



Overstrand Conservation Foundation, trading as

# whale coast CONSERVATION

*Caring for your environment*

## HEALTHY EATING AND FOOD GARDENING EXPO

### Laerskool Gansbaai

On Thursday 22 June Whale Coast Conservation (WCC) presented an expo on healthy eating and food gardening at Laerskool Gansbaai, one of the schools sponsored on WCC's Youth Environment Programme (YEP) by AVI Community Development Trust.

Groups of 41 Grade 3s, 52 Grade 2s, 33 Grade 1s and 30 Grade Rs came to the expo where they visited 5 interactive exhibits. They learned all about a healthy diet, what sorts of snacks to avoid and why, and how to grow their own vegetables at home.



Dr Anina Lee explained to the learners how our bodies take in food and

break it down to nutrients that our bodies need 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 commonly eaten snacks such as crisps, 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.

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

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John Cowan showed the children how they can grow their own vegetables at school and at home. He showed them the kind of recyclable containers they can use to start their own food gardens. 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 a healthy plate, namely vegetables, fruits, grains, protein and dairy products. She also emphasized that we should try to include these food groups in at least one meal a day.

Shirley also pointed out that the different colours of the vegetables and fruits indicate healthy phytonutrients such as vitamins and

how important it is for us to mix our colours when preparing a meal.



Denfred Brintjies showed learners videos about healthy eating. They loved the amusing videos, but also learned how easy it is to prepare a healthy snack, making sure to mix the fruit and vegetable colours they eat.

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

AVI