When planning for 2010 the **eat well be active** – Primary Schools project, the working party were keen to expose our students to healthy foods and at the same time have some fun. After much discussion about what we wanted to do and what it would look like, it was decided that each term we would cook or prepare the same recipe or food in every classroom across the school. The principal agreed to fund this “Recipe Adventure” from the school budget. It was also agreed that the Recipe Adventure would occur each term in Week Five and would provide the students with the opportunity to eat a healthy dish. The different options for each term as follows: Term One - Fruit kebabs- with a range of fruit Term Two - Baked Potatoes- with lots of healthy toppings Term Three - Healthy Wraps with lots of vegetables used Term Four - Healthy Fruit Wraps with different low fat sweet toppings such as yoghurt and ricotta cheese.
The recipe adventure was recorded in the school newsletter including photos. The working party selected recipes/foods that could be made at home by the students. As we are a Reception to Post Compulsory school our senior students who run our school canteen assisted by preparing the foods and presenting them on a platter for each class to assemble and enjoy.

Students were excited at the arrival of the food in their classroom. Comments included “Why can’t we do this every day” to “Can we have more!” Younger children found threading food on wooden kebab sticks challenging as well as a bit frightening. For some of our students to get them to touch the foods was a challenge due to their sensory and tactile preferences.

In Term Three at our Staff Training and Development Day for the eat well be active – Primary Schools project, staff had their own Recipe Adventure Master Chef style. With staff members in teams and with a time limit they were set the challenge to make a Healthy but attractive snack with just a selection of ingredients. The staff, were very eager as well as competitive which made Rick Baldock’s task of selecting a winning team extremely difficult.

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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.