



Overstrand Conservation Foundation, trading as

# whale coast CONSERVATION

Caring for your environment

## ECD PRACTITIONERS WORKSHOP

### Healthy Eating and Food gardening Expo

13 May 2017

On Saturday 13 May, WCC presented the second in a series of workshops to a group of ECD Practitioners and Foundation Phase Educators from around the Overstrand.

The workshop was a joint initiative of WCC and Enlighten Education Trust.



The topic of the workshop was healthy eating and home food gardening. Practitioners learnt about the different food groups, how to grow their own vegetables and the importance of eating a balanced healthy meal at all times.



Dr Anina Lee explained how our bodies take in food and break it down to nutrients that our bodies need and can use to keep functioning properly. She also showed the practitioners how a large protein molecule is broken down to amino acids and starch is digested into small glucose molecules that are usable by our bodies.



Sheraine van Wyk pointed out how many KJoules there are in commonly eaten snacks such as slap chips. She also told the practitioners about the large amounts of salt added to fast foods and how dangerous it is to eat them often. She spoke about the choices we can make when choosing something to drink, like drinking water instead of a glass of coke.

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PBO 18/11/13/4541 NPO 020-717



Dr Pat Miller spoke to the practitioners about how they can grow their own vegetables at their various ECD centres and homes. She showed them some recyclable containers in which to grow their food gardens, like plastic yoghurt containers, coffee tins and cardboard boxes. She emphasized the importance of growing our own vegetables to ensure food security.



Shirley Mgoboza showed the practitioners what a healthy meal should look like. She spoke about the five different food groups that make up a healthy plate, namely vegetables, fruits, grains, protein and dairy products.

Shirley also pointed out the importance of the different colours of vegetables and fruits and how important it is for us to mix our colours when preparing meals.



Sheraine gave the practitioners insight into how to save their own seeds and use them for the next season of planting. She also showed them how to make their own worm bins.



Shirley presented a story by Stripes the eco-Cat on the theme of healthy eating. This story is aimed at engaging younger children through story readings about a balanced diet. All practitioners received a copy of the story and an enviro kid magazine to take back with to their respective ECD centres.



A joint project of  
WCC and  
Enlighten  
Education Trust.

ECD Workshop was  
Funded by the National  
Lotteries Commission

