

## RHET Activities for Show Programme

---

**Each group can request one activity. Please indicate on the booking form your top three preferences. Places are allocated on a first come first served basis. You will be notified by email the week commencing 11<sup>th</sup> June if you have been successful or not. Please be aware places are limited and are in high demand during peak periods.**

### **1. QMS Scotch Beef Cookery Theatre**

Learn about a balanced diet whilst preparing fresh ingredients to create your own healthy tasty dishes, incorporating Scotch Beef, Scotch Lamb and Specially Selected Pork.

**30 minutes | age 5+ | RHET Discovery Centre**

Provided by RHET with Love Food and Supported by Quality Meat Scotland

### **2. Baking with RHET**

What do you know about the life cycle of a cereal crop? Discover more about some of the fantastic ingredients Scotland has to offer and use these to make yourself either a sweet or savoury scone.

**30 minutes | ages 3-15 | RHET Discovery Centre**

Provided by RHET & supported by Aldi

### **3. Forests for the Future**

Activities will allow the children to use forest machine simulators and virtual reality headsets to become a Forester. How we use wood will also be explored through the use of a touch screen and a variety of wood products for a hands on activity.

**30 minutes | all ages | RHET Discovery Centre**

Provided by Forestry Commission Scotland

### **4. Seafood**

This is the Year of Young People, come and experience what the Scottish seas and lochs can do for your Health & Wellbeing. Learn how you can make a difference to the seas and marine life in the future to make them 'sustainable seas for all'. Take part in an interactive challenge to find the most 'fishtastic' school that visits us

**30 minutes | All ages | RHET Discovery Centre**

Provided by Seafood Scotland

### **5. Dobbies Little Seedlings Club**

The Dobbies Little Seedlings Club is a free-to-join gardening club where youngsters, learn about plants, wildlife and the environment.

**45 minutes | age 4-10 | RHET Discovery Centre**

Provided and Supported by Dobbies

### **6. Honey Tent**

Experience what it is like to be a beekeeper and try to find the Queen bee. Find out how bees make honey, taste some honey and make a beeswax candle.

**30 minutes | All ages | Honey Tent**

Provided by The Scottish Bee Keepers Association

**Please drop in to these sessions, over all 4 days of the show, they are located either in our RHET Discovery Centre or at a noted location on the Show Ground.**

### **Ask a Farmer**

Ever wanted to ask a question about food and farming, but not sure who to turn to? Why not visit our "Ask a Farmer" section of RHET Discovery Centre and have it answered...

**Location: RHET Discovery Centre**

**Unlimited | All ages | RHET Discovery Centre**

Provided by RHET Volunteers

### **Landbased Engineering**

## RHET Activities for Show Programme

---

Agricultural machinery is a huge part of the industry and the use of Science, Technology, Engineering and Maths (STEM) is constant. From computers, costs, calibration and consoles, see how farmers use STEM daily.

**Unlimited time | 10-18 year olds | RHET Discovery Centre**

Provided by BAGMA & SRUC

### **RZSS Education: Exploring Conservation**

Learners will go on an exploration of some of the wildlife we work with and some of the ways we are working for their conservation, using technology to take you to places you would never normally get a chance to see.

**10 minutes | All ages | RHET Discovery Centre**

Provided by Royal Zoological Society Scotland Discovery and Learning

### **Discover Food**

We have a hands on activity on food sustainability designed and delivered by our Discover Food group – a group of young people we have been working with to explore food production.

**Unlimited time | All ages | RHET Discovery Centre**

Provided by RHET and The Discover Food Group and The Year of Young People

### **Smoothie Bike**

Do you have the stamina to cycle your own smoothie? Use pedal power to create a power punch.

**10 minutes | All ages | RHET Discovery Centre**

Provided by RHET

### **The Science Behind Crops and Plants**

Take part in science activities around nature and food, helping children understand crop and plant production.

**5 minutes | age 8-13 | RHET Discovery Centre**

Provided by The James Hutton Institute

### **A Lesson In Power Safety**

Test your nerves at the giant buzz wire (with accompanying safety hats), see sparks fly as we demonstrate how to stay safe near overhead power lines with an electrifying pyrotechnics display.

**Unlimited time | Age 8+ | Avenue K**

Provided by Scottish Power Energy Network (SPEN)

### **WW1 Exhibition**

The exhibition examines what life was like for the returning soldiers and their families in 1918, the challenges they faced and gives an insight into the most significant social and economic change in Scotland and the immediate post war years. Emigration, votes for women, increased mechanisation and the impact on other industries such as Fishing and Coal Mining also feature.

**Unlimited time | All ages | Countryside Cottage, Countryside Area**

*Provided by RHASS and The MacRobert Trust, The City of Edinburgh Council, Cringletie House Hotel and SRUC Oatridge Campus*

### **Marks & Spencer**

The M&S stand will feature a hatchery and day old chicks – stop by to watch the chicks hatch! There will also be a game where kids can ‘feed’ our cattle a balanced diet (beanbags into a large cow’s mouth!) and learn about we can trace our beef back to the farm and animal.

**Unlimited time | All ages | Main Ring, opp. 4<sup>th</sup> Avenue**

### **LANTRA**

Visit Lantra’s stand to hear from young people about their experiences of learning and working in the land-based and aquaculture sector. Be inspired by their stories and learn more about the rewarding careers available. Find out what their jobs are really like and how you could get started in their industries too. There will also be a range of activities and competitions running over the duration of the show on the stand.

**Unlimited time | Secondary | Location: 7<sup>th</sup> Avenue, opp. Main Ring**

## RHET Activities for Show Programme

---

### **Countryside Area & Forestry Arena**

For event timings & locations, please see the RHS website [www.royalhighlandshow.org](http://www.royalhighlandshow.org)