



Overstrand Conservation Foundation, trading as

whale coast CONSERVATION

Caring for your environment

HEALTHY EATING AND FOOD GARDENING EXPO

Gansbaai Academia

On 17 May, Whale Coast Conservation (WCC) presented an expo on healthy eating and food gardening at Gansbaai Academia.

Groups of 178 Grade 8 and 37 Grade 11 learners attended the expo.



Dr Anina Lee explained to the learners why we need to eat proteins and how proteins from plants and animals are broken down into the constituent amino acids - which our bodies then use to synthesise our own human proteins according to the DNA blueprint in our cells.

She also showed the learners different types of carbohydrates 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 there are in the commonly eaten snacks such as chips, sweets and slap chips. She also told the learners about large quantities of salt that these kinds of food contain and how dangerous it is to eat them regularly. She spoke about the choices the learners can make, like drinking water instead of a glass of Coke.



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

E-MAIL wcc.greenhouse@gmail.com WEBSITE 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

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

The logo for AVI Community Development Trust, consisting of the letters 'A', 'V', and 'I' in a stylized, blue, sans-serif font.