The following activities, in our Discovery Centre are available on all 4 days of the show.

Please note school groups will be booked into timetabled sessions of these on Thursday and Friday. In our Discovery Centre, when spaces are available out-with the school groups, families can join in too. Each school group can request one activity; please indicate on the booking form your top three preferences of the 6 below. Places are allocated on a first come first served basis and you will be notified by email the week commencing 11th June if you have been successful or not.

*Please be aware places are limited and are in high demand during 10am-2pm each day.*

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 and supported by Quality Meat Scotland (QMS)

2. **Baking with RHET**
   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 and 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 into the following sessions, over all 4 days of the show, they are located either in the 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
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 and 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 via 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

Quality Meat Scotland
Come to the QMS stand to get involved in some of our fun and interactive activities. Why not come and have a go at lambing a sheep, take part in a quiz with officers from the Scottish SPCA and find out more about red meat and your health and a healthy balanced diet. Take part in all the activities and win a goodie bag. The QMS stand also has butchery and cooking demonstrations which you are welcome to watch and maybe even try a tasty dish!

Unlimited time | All Ages | Avenue O
Provided by QMS

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 how we can trace our beef back to the farm and animal.

Unlimited time | All ages | Main Ring, opp. 4th 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: 7th Avenue, opp. Main Ring

Jobfarm: 2018 Presidential Initiative
Come on in to find information on jobs and careers in agriculture, agricultural engineering, food industry, science and more. There is a film of young people talking about their jobs and how they got them, and driving a tractor can be experienced using virtual reality headsets.
From 12-2pm there will be young people who already work in rural industries chatting about their jobs and then a careers adviser in the afternoon. For light relief, there is a no-charge caricaturist!

Unlimited time | Age 15+ | Location: 7th Avenue, near the clock tower.

Muller – Come and meet Bella the cow, follow the journey of our milk from farm to fridge and take part in athletics themed games for a chance to win Muller prizes.

Unlimited time | Any Age | Location: 7th Avenue, near the clock tower

Renewables Village – Worth a trip if you are looking to learn more about renewable energy.

Unlimited time | Any Age | Location: South-East Area of the showground

Poultry – A fantastic educational display of breeds, including waterfowl. Helpers from Craigievern Poultry will be on hand to answer any questions.

Unlimited time | Any Age | Location: By the West Gate

Rare Breeds Survival Trust and Goats – Rare breed pigs, cattle, sheep, goats and poultry – always interesting

Unlimited time | Any Age | Location: East end of the Countryside Area

SRUC – Scientists will be on hand with a variety of interactive activities showcasing technology used in farming today.

Unlimited time | Any Age | Location: 7th Avenue

McDonalds – Have a go on their virtual reality headset and find yourself dropped into a live, virtual farm!

Unlimited time | Any Age | Location: 13th Avenue

The Forge – Watch the farriers at work, making horse shoes. Wear your ear plugs! Location: 13th Avenue

Forestry Arena – Stop by to see spectacular pole climbing races and chainsaw carving. Location: 4th Avenue

Main Ring – Watch all the judging take place at the country’s largest livestock competitions and see the best in Scotland.

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