



Food Literacy Workshop

at Queen Mary Elementary School

Involving elementary students in the food system using garlic planting to improve community food security and develop food literacy knowledge and skills via a 3-session workshop



ABOUT OUR PARTNER

In partnership with Queen Mary Elementary School

- Located in West Point Grey area in Vancouver
- Supporting 312 students from grade 1 to 7
- Has on-site raised garden beds for students and staff to plant and harvest throughout the year [1]

We are working with grade 4/5 students



26 Students



nutrition



gardening



cooking

FOOD LITERACY

- Food-related knowledge, skills, and practices that support personal health and sustainable food systems [2]

COMMUNITY FOOD SECURITY

- A situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes self-reliance and social justice [3]

THE ISSUE

85% of Canadian schools **do not** offer gardening activities [4]

- Evidence shows that youth from around the world cannot make healthy food choices due to a lack of food skills; gardening being one of them [5]



PURPOSE

- Increase food literacy among students
- Inspire students to engage and feel more connected with our food system
- Encourage healthy eating habits of students
- Promote community food security through food literacy activities

THE WORKSHOP

Session 1

FOOD CYCLE

Station Activities

- Food cycle overview
- Energy chain in living things
- What is soil?
- Vermicompost



Session 2

ALL ABOUT GARLIC

Station Activities + Garlic Food Tasting

- Garlic's Health Benefits
- Garlic's Cultural Uses
- Garlic's Growing Conditions
- Prepared 5 garlic dishes for students to taste



Session 3

GARLIC PLANTING

Hands-on Activity

- Successfully planted 26 cloves
- Utilized 2 school garden beds
- Planted 3 types of hardneck garlic
 - Red Russian
 - Persian Star
 - Creme Dela Rasa



Pop Quiz

- Knowledge from sessions 1 and 2 were tested



RESULTS

93%

is the class average for the pop quiz and **70%** of the class got full marks

85%

of students feel more engaged in food producing activities

81%

of students understand how to grow and incorporate garlic into meals

77%

of students are more aware of healthy eating habits

- 26 garlic bulbs are expected to be harvested next summer

TAKE HOME MESSAGE

- Food literacy workshops help students gain interest and feel more connected to the food system
- Community food security is supported through student's increased awareness of healthy diets and having more knowledge about our food system

NEXT STEPS?

- Students harvest the garlic in late July
- Utilize garlic in school cooking activities
- Investigate other food system workshops based on student interests

References

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3. Hamm, M. W., & Bellows, A. C. (2003). Community food security and nutrition educators. *Journal of Nutrition Education and Behavior*, 35(1), 37-43. doi: 10.1016/S1499-4046(06)60325-4
4. Browning, H., Laxer, R., & Janssen, I. (2013). *Food and Eating Environments: In Canadian Schools*. *Canadian Journal of Dietetic Practice And Research*, 74(4), 160-166. doi: 10.3148/74.4.2013.160
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