



Grappling with The Victorian Early Years Learning & Development Framework?

Wrestling with the new Victorian Curriculum?

We're here to help!



PLEASURABLE FOOD EDUCATION – LINKS TO LEARNING IN VICTORIA

At the Stephanie Alexander Kitchen Garden Foundation, we're aware of all the most recent updates and changes to the requirements of teaching and learning within Australia, and especially the state of Victoria.

Pleasurable food education is designed not only to support health and wellbeing objectives, but also to integrate with your learning environment and aims, so you can use a kitchen garden program to achieve multiple results, simultaneously (it's called the permaculture principle).

Pleasurable food education is ripe for implementation across the learning framework and curriculum, supporting a continuum of learning beginning from Early Years through to Foundation and Year 6, and continuing through to Years 7 to 10 in secondary settings. The kitchen garden program model is interdisciplinary in nature and covers all essential learning areas in a variety of ways. Learning can be multi-modal, active, engaging and creative for students of all ages and abilities, and suits the benefits of differentiation for the individual and personal needs of your learners and your subject where applicable.

Looking to the future, and the gradual shift to the Victorian Curriculum for implementation now and into 2017, the Stephanie Alexander Kitchen Garden Foundation will continue to support schools and learning centres in their endeavours to enrich the educational opportunities of our next generation of learners.



www.kitchengardenfoundation.org.au

We can show you how to use pleasurable food education to achieve:



- **Learning outcomes** – classroom teaching is reinforced with real-life contexts and learning through doing, with kitchen garden activities directly supporting curricula and learning frameworks, for both early years and F – 10.
- **Positive food behaviours** – kitchen garden students learn how to grow, cook, eat and celebrate fresh, delicious, nutritious food and the lifelong role it plays.
- **Physical activity objectives** – kitchen garden learners are hands-on in every kitchen and garden class, including physical activity and movement throughout the duration of the class.
- **Student wellbeing** – kitchen garden students are often more engaged, learn through sensory experiences, and love garden and kitchen classes.
- **Social development and responsibility** – kitchen and garden classes promote teamwork and self-esteem, as well as respect for environmental and sustainability practices.
- **Whole-of-community engagement** – schools and centres embrace the fresh food philosophy; kitchen garden learners take healthy recipes home, start backyard veggie patches and bring their families into the garden and kitchen; the community comes together to support their pleasurable food education program.



The Stephanie Alexander Kitchen Garden Foundation

The not-for-profit Stephanie Alexander Kitchen Garden Foundation is growing a food revolution from the ground up.

We support the delivery of pleasurable food education in schools and learning centres across Australia.

Our vision is for every Australian child to form positive food habits for life, through an experience-based kitchen garden program.

Over 1000 schools and learning centres across Australia are now growing, harvesting, preparing and sharing fresh, seasonal, *delicious* food with support from the Stephanie Alexander Kitchen Garden Foundation.

Contact us to get started!

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The Continuum of Learning in the Kitchen and Garden

Strong sense of identity

... taking responsibility for seedlings and worms ... learning their place in the natural environment ... taking pride in and sharing dishes they've made (and deciding what they like!)

Confident & involved learners

... learning by doing - experimenting with water and sunlight, salt and pepper - seeing results ... trying new foods (and knowing where they come from!) ... getting their hands dirty ...

MATHS

Plan and measure garden beds, mix pest sprays, ration out potting mix, calculate and weigh cooking ingredients, slice up portions, cost and budget menus ...

HUMANITIES

What role has rice played in the world economy, and what dishes do various cultures make from it? How do humans interact with the natural world and what is our responsibility for maintaining it? How will agricultural practices affect our trade?

LANGUAGES

Connect with culture, history and the global community through the shared experience of food; explore food words and origins; create a Chinese, Italian or Nigerian menu ...

ARTS

Use garden and kitchen experiences as creative prompts and stimuli, and sites for self-expression and reflection ...

HEALTH & PHYSICAL EDUCATION

Get active in the garden with wheelbarrows, weeding and watering, and in the kitchen with chopping, stirring, setting and cleaning ... and make healthy, social choices!

SCIENCE

Investigate seed germination, growth, pollination and the seasonal cycle; explore food substances, cooking processes, states of matter and how a plant becomes a food ...

TECHNOLOGY

Prepare nutritious meals. Use software to design gardens and menus. Chart when seedlings will be ready to harvest, create invitations to family feasts and research contemporary food issues from agriculture to sustainability ...

ENGLISH

Increase vocabulary, read gardening instructions, write recipes, keep journals, work together to get beds built and dishes prepared: listen, speak, share, reflect, build confidence, work in teams ...

Effective communicators

... using new words to convey new tastes, textures and smells ... creating garden and kitchen art ... keeping safe while using real tools, cutlery and crockery ... being patient while a seedlings sprouts and a loaf rises ...

Connected with & contribute to their world

... exploring seasonality, diversity and culture through food ... collaborating to take care of crops ... sharing the cooking and gardening experience ... connecting with a wider community ...

Strong sense of wellbeing

... using senses to explore new flavours and the changing nature of the garden ... digging, raking and watering and learning to love nature ... feeling loved in their garden and kitchen spaces ...

The Victorian Early Years
Learning & Development Framework

The Victorian Curriculum F-10