



# School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

2016/2017



## Schools visited

Holy Family Catholic School  
Queen Elizabeth II Public School  
Holy Cross Catholic School  
Eagle Heights Public School  
Kensal Park French Immersion School

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



## THE BIG IDEA

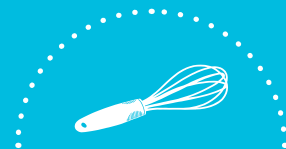
In this lesson, we start at the seed, exploring the similarities and differences between seeds and their full-grown counterpart. As students begin to explore what seeds grow into, the Growing Chefs! team leads an interactive cooking demonstration where children prepare a healthy snack made from seeds.

All of this seed excitement is to inspire children to take on the Growing Chefs! challenge of planting their very own in-class windowsill garden. Stay tuned to see how these projects take root!



# Here is your window into the classroom.

Explore what your support has made possible!



Grade 5 & 6  
Lesson

## THE BIG IDEA

In this lesson, students go back through history to discover how preserving food helped to mould today's society. Then we use our new knowledge to preserve our own foods - making poached pears to sample in our next lesson.

We then put our plating skills into practice and make an amuse bouche to tantalize our taste buds. This year we made a caesar salad bite with each ingredient preserved in a different manner. That's thousands of years of human history in one bite!

## A note from some of our new friends in a grade 3/4 class we visited!

Dear Growing Chefs! friends,

Thank you so much for helping Ms. Quan's class make salads and encouraging us to try different foods. We appreciate everything that you helped us with.

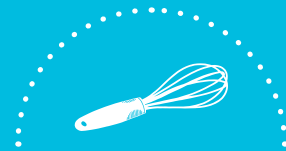
We really enjoyed making the salads because we got to put different ingredients and other types of foods together that we've never tried before.

Something that was new for all of us, was getting to plate the salads. We've never done that before and it was interesting to our class to try it. We're not allowed to usually play with our foods, but we got to be creative today!

We also liked eating the awesome, delicious, amazing salads. A few of our students said they never eat salads, but they will from now on!

The class really appreciated you coming and thank you for all of your help and expertise!

From, Kayden Kienon Zack  
Anthony Katie Ashton  
Nevaeh Ava  
Shine Lorraine  
Mayah Miody  
Shihoo  
Mrs. Quan



## THE BIG IDEA

This lesson always gets the whole school smelling delicious. The students first learn the history of stir frying, discovering how this cooking method became a simple and healthy meal option.

It's then time to get the stoves going and delve into the wonderful world of stir frying for ourselves! Under the guidance of our chef team, the students learn to cook Thai green curry, Yakisoba stir fry, and orange ginger stir fry from scratch. We then share our creations in a class meal, feeling very proud of our new culinary skills!

## A note from Karen Liddiard, a Growing Chefs! volunteer:

“ I became aware of Growing Chefs! when I was preparing to retire, and began looking for a volunteer opportunity. I am a passionate home cook, and always harboured an unfulfilled desire to be a teacher, so this group offered me the perfect opportunity to combine my personal interests with community service.

After completing the orientation process, I signed up for a number of volunteer sessions in the classroom with the School Project and immediately fell in love.

All of the children love the classroom visits, and it is incredibly rewarding to see them discovering food in new ways, trying things they have never experienced and seeing their enthusiasm for learning. I have had the pleasure to attend every grade's lesson, and honestly cannot pick one that is my favourite - usually it's the most recent one. It is so rewarding to start a class with a pre-teen boy who is too cool to participate in the cooking and initially refuses to eat what we are making, only to have him turn up for seconds at the end of the class. Or see kindergarten children put a piece of carrot up to their ear to hear what the carrot sounds like (hint - it only talks to you when you put it in your mouth). I leave every session on a high.

Thanks Growing Chefs! for all that you do in our community and allowing me to be part of this great program.

- Karen Liddiard



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