

Mt Eliza Primary School



Stephanie Alexander
Kitchen Garden Program

The Philosophy

'This is real scrape-the-bowl and dirt-under-the-fingernails learning and the kids love it!'
(Stephanie Alexander)



- Setting good examples and engaging children's curiosity
- Providing positive and memorable food experiences that will form the basis of positive life-long eating habits
- Changing the way children approach and think about food
- Learning how to **grow, harvest, prepare and share fresh, seasonal food**

Our Program

This year we have 157 students taking part in our program.

Our Kitchen Garden students;

- Cook and eat new foods on a regular basis
- Significantly increase their knowledge, confidence and skills in gardening and cooking
- Build self-esteem and trust through gardening and cooking activities
 - Learn to cooperate
 - Develop social skills
- Learn about different cultures and traditions
- Develop a practical understanding of environmental sustainability
- Gain a working knowledge of the relationship between garden and table

Benefits for MEPS



- Achieve learning outcomes across the curriculum, using an innovative, hands-on education model
- Provide an alternative learning environment for 'non-academic learners'
- Create a point of engagement and excitement for the school community
- Create closer links with local communities and build community pride
- Promote wider participation in the school and local community



Preparing seeds to sell at school



Composting



Digging and Planting

Having Fun In The Garden



Wheelbarrow Practice



Measuring garden beds



Harvesting for the Kitchen



Using produce from our garden



Measuring ingredients



Preparing ingredients

Having Fun In The Kitchen



Working together



Cleaning Up



Sharing & Celebrating