The Kids in the Kitchen regional program from the North Coast Area Health Service has been introduced at Stuarts Point Public School and the students are really lapping it up. The Yr 4/5/6 class at the school were the first to begin and they thoroughly enjoyed themselves preparing a three course meal and fruit smoothies for their lunch. Comments from all students, staff and helpers were overwhelmingly positive as they sat down at set tables with tablecloths and chopsticks to enjoy their meal together.

Parents and community members came into the school to help and the school’s old library was set up to prepare the meal. First course was Tuna Rice Balls, the main was Chicken and Vegetable Noodle Stir Fry and for dessert Fruit Kebabs. The recipes chosen need to be vegetable or fruit based and quick and easy to prepare in a make-ship kitchen-classroom with small appliances.

Each class at the school will have a turn this term and cooking will continue next year. The program aims to teach students vital life-skills and to encourage more nutritious eating habits. Recipes used in the lesson are sent home with students along with the Tooty Fruity Vegie Cookbook, which is supplied by the Health Service to promote the program. Funding for the equipment came from the school’s P&C and students were asked to contribute a small amount to cover the cost of ingredients with the school covering any extras.

In the future the school is planning to have a regular program of cooking with all classes and to plan their vegetable garden to produce fresh ingredients for the recipes used. This way the students will be involved in the full process of food preparation from ground to table.