

Arts & Entertainment

Nutrition from the ground up

Chef's Edible Schoolyard Project gets students growing



Food for Thought

Arlene Kroeker

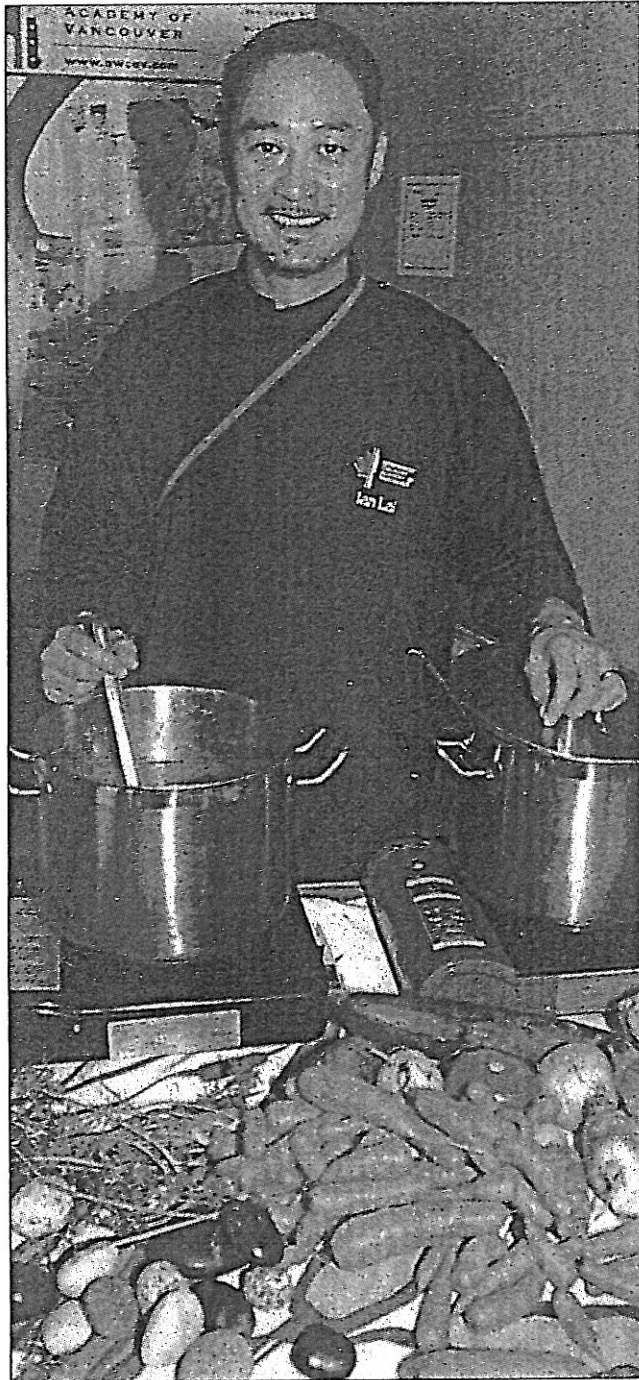
I have heard repeatedly about the sad state of children's lunch bags and nutritional habits which fosters poor listening skills, moodiness, and lack of concentration.

By injecting garbage, the body malfunctions. How does one teach, from the ground up, good nutrition?

I met up with Ian Lai at the Northwest Culinary Academy of Vancouver on Main Street where he works as a chef instructor.

Born and raised in South Africa, Ian came to Vancouver in 1979 before leaving to teach English in Japan, become a hippie in India, and gain what he calls "a global perspective to life."

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Ian Lai has brought the Edible Schoolyard Project to Richmond. The program teaches students all about growing food.

Mark Patrick photo

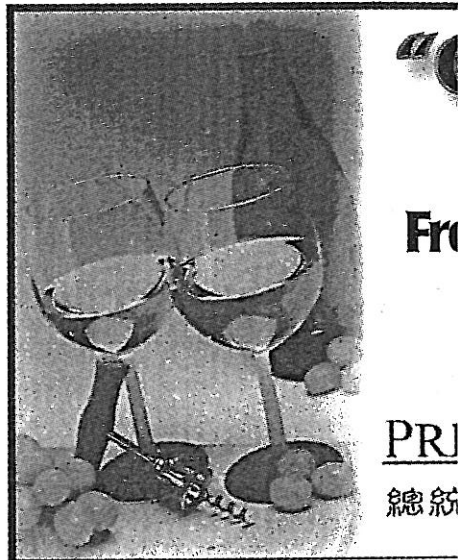
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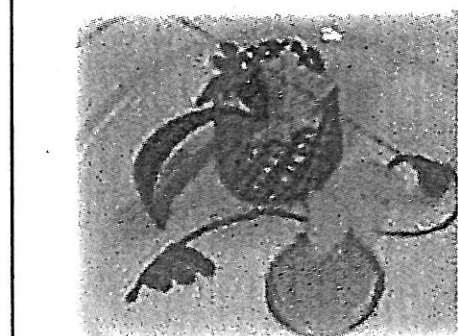
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