Whitefriars Primary School

Healthy Food Choices and Master Chef – 2010

An eat well be active - Primary Schools project school

Our thanks go to ACHPER for this article from ewba Newsletter 2010

Last term Whitefriars Primary School held their own Healthy Master Chef competition. It involved the Year 4/5 students being asked to research a healthy meal option that they could present to their classmates as an oral language exercise. To launch the competition I took on the role as Master Chef in the school kitchen and demonstrated how to cook my “Healthy Potato Wedges” to the class. The students loved observing the cooking process and of course tasting them. We encouraged the children to choose healthy meals that were easy to prepare and that could be used as a recess or lunch option.

The children were given two options of how they could present their meal.

- Videotaping themselves at home, preparing and cooking the food (we provided a camera for them to use) or
- bringing in the finished product to show the class and allow the students to sample the food. Children were asked to hand out a recipe of their selected food after their oral presentation so that all children could go home and make it. Some students collected all the recipe handouts that they received and turned it into their own healthy meal cookbook.

This was a great exercise which empowered the children and excited them about healthy eating. I felt great satisfaction when children came to school telling me that they had made a fellow classmates meal for their family and that they were pressuring their parents to choose healthier options. That’s great news because parents listen to their children and let’s hope more activities like this can reverse the uphill trend of childhood obesity.

- Chris Slattery

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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.