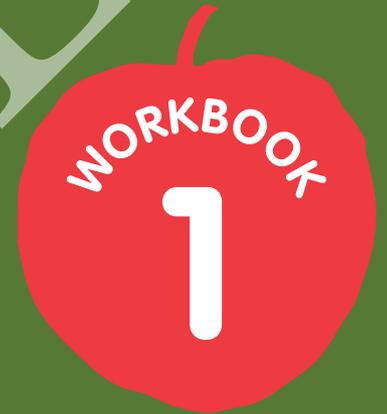


# KITCHEN GARDEN PROGRAM for EARLY CHILDHOOD



Understand  
pleasurable  
food  
education



# Fundamental 1

## Commitment to the philosophy of pleasurable food education

Pleasurable food education is a fun, hands-on approach to teaching children of all ages about growing, harvesting, preparing and sharing fresh, seasonal, *delicious* food. Delivered through a kitchen garden program, pleasurable food education is underpinned by the belief that a child regularly engaged in experiences in the garden and kitchen, and invited to the table, and encouraged to taste and learn about nutritious, delicious food, will grow to embrace fresh, seasonal flavours, and understand much about the natural world and how to relate to others. Kitchen garden programs are most effective when staff and the community understand and embrace this approach.



# Sharing your kitchen garden program with your staff and community

- Download the Visual guide from the Shared Table and display it.
- Hold an information session.
- Watch an information session.
- Book a professional development session.
- Book an online catch-up with the Stephanie Alexander Kitchen Garden Foundation Early Childhood Coordinator.
- Showcase recipes.
- Promote your program. To find the kitchen garden logo available to your unique service, visit the Shared Table resource library and search for 'logo'.



# The benefits of pleasurable food education

The benefits of pleasurable food education are numerous; some are listed here.

- **POSITIVE FOOD BEHAVIOURS** Children learn how to grow, cook, eat and celebrate fresh, delicious, nutritious food.
- **FINE AND GROSS MOTOR SKILLS** Handling tools and equipment through hands-on gardening and cooking experiences contributes to the development of fine and gross motor skills.
- **LEARNING OUTCOMES** Teaching and learning, linked to the curriculum, is reinforced by real-life contexts and meaningful experiences. Pleasurable food education also offers opportunities to learn about Aboriginal and Torres Strait Islander histories and cultures, develop respect for the environment and embed sustainability practices.
- **HEALTH AND WELLBEING** Being physically active outdoors can improve wellbeing, and children are often more engaged, learn through sensory experiences and love gardening and cooking.



- SOCIAL AND EMOTIONAL DEVELOPMENT** Cooking and gardening promotes teamwork, positive self-esteem, resilience and problem-solving skills. By interacting with others during cooking and gardening experiences, children learn to better manage their emotions, relate to others, resolve conflict and feel positive about themselves and the world around them.
- SKILLS FOR LIFE** Play-based learning in the kitchen and garden gives children opportunities to develop many useful skills, such as learning where food comes from, how to safely manage risks, problem-solving and critical thinking. A kitchen garden program in early childhood sets children up well for the transition to school, and gives them skills for life.
- COMMUNITY ENGAGEMENT** A kitchen garden program provides a rich and meaningful opportunity for the service to work in a reciprocal way with families and the broader community.
- ENVIRONMENT AND SUSTAINABILITY** The kitchen garden program provides children and educators with the opportunity to discuss and act on environmental initiatives, such as worm farms, compost, recycling, reusing and reducing environmental footprint.

