



### Farrer Primary School

## A thriving garden is just the beginning

**With an impressive garden producing crops of tomatoes, beans, plums, peaches, corn, herbs and much more, Farrer Primary School already has healthy roots.**

Since signing up to Fresh Tastes, the school has explored other ways to make the garden and its wonderful fresh produce, as well as cooking and learning about nutrition, more accessible to everyone.

“We have a wonderful, comprehensive garden that already integrates well with the canteen,” said Kate Elliot, the school’s Fresh Tastes coordinator, as well as the teacher for science and environment. “We want to do more work on educating kids and parents and giving teachers more opportunities to cook with their classes.”

While Kate runs a cooking class once a term per year group, they want to expand this so other teachers are educated on what they can do with students and have the resources to cook in class.

“I have stove tops and general cooking utensils in the science and environment centre, and the canteen has great low benches for the children, but we think a kit of cooking sets on a trolley would make teaching cooking so much easier,” said Kate.

In the meantime, the school’s Fresh Tastes Action Group, made up of teachers, parents and the canteen manager, meet regularly to come up with other ideas.

“We’ve had a few teachers participate in Food&ME nutrition training, so they will pass this knowledge onto other teachers and then students,” Kate explained.

“A dietitian from Nutrition Australia ACT took us through the nutrition guidelines and how to fit these resources into the curriculum. The teachers here are fabulous and motivated to enhance the health and welfare of our students.”

“We had the Fresh Tastes horticulturalist come in and give us advice on building more garden beds so they can be accessible to teachers at any time.”

**The thriving garden is used to support the canteen, with the dedicated canteen manager creating delicious, fresh and healthy meals for students three days a week.**

“We are so lucky to have a fantastic canteen manager,” Kate said. “Along with parent helpers, she cooks fresh meals, such as fried rice, and will regularly take fruit from the garden for fresh smoothies for the kids.”

*Fresh Tastes is open to all primary schools across Canberra. Contact the Fresh Tastes team for information about how your school can get involved.*

