

# Acknowledgements

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We wish to acknowledge and thank the many people who have been involved in the development of the KidsGrow KidsCook program.

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# Contents

## Section One - About This Resource

### Section Two - KidsGrow

• KidsGrow Munch and Crunch Garden	3
• Food cycle learning in the kitchen garden	4
• Ten step process summary	5
• Introduction	6-13
• Garden process and student learning experiences	14
• Sample design	15
• Tips and suggestions	16
• Yearly planner	17
• Planting guide	

### KidsGrow Support Resources

• KidsGrow sustainable gardening principles	19
• KidsGrow gardening links to learning	20
• Raised bed design and construction	21
• No-dig gardening and garden tools	23-24
• Safety tips for learning outdoors	25
• School friendly gardening practices	26
• Waterwise gardening	27
• Safe ways to deal with common garden pests	28

### Section Three - KidsCook

• Introduction to the Kitchen for Teachers	1
• Activities and Food Learning Activities	4
• Resource 1 - Five Main Food Groups	15
• Resource 2 - Seasonal Calendar and Ideas	17
• Resource 3 - Health and Safety in the Kitchen	35
• Resource 4 - Our Kitchen Roster	46
• Resource 5 - How to Clean the Kitchen	47
• Resource 6 - Safety Revision	56
• KLA Learning Support Material	71
• Classroom Resources for Teachers	76
• Resource Acknowledgements	80

### Section Four - Recipes

- Raw Rangers
- Cooking Captains
- Menu Masters

### Section Five - Lesson Plans

- Stage 1
- Stage 2
- Stage 3

### Section Six - Calendar

#### KidsGrow KidsCook Resource CD

The CD contains all the resource folder material plus extras, including the Australian Guide to Healthy Eating, Crunch&Sip® registration, certification and resource order forms, Fruit and Vegetable Flashcards, KidsGrow KidsCook Calendar and NSW Department of Education Kitchen Garden Curriculum Outcomes

# Introduction

Welcome aboard to the 'KidsGrow KidsCook' Project.

## The Project Goal

**'To increase the consumption of fresh fruit and vegetables by children in NSW schools.'**

## The Projective Objectives:

- Increase the knowledge, attitudes and skills of the target group in growing, harvesting, storing and preparing fruits and vegetables.
- Improve parent and community involvement in fruit and vegetable activities in the school and elsewhere in the community.
- Improve teachers' skills and confidence in facilitating learning about fruits and vegetables.
- Increase the availability and access of the school community to fresh, affordable fruit and vegetables.

The resource is to be used by schools to establish a vegetable garden in order to grow, produce and use it in cooking classes to produce tasty meals and experience real 'live' food. It includes garden and kitchen activities that can be linked to the curriculum.

The KidsGrow section provides a student centered 10-step approach to creating a successful edible garden as well as flexible learning activities and practical school gardening resources. If the school already has a garden, make sure you still use the process from step 1 to empower students in decision-making and to connect the garden to learning.

## Main themes in the garden

- Understanding where our food comes from
- Gardening skills and sustainability
- Physical activity and outdoors learning

The KidsCook section is a range of food activities with recipes suitable for different ages and stages of the curriculum. Work through the activities 1-15, taking as much time as you like and adding or removing sections where you feel appropriate for your class. Most of these are hands-on cooking activities, some activities include healthy eating aspects, food safety and hygiene and cultural diversity with foods.

## Main themes in the kitchen

- Cooking
- Healthy eating
- Health and safety
- Sustainability

Our research and experience shows that the success of a kitchen garden in a school is very much dependent on the children being involved in all parts of the process. Planning, building and establishing the garden, right through to harvesting, cooking, recycling and even cleaning up afterwards gives them ownership and therefore pride and passion about food and gardening.

# Cooking and Gardening in Your School

## **Students**

Consider the ages and abilities of pupils and what they have already been taught about gardening, food and cooking.

## **Progression**

Consider how each planned cooking and garden activity will extend the children's food knowledge and enhance their cooking, gardening, sustainability and social skills. A pre-test is a useful tool and this can identify more knowledgeable student helpers.

## **Curriculum relevance**

KidsGrow KidsCook can be linked to all areas of the curriculum and can become a whole school philosophy. See linked curriculum resources for kitchen gardens on the Kidsgrow KidsCook CD.

## **Celebrations and festivals**

Consider how cooking activities can contribute to class celebrations and cross cultural understanding. Celebrations can include occasional foods so as to provide a realistic comprehensive food experience.

## **Staff expertise**

Ensure the adults involved in the gardening and cooking classes' possess the knowledge and/or skills to teach gardening and cooking safely.

KidsGrow KidsCook support can be provided via phone: 1300 724 850  
or email: [info@healthy-kids.com.au](mailto:info@healthy-kids.com.au)

# Garden and Kitchen Activities and Time Frame Planning

Overleaf you will find a Garden and Kitchen Activity Time-Frame Planner. You will roughly plan these term dates on your orientation workshop, as each school's needs will be different.

If you already have a functioning garden you may move through the 10 Step Gardening Principles a bit quicker and be on to the harvesting stage earlier. Even if you do have a garden still go through the 10 steps with the children to ensure future success.

## Garden and Kitchen Activities and Time Frame Planning

Stages Of Garden And Food Learning	KidsGrow Ten Step Garden Process For related learning activities see KidsGrow section	Term Planning *See below	Kitchen Activities 1-15	Term Planning *See below
Research, planning, design and introduction	Step 1 - Organise and create a vision for your garden. Research what type of garden and foods grown locally. Identify team helpers.		1. Brainstorm edible plants and what you would like to see grown in your garden. Identify foods that have been tried and not.	
	Step 2 - Assess site and locate the best place for your garden, identify shade/sun.		2. Taste tests and preferences - variety of ingredients can be used.	
	Step 3 - Create the garden design, to scale.		3. Introduction to kitchen rules, health, safety and hygiene. (Recipe 1)	
Building of the garden and kitchen skills	Step 4 - Measure and lay out the garden.		4. Introduction to basic cooking equipment to explain the recipe. (Recipe 2)	
	Step 5 - Build the garden structures.		5. Cooking skills. (Recipe 3)	
	Step 6 - Test and prepare the soil.		6. Seasonality. (Recipe 4)	
	Step 7 - Plant and label the garden.		7. Balanced meals. (Recipe 5)	
Maintaining and sustaining the garden	Step 8 - Tend the garden and record the findings.		8. Meal times. (Recipe 6)	
Menu planning			9. Foods from different cultures. (Recipe 7)	
			10. Bush tucker Native Australian foods. (Recipe 8)	
			11. Smart swaps/snacks. (Recipe 9)	
			12. Food benefits. (Recipe 10)	
			13. Menu planning with our produce. Brainstorming session - What is in the garden and what to cook?	
	Step 9 - Celebrate and share the garden.		14. Celebrate the garden. Using your menu and simple recipes you put together last week, prepare your meals and share with community and others at school. (Your own recipes)	

**Please note:** Planting will be dependent on climate zone. For more information, please visit:

[www.gardenate.com/zones](http://www.gardenate.com/zones)

<http://permaculture.org.au/2010/07/30/companion-planting-guide>

[www.abc.net.au/gardening/factsheets/fruit\\_vegetables\\_herbs.htm](http://www.abc.net.au/gardening/factsheets/fruit_vegetables_herbs.htm)

[www.greenharvest.com.au/seeds/info\\_sheet/climate\\_zones.html](http://www.greenharvest.com.au/seeds/info_sheet/climate_zones.html)

# Why Are School Kitchen Gardens Important?

There has been a resurgence of interest in kitchen gardens and the contribution they can make to increase children's nutritional literacy. School children being involved with growing, harvesting and cooking plants help connect them to people in the community who work with agriculture, horticulture and cooking. This can assist in encouraging children to adopt healthy eating behaviours for better health and learning.

## Benefits for the School

Knowing all the hard work that's gone into creating the produce makes your own, freshly grown fruits and vegies all the more delicious. It's also very satisfying knowing precisely the processes involved in creating what you're eating. Being able to pick fresh produce straight from the source and taste that freshness is something that everyone should experience.

Schools are catching on to the benefits of having their own kitchen gardens. Not only does it allow students the opportunity to sample freshly grown produce but it also provides an excellent additional teaching resource, getting students out of the classrooms and providing them with hands-on learning experiences. In this unique environment, students learn valuable social interaction skills by working cooperatively with others, developing communication skills and learn long-term planning skills. They also are given responsibility for caring for the plants, as well as learn how to cook tasty food that is good for their health.

## Benefits for the Students

Schools are rediscovering kitchen gardens as a tool for hands-on, student-centered learning. School kitchen gardens benefit classrooms and students by:

- Addressing multiple learning styles.
- Improving environmental attitudes.
- Promoting good nutrition.
- Increasing physical activity.
- Teaching patience and responsibility.
- Teaching students to work cooperatively.
- Improving social skills.
- Building classroom relationships and school spirit.
- Supporting interdisciplinary education.
- Creating an appreciation for team work.
- Increasing self-esteem and self-worth.
- Beautifying the school environment.
- Providing links between the school and community.

# School Kitchen Gardens As A Nutrition Education tool

- Kitchen Gardens provide a site for hands-on learning and to practice using a scientific method.
- Children are excited about eating fruits and vegetables that they grew themselves.
- Students will obtain a greater appreciation for how their food is grown.
- Kitchen Gardens can be used to teach food safety through proper harvest, processing and storage.
- Children may have the opportunity to practice preparing nutritious foods and to try new foods to expand their diets.
- Gardening and cooking are skills children can use for the rest of their lives that promote better health and wellness.
- Nutritional education through school gardens increases children's knowledge about fruits and vegetables, which may improve their attitudes towards these foods and lead to better eating habits.

## Kitchen Garden Program

Kitchen and food gardens are an increasingly popular and effective way for schools to promote environmental and sustainability learning and to connect students with healthy food and lifestyles. By using the table below schools can link student learning outcomes across the KLAs to the various activities and seasonal cycles involved in managing a kitchen garden and the preparation of fresh produce.

For curriculum links to NSW K-6 syllabuses see the KidsGrow KidsCook Resource Disc.