Burton Primary School

Soup' er Fruit Day

An eat well be active - Primary Schools project school

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Student voice groups at Burton School are, for the first time, working in a three way collaborative venture to provide a whole school ‘Soup’er Fruit Day. The Parents And Student, Teachers Association (PASTA Group –comprising staff, parents, SSOs and students) has worked for over five years to promote healthy nutrition through a wide variety of fun and enjoyable initiatives.

One of their projects in 2010 involves cooking the ‘World’s Biggest Pot of Soup.’ From this idea, a Green Thumb Group was born at the commencement of 2010 to grow vegetable seeds in the school garden. Adults, including staff and parent volunteers, meet with two Green Thumb Representatives from each class, once a week to nurture the rapidly growing vegetables.
The produce, now ready for harvest in two weeks has enthused the school’s SRC to be involved. They have suggested students bring fruit along during the week the ‘Veggie Soup’ is cooked. Together, the PASTA Group, the Green Thumb Garden Group and the SRC have come up with ‘Soup’er Fruit Day. Green Thumbs will pick the produce on Monday, while the PASTA Group, dressed in aprons and chef hats, will work with a mystery, local chef to prepare and cook the soup on Wednesday in the school’s canteen. The local bakery will donate bread rolls. Community members and families will donate fruit throughout the week, and the SRC will prepare it in a delicious and attractive way on big platters.

Come Thursday the whole school will enjoy nutritious vegetable soup with produce grown by the students, dip a fresh bread roll in their soup and finish up with some attractively prepared fruit platters. Six months in the making and planning, the project is now coming to an exciting conclusion where students of the school have determined the journey in order to promote healthy eating across the school community.

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