



School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

2016/2017



Schools visited (so far!)

Holy Family Catholic School
Queen Elizabeth II Public School
Holy Cross Catholic School
Eagle Heights Public School

St. Michael's Catholic School
FD Roosevelt Public School
Sir G.E. Cartier Public School

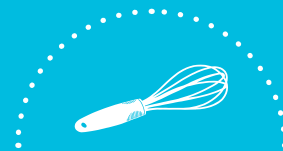
We here at Growing Chefs! HQ believe that cooking develops and encourages many important skills in areas of math, science, history, geography, literacy and art. Understanding how we grow food, learning about where it comes from, the different names given to foods, how we use our senses with food, the history of different foods and what they mean in different cultures, all help children to develop better eating habits.

That's where our School Project comes in. Now in its third year, the project has grown so that now nine entire schools will receive the program this school year. In total, we will work with more than 3,200 students to get them excited about eating wholesome, healthy food.

Growing Chefs! Ontario is proud of our focus on children's food education and commitment to helping connect children, youth and families with healthy local food. To all of our sponsors - thank you for helping us achieve this mission!

Here is your window into the classroom.

Explore what you support has made possible!



Kindergarten
Lesson

THE BIG IDEA

In this introduction to Growing Chefs! Ontario, students explore how they use their senses during a vegetable tasting adventure. Many of us are very excited as we taste our first purple carrot!

Students then get creative - using cookie cutters and Safe Choppers to turn fruits and vegetables into edible pictures, like elephants, birds or complex towers and patterns! Sometimes making art with your food can help make it more exciting to try new things.

We'll tell you all about our Grade 1/2 lesson in the next Classroom update!

Word in the kitchen

“ Here are some tidbits that we heard from our young sous chefs!

This is the best thing I've tasted in ages!

- said a grade 4/5 boy after sampling his first kale chip.

I look like a real chef right now!

- Said a kindergarten student using Safe Choppers, one of our child-safe knives for the first time.

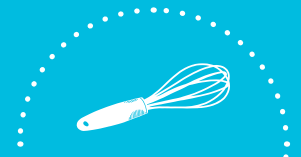
It smells like a flower... and a carrot!

- Said a kindergarten student as he practiced using various senses while sampling a carrot on our tasting adventure.



“I WILL remember this!”

- said a grade 3/4 student as he left the classroom



THE BIG IDEA

In this lesson, students explore which part of the plant our favourite fruits and vegetables grow come from.

Chefs guide the students through an exploration of all sorts of vegetables - some familiar, and some strange! (Did you know that when you eat broccoli you're eating a mini bouquet of flower buds?)

Once we finish our exploration, students learn how fractions can be delicious, as they uncover math's role in making salad dressing.



Grade 3 & 4
Lesson

Stay tuned for the next Classroom Update to see what else we've got cooking!

A little note from our Project Coordinator

Hello wonderful Growing Chefs! enthusiasts. My name is Noelle and I am privileged to be working as the School Project Coordinator this year. I've spent the majority of my time in schools supporting this project and I LOVE it! We have visited eight schools already in just three months, which means more than 2,800 children in London have received their first of two hour-long cooking classes.

When we visit the schools, the nature of our programming is very non-intrusive, but the joy of cooking still takes over these school communities. It is remarkable to witness the excitement that builds toward cooking healthy food in such a short period of time. I believe it's due to the lighthearted, fun, and empowering nature of our programming. Even those that have never cooked before seem to find their voice and have fun with the process. Everyone can be engaged in a hands on way with the support of our professional chefs. And the learning is reciprocal - the children show us what they already know and are then eager to learn more. This concept excites me and so does the food! It's something we are in touch with daily so why not use it to learn? I think chefs are the new age super heroes and I feel so lucky to have the opportunity to work alongside them!

- Noelle Coughlin

Our Sponsors - Thank you!

The School Food Education project is brought to you by:



- and -



Westminster College Foundation



TD Friends of the Environment Foundation

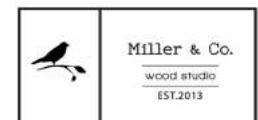
Shelley Baker

the Clark Family Foundation

MacDonald Pierce Foundation



STRONGER COMMUNITIES TOGETHER™



- Abruzzi Restaurant
- Anything Grows Seed Co.
- Booch Organic Kombucha
- BPM Fitness
- Friends of the London Civic Garden Complex
- Louise Mimmagh Law
- Patrick's Beans
- Paul Kash, Sales Representative
- Nu-Vista Realty
- RBC Royal Bank
- Shangrila Yoga

Tier 1

Tier 2

Tier 3

Tier 4

Tier 5