



**The Kitchen Garden Classroom: Educating Children for a Healthy Future 13
October 2008 Abbotsford Convent
Session B5: Kitchen Garden Program Children Feedback Session**

Children were asked questions about the Program – the questions and responses are recorded below.

How could the Program be further developed or improved in the school?

- We could invite special community guests to join us.
- We could invite others to have a look at the kitchen and garden.
- We could invite people in for lunch.
- We could bring family recipes.
- We could advertise the program at local shops.
- We could have more people to help out in the kitchen and garden.
- We could get more schools into the Program.
- We could hold more conferences so more people will know about the Program.
- We could improve our skills.
- We could make the garden bigger.
- We could get chickens.
- We could have a strawberry patch.
- We could use a bigger range of food and have more money to support the program – we could use meat such as chicken, beef. It would give us more experience to handle uncooked meat.
- More parent involvement to educate them further and let them understand how important the Program is.
- Make the garden neater and improving the appearance.
- Expand our growing space and encourage more volunteers to come and help.
- We would love to have our new kitchen built.
- Make more work stations and groups so that everyone gets a better go.
- We could introduce wind and solar power to the taps and fans/lights.
- We need to discuss what we are all doing more.
- We need to socialise more.
- Open stalls and invite people to come and join them.
- Take food home.
- Make what you want once a year.
- We could talk more about the things we are using or planning.

- We could also help each other more in the classes instead of doing one thing by yourself.

How would students tell others about this Program?

- It's really fun, you enjoy it
- That it's great and you learn skills that can help you in life
- It has two really good activities
- Going to other schools and showing them
- You get to use chef's knives.
- Life skills.
- It's a great experience. Not many others get a chance to cook at school. The garden looks fantastic, it's great fun.
- It's a wonderful experience, it's changed my views about food, the time flies.
- I would explain how it affects the way you look at food and lets you enjoy growing, harvesting, preparing, sharing food and eating.
- It's a great experience and can help your self-esteem.
- The food is fantastic and I have only tried around one thing I didn't like in the two years I have been doing it.
- Socialising with people.
- Learning new things.
- Being creative.
- Being able to try new things, cook new foods, learning how to grow, harvest, socialise and have a good time.
- Learning to use knives, slicing, dicing, chopping etc.
- How to be self-sufficient and also learning the basics for cooking that will come in handy later in life.
- What to do with plants, what plants grow well together.
- How to plant vegies without pulling off the roots, how to cook with sharp knives, sharing the experience.
- How to prepare good meals.
- How to be confident when making your food.
- How to make yummy things that are still good for you.
- How to take something from the garden and make it into something else.
- I have learned a lot more skills, skills you need later in life.
- We have learned what it would be like being able to cook for others.
- I have more confidence in working with food.
- Our group has learned more about team work, and we're always the first finished in our class.
- We have learned that the stuff we make tastes better than things from fast-food places.
- The Program might make the school more popular because it is something that not all schools have.
- That it is great fun to taste foods as well as grow them.

- To grow, harvest and eat healthy foods that taste great.
- To say how good it is.
- That it's a fun Program that everyone can get involved and learn skills that will help you later in your life.
- You can learn a lot from the kitchen garden program, like how to cook and to grow vegetables and it's fun.
- That it is a great Program and you learn lots of sweet stuff.
- I would say: *each week we go to the kitchen for 1 hour and 30 minutes to cook delicious yet healthy food and then we all eat together and talk around the table. In the garden we get 1 hour to talk about our garden, maintain our garden and harvest. Sometimes we are allowed to eat things straight off the plant.*
- I would tell them that it is a big program and a good program.
- Invite people to cook with the students.
- Post it on websites that many people look at to get the idea around.
- Everyone loves the Program because we can see a seed grow and then we harvest and make them into a meal.
- Fun. You are involved in conference, you get the chance to work cooperatively, so mainly it is just fun to learn new things.
- It gets your mind thinking about the proper way to prepare and share.

What do you think are the most important things you learn in the Program?

- How to work as a team.
- How to cooperate.
- How to cook new things.
- To try different foods.
- How to garden.
- How to cook.
- How to taste new food.
- How to carry a knife.
- How to plant a plant.
- Table manners.
- How to hold boiling pots of water.
- To make skills for the future.
- How to eat healthy and grow foods that when combined, taste great.
- How to cook, clean, water, plant, bake and all that stuff. And how to use proper manners.
- Be aware of the right foods to eat and know the outcome of eating unhealthily.
- We have learn how to do things in the future and skills to pass on to parents.

How has the Program influenced the way you use food, and your interest in gardening at home?

- Makes me want to grow things at home.

- A little, but I do a lot of cooking and gardening at home.
- By getting me to try different things.
- I use food differently, and I can now cook at home.
- I garden at home more regularly. My interest in gardening has grown. Instead of rushing to cook food, I take my time.
- I learn what goes better with different things.
- I use food better than before. I'm more interested in gardening.
- Most kids at my school now try all the things they make.
- I now know most of the plants in my garden.
- I have now started cooking the healthy foods at home that we have made at school.
- We are getting a veggie garden and the school is cooking the food we make at school and at home.
- We are making healthy things at home.
- I help my mum when she gardens.
- I understand the way good food impacts on sporting performance.
- I ask frequently if I can cook.
- I cook almost every night, I have my own veggie garden. It has let me try new things and not to be afraid. It teaches you to live a healthy life style.
- I make creative good. I enjoy things I wouldn't have. I know many new things.
- I know where most of the food I use comes from. I have learned to like new things.
- When I'm older I'll be much more experienced than I could have been.
- I have cooked at home. I am making a garden at home.
- We eat more things out of the garden. I take things that we do in the garden home and mum and dad do them.
- Now I am not afraid to try new foods. I enjoy helping mum in the kitchen. We have just started our veggie garden and we are getting produce fast!!
- I now try different food even though it may not look nice.
- I cook a lot more now.
- I enjoy gardening a lot more.
- I have been very happy with what I've cooked. I am more confident with what I've done.
- You can make food faster.
- It makes gardening at home more fun.
- I'm brave to tell others how I prepared the meals.
- I make sure my hands are clean so others don't get sick.