



Overstrand Conservation Foundation, trading as

# whale coast CONSERVATION

*Caring for your environment*

## HEALTHY EATING AND FOOD GARDENING EXPO

### Gansbaai Primêr

On 15 May, Whale Coast Conservation (WCC) presented an expo on healthy eating and food gardening at Gansbaai Primêr.

Groups of 80 grade 5s and 60 grade 6s and 15 special needs learners attended the expo.



Dr Anina Lee spoke to the learners about how our bodies take in food and break it down to nutrients that our bodies can use to keep functioning properly. She also showed the learners different food types that release energy quickly (and can contribute to diabetes) and those that release energy slowly (low GI).



Sheraine van Wyk pointed out how many KJoules are there in the commonly eaten snacks such as chips, sweets and slap chips. She also told the learners about the large quantities of salt that these kinds of foods contain and how dangerous it is to eat them regularly. She spoke about the healthy choices learners can make, like drinking water instead of a glass of coke.



Dr Pat Miller spoke to the learners about how they can grow their own vegetables at school and at home.

TEL +27 28 316 2527 FAX 086 695 0046 CELL +27 72 185 5726

E-MAIL [wcc.greenhouse@gmail.com](mailto:wcc.greenhouse@gmail.com) WEBSITE [www.whalecoastconservation.org.za](http://www.whalecoastconservation.org.za)

Green House, R43 (opposite Lynx Rd turn off to Vermont), Hermanus PO Box 1949 Hermanus South Africa 7200

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

She showed them the kind of recyclable containers they can use to start their own food gardens - plastic yoghurt containers, coffee tins and cardboard boxes. She emphasized the importance of growing our own vegetables to ensure food security in our country.



Shirley Mgoboza showed the learners what a healthy meal should look like. She spoke about the five different food groups that make up the healthy plate, namely vegetables, fruits, grains, protein and dairy products. She also emphasized that we should always try to include these food groups in our everyday meals.

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



Joshua Campbell showed learners videos on healthy eating. The learners enjoyed the video of broccoli fighting with a chocolate bar, which of course it is always a battle to get children to eat their vegetables.

The Expo on healthy eating and food gardening was funded by AVI Community Development Trust.

