Farrell Flat Students Prepare Food for Canteen

An eat well be active -Primary Schools project school

Farrell Flat has 34 students and is nestled in the beautiful Clare Valley. The garden beds tended by the children produce herbs, fruit and vegetables. Everything grown in the garden is picked fresh and used in cooking. Chooks supply fresh eggs. Children collect produce during their weekly cooking sessions with an SSO and make decisions about what to cook. After all children sample the food they decide whether they should make more to freeze it for selling in the canteen. During class meetings and SRC students discuss foods to make and give feedback about tastings. Because the students are involved in growing, cooking and sampling the foods they try healthy foods and like buying them from the canteen.

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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.