



# School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

## Classroom Journal

- July 2018 -

# COWS AND HENS AND CHICKENS! OH MY!

### AGRI-EDUCATION WEEK, MAY 16 & 17, 2018 WESTERN FAIR AGRIPLEX

For 2 days during Agri-Education Week at the Western Fair Agriplex, students were introduced to dairy and egg production, as well as a food education session!

Students saw a live milking demonstration and learned about cattle breeds and the life of a dairy farmer. They learned about hens and how eggs get to the grocery store for us. They got to get up close and personal with the animals and talk directly to the farmers.

But the best thing about eggs and dairy is eating them!

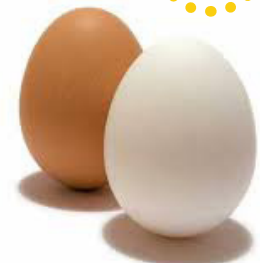
Hosting a cooking class with that many students at once was quite an event! Onstage, Chef Marisa lead the group through the steps of making crudité platters with ranch dressing, lemon garlic aioli and chicken Caesar wraps and a fruit salad!

**None of this would be possible without the amazing partnership of the Western Fair Association! We cannot thank the WFA enough for this opportunity to co-host so many students and bring them closer to our food system!**

*2 days,  
147 students!*

**AGRI-  
EDUCATION  
WEEK**

**MAY 16 & 17, 2018  
WESTERN FAIR  
AGRIPLEX**



# FIELD NOTES

## FROM OUR EXECUTIVE DIRECTOR

In May we welcomed over 145 students from grades 6-8 to the Western Fair District for two days of agri-education programming! The idea of bringing together agriculture education activities and cooking into the same experience is nothing new, but it is unique in today's education system. I believe the logistical challenges (including food safety) of having animals and cooking activities in the same location may be the major barrier to school boards and their partners across the province from making this type of learning experience a reality.

Our friends Kathy Breen from the Dairy Farmers of Ontario, Farmer Dave Clinton and Lisa Zielemen from Jones Feed Mill, allowed students to get up close and personal with one of their dairy cows as they demonstrated various milking techniques. Students could pet the cow as they learned about the diet of a dairy cow and what is involved in caring for a herd of dairy cattle. They learned about the economics of the dairy industry and about what a day looks like in the life of a dairy farmer.

Dianne McComb from the Egg Farmers of Ontario brought with her a number of her hens, to help give students insight into egg production as well as an overview of what it takes to raise, house, care for and feed hens for egg production. She then helped students to explore how many hens it would take to make us all breakfast. Some quickly applied math revealed just how many hens it takes to feed our appetite for eggs across Ontario and students pondered the size and scale of our food system and how amazing is it that we are able to produce food for so many people.

What makes the Western Fair District/Growing Chefs! partnership so unique and ultimately so impactful, is the ability to give school students hands-on, interactive experiences with our food system, from farm to fork. The opportunity we provided to students to create a meal based on Ontario eggs and dairy, while interacting with the farmers and farm animals is unparalleled.

The resource workbook created for the project gives teachers and their students opportunities to continue exploring food and agri-education activities right in their classrooms and helps to continue to inspire children to learn about and consider how their food choices affects the environment, our economy, our



communities and of course, the future sustainability of our food system.

Chicken Caesar wraps, fresh vegetables with scratch made ranch dip and an Ontario fruit salad in yogurt dressing was all prepared, served and enjoyed by the kids, right in the Agriplex lobby.

Of the classes that attended the agri-education program, we received evaluation feedback from over half of the teachers involved. All respondents indicated 100% satisfaction with the program content and delivery and all expressed their hope that the program would continue with other students being afforded the opportunity to participate. One teacher commented:

"Many of the students wanted to go home and try cooking for themselves! Thanks for a job well done and an influential activity!"

One of my personal favourite unintended outcomes from the day was how "blown away" the farmers were with the cooking activity – and how it clearly helped to provide a context for the information they had shared with the students. They were awed by watching 65 elementary students cooking together, and by the quality of the food they prepared. As well, watching our Growing Chefs! team sit in on the farm education sessions, was equally inspiring. It again spoke to how simple, yet how elusive, programs designed to bring together such important parts of our food system and inspire us to learn and care about our food system, truly are.

I am so excited for the opportunity to continue building this incredible partnership with The Western Fair District. After the success of our pilot Agri-Education week, we at Growing Chefs! can't wait to see where we can take this new and exceptional program!

- Andrew Fleet  
Executive Director



## AGRI-EDUCATION WEEK

# OFFICIAL RECIPE!

### Chicken Caesar Salad Wrap

#### Ingredients:

- 1/4 head of Romaine Lettuce, shredded
- 3 Chicken Breasts, marinated and grilled
- 1/2 small block of Parmesan Cheese, grated
- 5 Whole Wheat Tortilla Wraps
- Lemon Garlic Aioli (see below)

#### Lemon Garlic Aioli

- 1 cup mayonnaise
- 3 cloves garlic, minced
- 1 tsp Dijon
- 1 lemon juiced
- salt and pepper to taste

#### Directions:

In a medium bowl, combine all ingredients for lemon garlic aioli, mix together and check seasoning. Toss lettuce, chicken, and parmesan cheese together with aioli, making sure all ingredients are well coated. Place salad in the middle of a tortilla, roll and enjoy!





## What the kids are saying!

“Thank you so much for the opportunity to learn about Cooking, Chickens and Cows. The food we made was soooooo good!”

- Student, Grade 6

“It was really cool how interactive the field trip was and being able to pet the animals.”

- Student, Grade 6

“I hope you can share this trip with other schools too.”

- Student, Grade 7

“I liked being able to make my own food and eat it with my friends.”

- Student, Grade 6

“I am looking forward to making that food again at home, with your amazing and delicious food recipes. Thank you again for an amazing experience.” - Student, Grade 7

“I enjoyed being able to learn more about dairy, where it comes from and the process of making it edible.”

- Student, Grade 7

“Learning about egg farms and dairy farm was fascinating... my favorite part was seeing the chickens and cows right in front of me. I have never seen one in real life before.”

- Student, Grade 7



### EGG-CELLENT FACTS

- The average Canadian egg farm is family-run and has 20,000 hens.
- In Ontario, the average laying hen can produce approximately 320 eggs in one year.
- Canada's egg farmers produce over 200 million dozen eggs each year. Ontario accounts for 40% of Canada's total egg production.



\*from the Egg Producers of Ontario via [FarmFoodCare.org](http://FarmFoodCare.org)

### THE MILKY WAY

- Dairy cows give an average of 30 litres of milk per day
- A cow can eat up to three suitcases full of hay (20 kilograms) and drink up to a bathtub full of water (80 litres) every day
- When cows lie down, it doesn't mean that it's going to rain! They often lay down to rest and digest their food. Cows that lay down more often tend to produce more milk

\*from the Dairy Farmers of Ontario via [milk.org](http://milk.org)

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