The 24 Carat Kitchen Garden Program

The aim of the Kitchen as part of the 24 Carat Kitchen Garden Program is to provide primary school age students with access to the wonderful world of food preparation and healthy foods that they want to eat and which actually tastes good too. Students from Grade 3 through to Grade 6 gain many skills through the cooking program which include competency in reading recipes, following instructions, choosing and preparing raw fruit and vegetables and working as part of a team to produce healthy meals. In every lesson students experience and use an array of fresh seasonal fruit, vegetables and other ingredients. Students learn to use different cooking methods, taste new foods – raw and cooked and experience new texture and flavour combinations with every recipe. Students are encouraged to use creative thinking with the recipes and adapt or add different ingredients to create new flavour combinations. This helps students to add additional flair and excitement to their food creations and to be excited about tasting the dishes that they have created together.

Students make dishes ranging from soups, salads, dressings, meat and vegetable based curries, pies, dips, crackers, breads, pasta and fruit and vegetable based desserts. Global cuisine is a big part of the kitchen program. We introduce students to ingredients and foods from many cultures around the world. We use simple recipes and easily available ingredients so that the students can recreate the recipes at home with their families.

Sharing food around a table allows students to taste and talk about their food creations. Students who are dubious about tasting new food often will taste new food when they have been part of the process of creating the dishes. By watching other students enjoying the experience of tasting new foods often will encourage our vegetably challenged students (non veggie eaters) to have a taste and often they come back for second helpings.

The Kitchen program provides a wholistic approach to the student’s culinary learning. Students create and experience healthy eating habits that they take home and share with their families and take through into their adult lives.
STUDENT HEALTH INITIATIVE
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