

FOOD LITERACY WORKSHOP AT QUEEN MARY ELEMENTARY

A method to involve children in the process of making healthy food choices by gaining adequate food literacy knowledge

WHAT IS FOOD LITERACY?

Food Literacy = understanding the impact of your food choices on your health, the environment and the economy. [1]



THE ISSUE

We need to bring nutrition and food education back into the classrooms at an earlier age to increase vegetable and fruit consumption and prepare young students for the complex food environment that we survive in.

70% of children do not reach their daily intake of veggies and fruits [2]

THE WORKSHOP



Main Ingredients in our Buddha Bowl

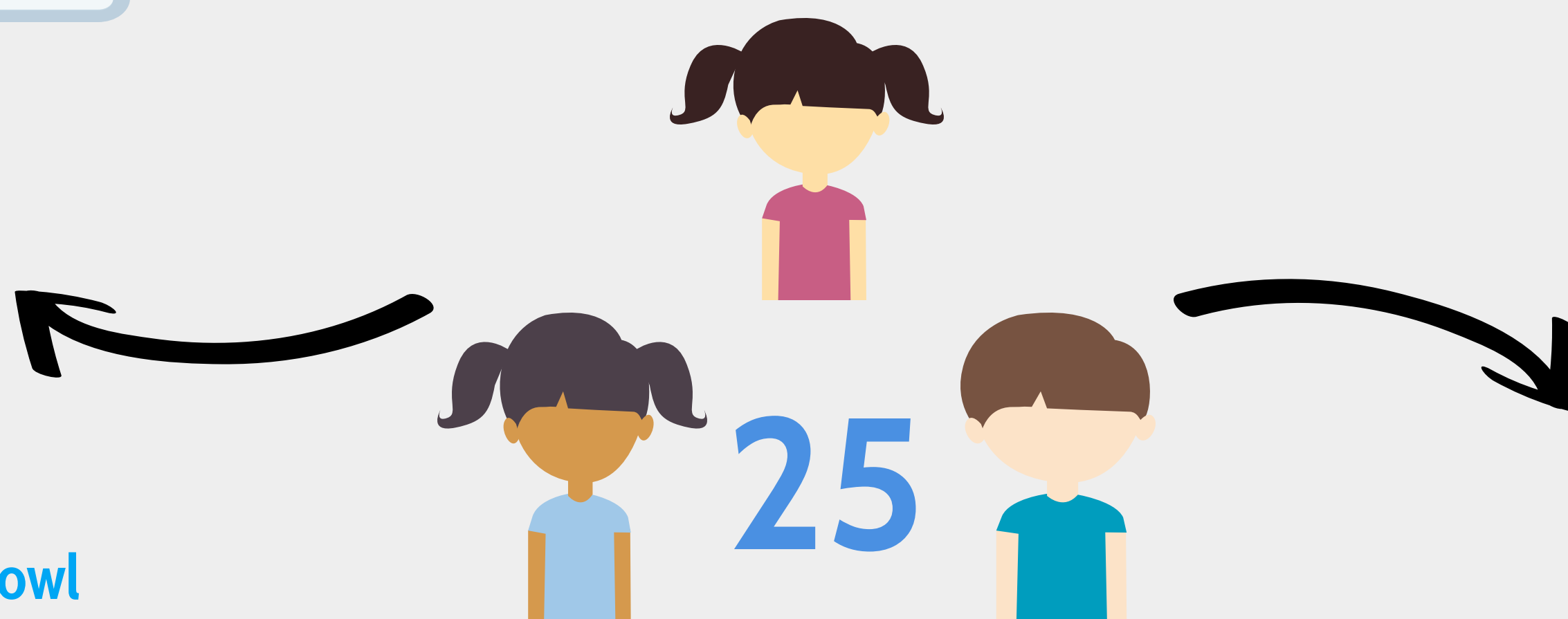
Grains: Brown rice

Protein & Alternatives: Smoked tofu

Vegetable & Fruits: Tomatoes, cucumbers, sweet potato, leafy greens

Condiment: Miso tahini dressing

Milk & Alternatives: 1% dairy milk, soy milk

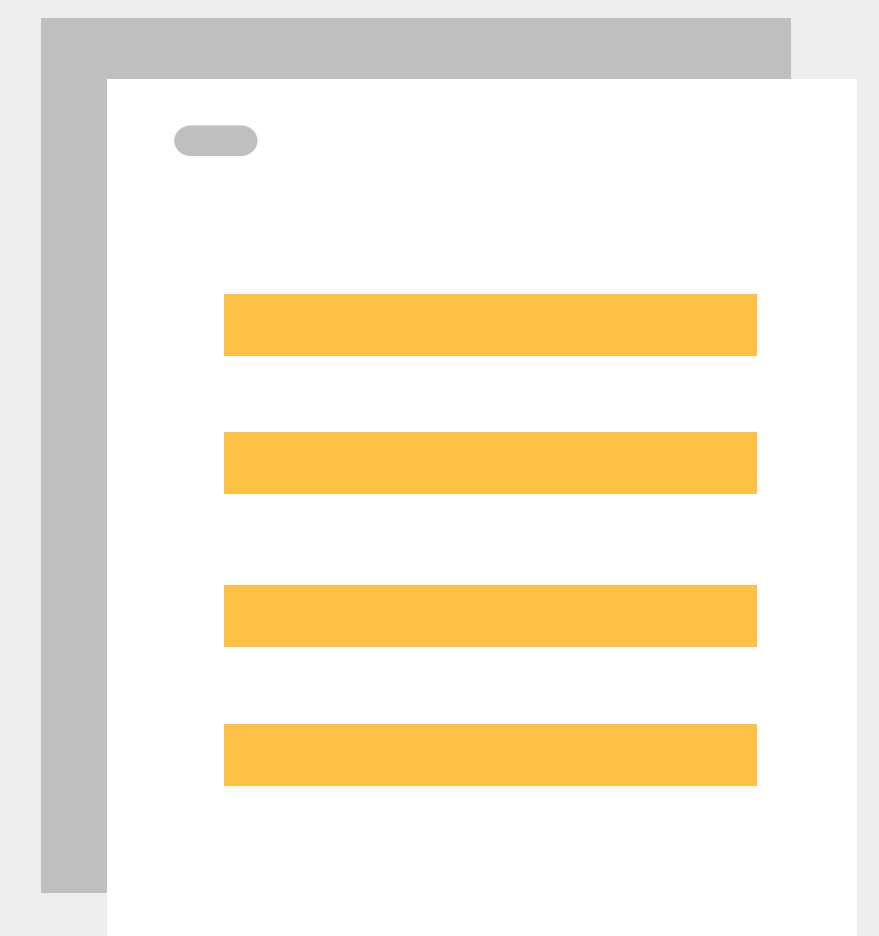


Children in Grades 5 and 6 learnt how to create a balanced meal with all of the food groups listed in Canada's Food Guide.

All of the students had a chance to prepare and try all of the ingredients in a Buddha Bowl.
94% enjoyed their Buddha Bowls.

Pre-Worksheet


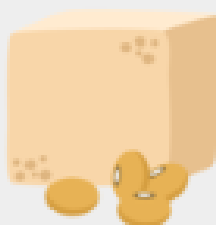
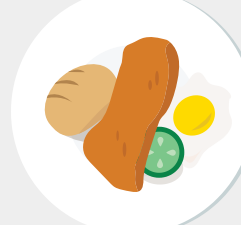

Children's nutrition knowledge assessed before workshop



Post-Worksheet

Children's nutrition knowledge assessed after workshop



THE RESULTS

BEFORE WORKSHOP	AFTER WORKSHOP	
18%	88%	of children knew what a milk alternative was 
18%	88%	of children knew what a protein alternative was 
46%	88%	of children had an idea of what a balanced meal was 
58%	88%	of children held basic knowledge about nutrients 

TAKE HOME MESSAGE

- Food literacy skills should be taught earlier on in a child's elementary education to make healthier food choices.

NEXT STEPS?

- Conduct other food literacy-related workshops beyond balanced meals (e.g. comparing processed vs. homemade foods) 
- Implement food literacy workshops in other elementary schools
- Prepare educational nutrition handouts for parents 

References