

Get your skates on and COOK WITH FRUIT AND VEG!



Fruit'n'Veg Week is the perfect opportunity to conduct whole class cooking activities. Cooking sessions can provide students with skills in preparing healthy food and recipes can be shared with families and the community.

Worried about the costs of conducting cooking?

- Check to see if your school has a budget for cooking activities.
- Request donations of ingredients from local businesses.
- Apply for a grant from Cancer Council WA and Diabetes WA to cover costs. Go to the Fruit 'n' Veg Week website for details on how to apply www.fruitnvegweek.health.wa.gov.au.
- If space and kitchen equipment are limited at your school, select simple recipes such as salads, healthy sandwiches or fruit kebabs.

Some class cooking tips

Before you start:

- Discuss with students what makes a recipe healthy. Recipes low in fat, salt and sugar and high in fruit and vegetable serves are a good choice.
- Select a healthy, fruit or veg based recipe. Use one of the step-by-step recipes provided on the Fruit 'n' Veg Week website (courtesy of ISIS Primary Care, Victoria) or go to the kids recipe section on www.gofor2and5.com.au. Older children can select their own recipe in small groups according to criteria they have developed.
- When selecting a recipe, consider time allocation, supervision, safety, required cooking skills and equipment, utensils and ingredients needed.

After cooking:

- Enter the 'Get your skates on and cook!' competition. See the entry form for details.
- Provide students with a copy of the recipe to try at home
- Include a copy of recipes in the school's newsletter to share with parents. Other newsletter inserts are also available on the Fruit 'n' Veg Week website.



Fruit 'n' Veg Week 2009

Get your skates on and cook!

Class Competition

Task:

1. During Fruit'n'Veg Week, conduct a fruit and veg cooking session.
2. After cooking, conduct a creative writing or art lesson with a cooking theme. Examples include:
 - a poem describing activities
 - a 'day in the life' story of one of the ingredients
 - an advertisement for the finished dish
 - painting, drawing or collage
 - any other creative activity linking with cooking.
3. Work can be a whole class effort or completed individually.
4. Select one work sample per class to enter and sent it along with this form to us.
5. Entries must be received by **October 12**.

Two winning entries will receive a \$200 fruit and veg themed book pack and an apple slinky machine for their class or school.

Post your entry to:

Schools Nutrition Consultant
Cancer Council WA
46 Ventnor Ave
West Perth WA 6005

Please complete the information below and include with your entry:

School name	
Contact person	
Email	
School address	
Number of students who participated in cooking	
Recipes cooked	
Please provide a copy of the recipe if not sourced from the Fruit 'n' Veg Week promotional materials.	

Please contact schools@cancerwa.asn.au or phone 9212 4363 if you have any questions.