



North Ainslie Primary School

Kids in the kitchen

Good habits start young and North Ainslie Primary School is committed to teaching healthier habits to all students.

“North Ainslie Primary School believes hands-on cooking skills are important life skills and the building blocks of better nutrition,” said Gadia Zrihan, North Ainslie Primary School’s former Healthy Eating Hub garden coordinator and Fresh Tastes working group member. “Cooking skills also have the potential to introduce changes in family eating from the ground up.”

This is why the school signed up to Fresh Tastes under the action area of cooking food.

Through Fresh Tastes, the school was able to access cooking lessons from Kids Pantry, along with guidance to incorporate cooking into their already impressive whole school approach to healthy eating.

“We had three Kids Pantry cooking sessions with teachers and assistants present,” Gadia explained. “Children ranging in age from kindergarten to year six attended the sessions.”

The children learnt to make Burcher muesli, fish tacos and quiches. By all reports, the sessions were very successful, fun and informative.

“The kids were excited and engaged and willing to try new foods because of the fun atmosphere and peer environment,” said Gadia.

North Ainslie also incorporates their impressive selection of healthy, fresh and yummy produce from their Healthy Eating Hub garden into their cooking lessons.

“We hold regular cooking classes in our enrichment sessions,” Gadia said. “These happen once every two weeks in a mixed class including students from kindy to year six.

“Years three and four also have intensive cooking classes as part of their health and wellbeing unit of inquiry.”



The great news is that everyone is supportive and willing to contribute to a healthy food and drink culture at North Ainslie Primary School, and getting hands-on with cooking is where the enthusiasm is budding.

Fresh Tastes is open to all primary schools across Canberra. Contact the Fresh Tastes team for information about how your school can get involved. Fresh Tastes is part of the ACT Government’s Healthy Weight Initiative supporting a healthy, active and productive community.