



Taylor Primary School

## Tasty recipes inspired by fresh produce

**After Taylor Primary School established their thriving garden, they initiated a cooking program for the students.**

The school decided to work on the Cooking Food action area of Fresh Tastes, which provides teachers with skills and resources – mapped to the Australian Curriculum – to deliver beneficial cooking experiences for their students.

“We were fortunate to get a grant a few years ago to properly set up our kitchen,” said Amy Clark, Taylor Primary School’s Fresh Tastes coordinator.

“Plus the students and teachers worked hard to build and plant up our garden from seeds and seedlings.”

**The fresh produce the students harvest from their six garden beds now inspires the recipes for their kitchen classes.**

“I look at what’s in the garden and then decide what to cook from that, without having to buy too much else,” said Amy.

Amy and another teacher from Taylor Primary School attended the Stephanie Alexander Kitchen Garden Foundation’s professional development as part of their involvement with Fresh Tastes. This enabled them to network with teachers from other Fresh Tastes schools and learn from each school’s journey.

“It was a full day course where we broke into groups to look at seeding, harvesting, and the basics of teaching cooking,” Amy said. “It offered lots of inspiration and resources about what other schools are doing.”

The students who cook with Amy range in age from Kindy through to Year 6. The students have made pasta with tomato and basil pesto, and even tackled preparing tabouli – all with produce from the school’s garden.

“One boy say that he didn’t like beetroot, but I explained how different it would taste coming straight from our own garden compared to a tin,” explained Amy. “We cooked up the beetroot together and once he had a taste, he couldn’t get enough of them!”

Lots of other students get to taste-test from the garden too, and the school plans to start cooking classes with years three and four soon.

The students also regularly sell garden produce to parents and teachers during school pick-up times and re-invest the money into gardening supplies and chook feed.

*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.*

