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HEALTHY EATING AND FOOD GARDENING EXPO

Masakhane Primary

On Thursday 1 June, Whale Coast Conservation (WCC) presented an expo on healthy eating and food gardening at Masakhane Primary. This is WCC's first Expo at Masakhane and we are delighted that they have joined WCC's Youth Environment Programme (YEP)

Groups of 99 grade 5 and 66 grade 7 learners attended the expo.



Dr Anina Lee spoke to the learners about how our bodies take in food and break it down to nutrients and vitamins that our bodies need and 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.



John Cowan spoke to the learners about how they can grow their own

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vegetables at school and at home. He showed them the kind of recyclable containers they can use to start their own food gardens - plastic yoghurt containers, coffee tins and cardboard boxes. He 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.



Denfred Bruintjies showed learners videos on healthy eating. Learners saw how easy it is to prepare their healthy snack on the videos, and saw the mixed colours of the vegetables and fruits.

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

AVI