the elements, particularly strong winds, making it ideal for cultivating plants. The school had a range of existing structures that were enhanced and seamlessly integrated into the project, including planters, a grow house, benches and tables.

However the quad was unsuitable for use due to a number of safety concerns. With the support of EATS Educates repairs were completed, to transform the area into a fully functional space for learning and growing. This improvement was enabled by the “Food for Thought” grant.

- Six large size raised beds were built in June 2024 to accommodate a suitable growing area
- An additional raised bed was established for the early years garden
- Most of the existing containers were used throughout the year for planting and sowing
- Pupils completed a “Soil to Slice” project. They sowed, grew, harvested, threshed and milled wheat from one of the raised beds, then baked delicious bread rolls and croissants from the flour
- Pupils gained other new skills and hands-on experiences too. From sanding, scraping and painting benches in vibrant colours, to using different tools to transform the internal quad
- Wormery and composting bins were established to recycle garden and food waste



- BEFORE**
- unsafe and unused ground
- AFTER**
- 7 raised beds
  - wildlife habitats
  - outdoor classroom

- One primary 5 class took part in the project each school year, remaining involved with EATS Educates Project from the beginning. This sustained participation fostered a deep sense of ownership, connection to the quad and teamwork
- Highlights included a Food and Farming event at Kings Road, attended by 186 pupils, organised in partnership with the Royal Highland Education Trust (RHET)

## Thriving New Habitats

**The EATS Educates team identified an underused space at the front of the school with potential to be transformed into a dedicated wildlife habitat.**

**With guidance, primary 5 pupils took the lead in bringing this vision to life. They designed and constructed a full-size bug hotel using reclaimed pallets, incorporating a wildflower living roof, three handmade solitary bee boxes, and four gabion cages filled with deadwood.**

Pupils carried out essential groundwork. They cut back overgrown brambles, cleared and levelled the area, and sowed native wildflower seeds to encourage pollinators and support biodiversity.

To further enhance the site, pupils installed ten bird boxes across the school grounds, extending the project’s impact beyond invertebrates to support local birdlife. These activities took place over several weeks, with pupils demonstrating commitment, teamwork, and a growing sense of ownership throughout the process.

Early signs of success are already visible. As habitats continue to establish, they are expected to provide vital refuge for thousands of invertebrates and birds, as well as a thriving ecosystem for microorganisms. Together, these features will significantly enhance local biodiversity in and around Rosyth creating a lasting outdoor learning and observation space for pupils and the wider community.





"I really liked it all. Chopping, sawing, watering, cooking and using the screwdriver and drill"  
**Oscar, Age 10**

"I learned that minibeasts are not harmful and we have to protect them"  
**Sophie, Age 10**

"Working with EATS Rosyth is super fun. You can plant things, help bugs, make bug hotel and you create posters, eat yummy food and way more and most importantly clear up the quad!"  
**Niamh, Age 10**

"I loved seeing and learning about bees, they pollinate to help plants and crops. They make tasty honey and are good for biodiversity and my health."  
**Ian, Age 10**

"Discussion, questions and answers were free flowing and organic, allowing for different learners to ask questions and share their ideas"  
**Joanna Frost, primary 5 teacher**



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## Nicola Ross, Teacher

*Pupils were engaged and enjoyed many practical, hands-on lessons. They enjoyed lessons in the classroom where they gained and extended their knowledge. An example of a standout moment of the programme was on harvesting day. Pupils were so enthusiastic in harvesting vegetables and talked at length about what they produced. To have been part of the experience from planting to harvesting was a really exciting experience for them. They were able to take items home to their families as well.*

*Another stand out moment was when EATS Educates teamed up with RHET and the pupils*



*learned from local farmers about areas of farming, this was something pupils had very limited knowledge and experience with.*

*It was a joy to work with the team, they were very supportive and led the project with expertise and leadership. Using their in-depth lesson plans allowed the pupils in my class to enjoy learning and meet many outcomes and benchmarks from the curriculum that otherwise would have been unachievable due to lack of staffing/ funding.*

*It also meant that I was able to develop my confidence and Professional Development by gaining exposure in an area where I lacked experience and confidence.*

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NEW TASTING EXPERIENCES



ENVIRONMENTAL AWARENESS



LEARNING LIFESKILLS



TEAMWORK



# ST JOHNS RC PRIMARY SCHOOL

St Johns Primary enjoys an ideal location for outdoor learning and food-growing, with south-facing, wind-sheltered planting areas. However, these conditions also presented a challenge for the team, as rapid soil drying made effective irrigation crucial. Pupils thoroughly enjoyed observing their crops grow rapidly, with harvesting taking place sooner than in other settings. As a result, forward planning and design became particularly important and were carried out to an exceptional standard by them. Through strong teamwork, pupils successfully organised a watering rota, effectively overcoming potential irrigation challenges.

Throughout the project, the Parent Council provided outstanding support. Several members attended sessions regularly and helped maintain the growing areas during school holidays, ensuring the pupils' efforts could flourish despite the irrigation challenges. Their continued involvement has been vital to sustaining and expanding the school's outdoor learning environment.

- More than 20 different types of fruit and vegetables have been sown, grown, harvested and eaten either raw or cooked by the pupils
- During the first season primary 5 pupils were involved throughout the school year, second year the Eco committee was allocated to be part of EATS Educates sessions. This strengthened the whole school approach as pupils from primary 3 to primary 7 were involved
- 25 Alder trees were planted by pupils in the surrounding area in collaboration with the Fife Coast and Countryside Trust
- Cooking sessions became very successful with a high proportion of pupils tasting something new in most of the sessions



The project faced several practical growing challenges but produced strong educational, environmental and wellbeing outcomes. Pupils developed teamwork, independence and became more engaged with biodiversity, food growing and sustainability

- New rainwater collection butts were installed throughout the school, currently each internal quad and the vast external growing areas have their own rainwater collectors, watering is not an issue anymore
- Along with annual crops, many perennial wildlife-friendly species were introduced
- St Johns has the biggest herb garden, these herbs were all used during cooking sessions
- St Johns was the second school to install a full-sized worm composting unit and traditional composter to recycle food waste

## Vibrant Greenspaces

From the outset, it was clear that the school had good potential for a pupil led food-growing development due to the extensive growing space available. Along with external brick planters, three internal courtyard areas equipped with raised beds, wooden planters and a variety of structures.

The project began with pupils revitalising the external brick planters. After they were weeded, old membranes were replaced, and each planter

given fresh compost. This required teamwork and coordination while using gardening equipment. They enjoyed learning new skills, especially working with hand tools. One planter was repurposed as the foundation for the new wildflower area.

As regular sessions progressed, three internal quads were gradually restored, overgrown shrubs were trimmed back, courtyards were cleared, rainwater collection systems installed, wooden raised beds were refreshed and new plants including rhubarb were introduced. These new additions helped pupils design their own safe spaces, improving their wellbeing and provided enjoyable green spaces for the whole school to enjoy.

Each quad developed its own identity: The Early Years Quad was redesigned as a sensory garden, incorporating aromatic herbs, tactile plants, and flowering species. Pupils now enjoy breaks and refresh their minds during school hours. The Central Quad was transformed into a dedicated wildlife habitat to encourage biodiversity, perfect for observation and conservation. The Senior Quad became a productive food growing and composting area, supporting pupils' learning around sustainability and closed loop systems.





"I love it when we talk about crop rotation, how crops use the sun as food, cooking the food we have grown and of course eating the yummy pumpkin seeds"  
**Ava, Age 12**

"I liked eating and growing but I liked cooking the most because I barely get to cook at my house"  
**Sasha, Age 9**

"I have enjoyed growing fruits and vegetables and plants the most because its entertaining and fun"  
**Aaron, Age 10**

"...lots of variety of combinations of the Eton Mess was available, providing alternates for students with lactose intolerance"  
**Carolynn Diegano, primary 4/5 teacher**

"Having multiple work stations on the go at once was effective for keeping all students engaged"  
**Ross Jack, primary 4/5 teacher**



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## Drew Murray, Headteacher

Since the Eco Committee became involved in EATS Educates sessions, pupils' relationship with their school environment has strengthened considerably. Children now willingly take responsibility for caring for both indoor and outdoor growing spaces, regularly choosing to weed, tidy, and maintain garden areas during free moments at break times. Committee members demonstrate clear ownership of these spaces, frequently revisiting topics from previous sessions and generating new ideas inspired by what they have learned. This shared responsibility has also led to noticeable improvements in how pupils communicate, collaborate and support one another.

The transformation of the internal quads has been particularly striking. Planting areas have been thoughtfully refreshed and repurposed, including



the creation of a pond and rockery designed and built by pupils with light guidance. The wildflower area continues to capture pupils' interest, especially during flowering periods when pollinators are easily observed. The herb garden has also become a focal point for curiosity, with pupils regularly seen exploring the plants through smelling, comparing, and discussing their characteristics.

Pupils increasingly apply learning from EATS Rosyth beyond the sessions themselves. During recent activities, they explored food preparation and cooking techniques while naturally drawing on numeracy skills to measure ingredients.

Pupils have independently organised shared routines such as watering plants and recording changes, demonstrating growing confidence, teamwork, and self-direction without adult prompting. Our partnership with EATS Rosyth is supporting us in achieving our Green Flag Award.

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NATURE BASED LEARNING



ENHANCED BIODIVERSITY



NEW FOOD EXPERIENCES



HEALTHIER EATING HABITS

# CAMDEAN PRIMARY SCHOOL



Camdean Primary offers a uniquely rich outdoor environment that provides exceptional opportunities for pupils' learning and wellbeing. The grounds are extensive and diverse, featuring a range of natural elements with a mix of terrain. It also benefits from a variety of micro-habitats, with sunny, shaded, wet and dry areas all present. This diversity makes the grounds an ideal setting for outdoor education, food growing, and wildlife conservation activities, offering pupils meaningful, hands-on experiences that support both curriculum learning and wider environmental engagement.

- Six new galvanised raised beds were built to create a new growing area in the setting
- EATS Educates achieved the widest direct pupil engagement. Lessons were delivered across primary 2 to primary 7, with activities tailored to suit learners' level and requirements. Over 200 pupils across eight classes participated, along with 12 teachers and support staff
- The school's first-ever Eco Council was established to give updates to the school's assembly and support the School Improvement Plan
- Camdean School grounds are ideal for wildlife and a large bug hotel, three hedgehog boxes and ten bird feeders, were built and installed to enhance and support wildlife habitats
- Demand for growing activities remains very high, with raised beds consistently being used at 95% capacity



**BEFORE**  
• No dedicated wildlife habitat or food growing areas

**AFTER**  
• Major new growing areas created and ECO Council set up

## Expanding Biodiversity

Following detailed site assessments and measurements, the team identified an opportunity to create the project's largest wildflower habitat. A 60 m<sup>2</sup> triangular grassy area was selected for transformation. Primary 5 and 6 pupils sowed a carefully chosen wildflower meadow mix sourced from Scotia Seeds consisting entirely of native grasses and wildflower species, the majority originating from Fife. This activity required fine motor skills and strength to prepare the ground. With proper guidance, pupils were able to complete the

mission from start to finish while learning about the wildlife these types of meadows attract, as well as learning about the impact of wildflower habitat destruction in the UK.

The meadow established quickly and was supporting a rich variety of pollinators and other insects. Once fully matured, this area will provide a significant refuge for wildlife, with the potential for natural seed dispersal to expand biodiversity across the surrounding grounds. This initiative aims to create an extensive native wildflower corridor in the heart of Rosyth, delivering long-term environmental benefits for both nature and the community.





"I have learnt how to listen carefully to nature's sounds around me and this is very calming"

**Brian, Age 9**

"Planting is fun"  
**Richie, Age 10**

"Fun fact: the bigger the bulb the deeper it goes"  
**Jennifer, Age 9**

"I have learned how to use gardening equipment and how to harvest plants properly"  
**Nola, Age 8**

"Educates is not only fun, but it is kind of an exercise, because we go outside and move a lot"  
**Junior, Age 9**

"The practical sessions were inclusive, informative and engaging"  
**Victoria Williams, primary 4/5 teacher and Eco-lead**

"It showed kids how simple it was to 'grow your own'"  
**Gemma Azhar, primary 6/7 teacher**



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## Victoria Williams, Teacher

*My class and wider school have been very fortunate to have learned from the expertise of Joe and Josh from EATS Rosyth over the last two years.*

*They have engaged in a huge number of activities which have expanded our pupils' understanding in a whole host of areas: the basics of planting and caring for plants, the processes of decomposition and fertilisation, the importance of maintaining suitable habitats for wildlife, how weather affects plant growth, as well as a general fostering of stewardship towards our natural environment.*

*The children are taking pride in their surroundings, routinely collecting rubbish and making comments about 'respecting nature' and 'helping our planet'. The Eco Committee have also committed to looking after the*

*outdoor spaces in their break and lunch times and are very enthusiastic about this role. The physical appearance of our school grounds has improved too.*

*I am aware of children linking their learning to other areas of the curriculum. For example, in Health and Wellbeing we recently learned about the nutrients required to support growth in humans at different life stages, and they were able to give very specific examples of natural food sources of different vitamins, and then more information about how to properly prepare or cook these foods.*

*The hands-on aspect of the EATS Rosyth experience is so engaging and different than the way we typically teach other subjects. I am very grateful to have had the opportunity to work with EATS Rosyth, and I hope this partnership will continue into the future as it is so beneficial to our entire community.*

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OUTDOOR LEARNING



INCREASING UNDERSTANDING



CREATIVE LEARNING



SUPPORTING WILDLIFE



99%

of the teachers agreed that pupils were engaged and enjoyed participating in the EATS Educates sessions



471 learners

directly engaged in lessons and a further 300+ indirectly engaged through a whole-school approach



93%

of teachers agreed that materials and resources were appropriate for the age group of the learners



100%

of the sessions were structured and well organised according to the teachers



95%

of the learners tasted something new during EATS Educates lessons



408 hours

of lessons delivered across **four Rosyth Primary Schools**



300kg

of school-grown produce cooked or distributed to pupils



96%

of teachers agreed that the topics covered fitted the curriculum objectives



92%

of pupils described EATS Educates sessions with positive words such as **fun, interesting, good, amazing, pleasant, happy and enjoyable**

## WHAT THE ADULTS SAY...

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*EATS Educates was developed in response to well-known evidence of low fruit and vegetable consumption among Scottish children and increasing levels of food insecurity in Fife. During*

*early needs assessment, I observed a P7 class visit where two children said they had never eaten apples before, reinforcing the urgency and relevance of this work. My intention was not to tell children what they should eat, but to make growing, tasting and preparing fruit and*

*vegetables an enjoyable, accessible and normal part of everyday life. A stance reflected by the Vision and Objectives of EATS Rosyth. From the outset there was enthusiastic engagement from Rosyth Schools, Fife Council and Public Health partners, this was essential in shaping and building the success of the project. EATS Educates contributes directly to reducing inequalities and building a healthier, more resilient community food culture in Rosyth and beyond.*

**DR CHARLOTTE OAKLEY**  
General Manager EATS Rosyth 2023-2025

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*The Community Recovery Funded ‘EATS Educates’ project has been transformational for the primary school children in Rosyth. EATS Rosyth worked successfully in partnership with Fife Council Education Service to deliver engaging and meaningful lessons to the four primary schools. Fife Council Communities and Neighbourhoods Service is proud to have supported such an innovative and successful project, which leaves behind a lasting legacy for the schools in Rosyth.*

**STEPHEN ADAMSON**  
Fife Council: Anti-Poverty & Community Wealth Building Project Manager, Communities and Neighbourhoods South & West Fife

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*We have benefitted greatly from this partnership. Through working alongside the highly skilled EATS Educates team, our teaching staff have strengthened their knowledge and confidence*

*in delivering high-quality outdoor learning experiences. This has led to increased learner engagement and a deeper understanding of important practical life skills, including growing, harvesting and cooking, while also raising children’s awareness of where food comes from. These experiences have closely reflected our school values and the enhancement of the Quad have created a sustainable resource that will continue to support learning across the school.*

**LYNNE COLAGIACOMO**  
Headteacher, Kings Road Primary School

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*Being part of the Steering Group for the project, watching it grow and succeed, has been such a worthwhile experience and SSERC have been delighted to offer support and advice. The commitment of the whole team has been evident throughout, and the opportunities and experiences provided have enriched the curriculum for many learners and families in Rosyth.*

**HAYLEY SHERRARD**  
Senior Education Manager - Early Years & Primary Team, SSERC Scotland

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*EATS Educates creates welcoming opportunities for families to learn, cook and try new foods, strengthening family health and healthy eating habits while delivering on the Food4Fife strategy’s priorities around children, prevention and food confidence.*

**FIONA LOCKETT**  
Senior Health Promotion Officer, NHS Fife

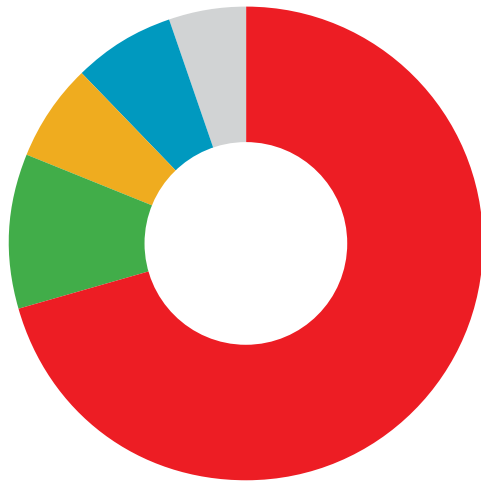
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HOW THE EATS EDUCATES PROJECT TURNED INVESTMENTS INTO MEASURABLE COMMUNITY IMPACT OVER THE TWO YEAR PILOT PROJECT



**INCOME**

- Fife Council
- OVO Foundation
- Other



**EXPENDITURE**

- Project Delivery
- Growing Space Delivery
- Session Resources
- Open Days and Events
- Evaluation and Legacy

WHAT INVESTMENT ACHIEVED

- 771 pupil engagement
- 408 teaching hours
- 300 kg fruit and vegetables produced
- 16 new raised beds built
- 10+ raised beds repaired or reconditioned
- 25 tonnes of municipal compost purchased
- 14 family open days
- 17 special sessions or events organised



## WHAT THE TEAM SAY...

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*EATS Educates supports EATS Rosyth's vision of a healthier, more connected community by helping children and families build confidence and practical food skills. Through school partnerships, workshops, and gardening projects, EATS Rosyth promotes healthy habits, sustainability, and community connection. Learning to grow, cook, budget, and reduce food waste empowers families, supports wellbeing, and reduces food insecurity. EATS Rosyth creates opportunities for positive, lasting change across the Rosyth community.*

**ANDA GRIVETEANU**  
Chair: Board of Trustees EATS Rosyth

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*The best thing is seeing the change in children's attitudes to food. It's amazing how enthusiastic a child can be about trying a broad bean when they have grown it themselves.*

**JOSHUA BLISS**  
EATS Educates Gardener

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*The EATS Educates Project reflects our wider Grow, Nourish, Share approach—connecting young people to food, community and sustainable practices. It has*

*established a strong foundation as a place-based model with clear potential for scale.*

*With the right investment, the programme could be rolled out across Fife and Scotland, delivering long-term impact in health, skills and community resilience, and offering funders a credible opportunity to support meaningful, lasting change.*

**HELEN THOMPSON**  
General Manager EATS Rosyth

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*In just two years, the EATS Educates project has inspired over 600 young people to connect with healthy food, increase understanding of biodiversity and helped them to protect their school and local communities. Across Rosyth's four primary schools, it has embedded a whole-school commitment to Learning for Sustainability - setting LfS at the heart of school life and sparking lasting awareness from pupils, staff, and families.*

**JOE OXLEY-GLENISTER**  
EATS Educates Education Coordinator

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*Two years have passed and everything I was hoping for became a reality. Pupils developed life skills which will help them in everyday life for many decades. Some of them might choose career paths in connection with nature, healthy eating or food.*

*Being part of this has been amazing. Seeing their smiley faces after every school session makes me feel very proud.*

**LASZLO VARTUS**  
EATS Educates Project Administrator

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*It's very clear to me that the EATS Educates programme has not only been informative on environmental issues for children at Rosyth's Primary Schools, but it's also had a direct*

*impact on our local environment, with the work undertaken by the children enhancing local ecosystems and creating homes for wildlife.*

*By developing wildflower areas, building bug hotels, and putting up nest boxes, our local young people have not only been learning about biodiversity, but they've also been adding to it.*

**CLLR BRIAN GOODALL**  
Fife Council Ward 5 – Rosyth

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## THE IMPACT

This report provides both quantitative (statistics) and qualitative feedback (testimonials) to demonstrate the impact the EATS Educates project has had on pupils, schools and the wider community.

The eight key evidenced impacts:

1. Pupil engagement and enjoyment
2. Food literacy and healthy eating
3. Curriculum and skill development
4. Environmental awareness and biodiversity
5. Community and family engagement
6. School specific impacts
7. Wider educational and social impact
8. Positive behavioural change

The two year pilot project has delivered substantial, measurable benefits and demonstrates a highly effective model for scalable, long-term impact, exceeding expectations.

Through a blended delivery model combining outdoor learning and classroom-based teaching, pupils gained practical, hands-on experience in sowing, planting, growing, harvesting, cooking and tasting, alongside practical education in healthy eating. These activities contributed to improved knowledge, skills and behavioural outcomes linked to health, wellbeing, sustainability and building essential life skills alongside knowledge.

The project has successfully extended its reach beyond schools, delivering seasonal events, school holiday activities, and open days that attracted families from Rosyth and neighbouring communities, including Inverkeithing, North Queensferry, Cairneyhill and Dunfermline. This strong community engagement highlights both demand for and accessibility of the programme.

Importantly, the project's impact goes far beyond food education. It promotes wildlife conservation, recycling, composting and practical life skills, while embedding Learning for Sustainability and



STEM within the curriculum. This interdisciplinary approach ensures that learning is both relevant and enduring. As a lasting legacy, the project has produced a series of learning resources and lesson plans, growing guides and pupil certificates, enabling continued delivery and replication, ensuring ongoing value beyond the funding period.

With coverage in the Dunfermline Press and consistent engagement through Facebook and LinkedIn, the project has also achieved strong public visibility. Blogs on EATS Rosyth website have inspiring titles – Room for Rhubarb, Wonderful Wildflowers and Brilliant Broad Beans!

[www.eatsrosyth.org.uk/eatseducates](http://www.eatsrosyth.org.uk/eatseducates)

This has strengthened community awareness, increased participation, and built wider support for the EATS Educates initiative.





A core objective of EATS Rosyth has been to connect pupils and their families with their local community greenspaces. This has been successfully realised through open days, Apple Day and Pumpkin Days held at EATS Centenary Orchard. Attendance has been consistently high, with families from all four primary schools participating together. These events have not only reinforced learning but have also increased confidence in accessing and using local green spaces and supporting community wellbeing.

The programme has demonstrated its ability to deliver wider cultural and educational value. Pupils engaged with the Japanese Consul in Edinburgh, deepening cultural understanding while contributing to the community through the donation and planting Sakura cherry trees. In partnership with RHET, more than 150 pupils also participated in a farming

event, exploring key aspects of food production including beekeeping, arable farming and livestock systems. These experiences significantly enrich the curriculum and broaden pupils' awareness of food systems and rural heritage.

Delivery has been strengthened through the active involvement of volunteers and parent council members, embedding the project as a genuinely collaborative, community-led initiative. This model not only enhances delivery capacity but also supports long-term sustainability.

**CLEAR AND COMPELLING OUTCOMES:**

**Hundreds of pupils have developed their knowledge, skills and behaviours needed to support healthier, more sustainable lifestyles. By embedding environmental awareness and practical skills at an early age, the project is laying the foundation for lifelong positive behaviours and contributing to national priorities around health, education, and sustainability.**

As an early intervention, EATS Educates is already demonstrating strong potential to deliver lasting change in how young people understand and interact with food systems and the environment. While long-term impacts will continue to emerge over time, the evidence to date is highly encouraging, with strong participation and clear behavioural shifts already observed.

The project represents excellent value for money. Modest investment has delivered wide-ranging educational, environmental, social and community benefits. Evidence suggests that early interventions of this kind can lead to long-term savings through improved health outcomes, increased environmental stewardship, and stronger communities.





The EATS Educates project has delivered measurable improvements in food literacy, healthy eating, environmental awareness, practical skills and community engagement, with strong evidence from both data and testimonials supporting its positive impact.

This project clearly demonstrates the value of embedding this model within the primary school curriculum, where it complements existing provision while delivering additional, measurable impact. It demonstrates how targeted investment can transform underused spaces into resilient community assets, supporting healthier lifestyles, stronger environmental awareness and lasting educational benefit. There is a strong case for continued and expanded investment to sustain and scale this approach, ensuring that its benefits can be realised more widely and over the longer term.

## THANK YOU

Organisations who supported the EATS Educates pilot project

- Fife Council
- Ovo Foundation
- Scotland The Bread
- Caledonian Horticulture
- Japanese Consulate of Edinburgh
- SSERC Scotland
- Royal Highland Educational Trust (RHET)
- Fife Coastal and Countryside Trust (FCCT)
- Greener Kirkcaldy
- Residents of Rosyth
- Pupils, parents, helpers and volunteers





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The EATS Educates project has changed children's lives and transformed our community spaces

**Anthony (parent)**

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**INSPIRING EVERYONE TO GROW, NOURISH AND SHARE**