Fulham North Primary School

Giant Soup Day

An eat well be active - Primary Schools project school

Our thanks go to ACHPER for the article from ewba Newsletter Oct 2012

This year we decided our ewba focus would be to develop a whole school approach to using our school’s vegetable garden. The garden was developed in 2011 and classes were left to their own devices to use their own plot in whichever way they wanted. We observed a variety of levels of enthusiasm, effort and success! With this in mind we launched the FNPS Giant Soup Day initiative.

Our environment committee developed a proposal early in term 1, in which the staff voted to support. Each class was given a pack containing:

• A pack of vegetable seeds
• Planting guide for their specific vegetable
• Information about their vegetable (Stephanie Alexander and various websites)
• Recipes for their vegetable
• Vegetable fun worksheets including vegetable identification pages
• Useful websites and resources page
Towards the end of term 2, our student environment committee (Enviro Kids) ran a whole school poster competition and the day was promoted in our school newsletter. The day before our soup day, each class harvested and prepared their vegetables ready for the soup. With support from local retailers and parents we planned to cook 4 soups. The Enviro kids supported by our committee and 2 amazing parents cooked 4 delicious soups including Minestrone, Bacon and Corn Chowder, Pumpkin and Zucchini. Class by class the students filed outside to choose a cup of soup and a fresh bread roll for lunch. The Enviro kids served and promoted their soups, which were a huge success. The whole school sat together enjoying their soup. We observed many students trying the soup that contained their veggie, while a few tried soup for the very first time.

The lunch was a great success and many students shared their thoughts and with their parents. We even had a few recipe requests from parents excited their child enjoyed a vegetable soup. We decided to repeat the process in the second half of the year with each class choosing to grow salad vegetables. We hope our variety of salad plants will grow and we can provide our students with another healthy lunch made up of produce from our garden.

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eat well be active - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013.