

# FOOD EVENTS

ABOUT RICHMOND PUBLIC SCHOOLS • OUR FOCUS IS ON THE LEARNER



## Learning Nutrition from the Ground Up

For students at Quilchena Elementary, learning about nutrition is much more than studying Canada's Food Rules.

Thanks to a project initiated by Ian Lai, chef instructor at the Northwest Culinary Academy in Vancouver, Mr. Hunter's Grade 3 and 4 students at Quilchena Elementary are discovering nutrition from the ground up.

Ian is passionate about using food to build community and to help young people understand how the food cycle works, to respect the earth, and to appreciate its abundance. Inspired by a UBC project that brings together Downtown Eastside students with Westside students and seniors to farm

the land, he approached London Heritage Farm and they agreed to give him some land to use. After getting some donated seeds and the loan of some tools, Quilchena's students were out in the fields tilling, planting, weeding, watering, and harvesting.

In The Edible Schoolyard Project, students are harvesting much more than vegetables. They are gaining computational skills as they weigh their bounty and calculate percentages. They are learning about earth science as they discover the role of insects, weather, seasons, and composting. They are also gaining social responsibility, stewardship, organizational skills, and hope for the future. By discovering where food comes from and working with people of all generations, youth come to respect the earth and its many peoples.

