

Case Study

Filomena Henderson, an experienced cooking teacher, shares her passion of gardening and cooking healthy fresh food with the students of Noble Park Primary School. Her love of gardening is inspired by her Italian father who taught her his gardening secrets which she passes onto her students.



Filomena Henderson working in the garden.

What you will find...

With support from the Principal, Filomena has transformed an unused section of the school grounds into a productive herb, native plant and vegetable patch. Students and any willing volunteers can be found doing any number of tasks such as digging, planting, weeding, composting, harvesting and feeding the chickens under Filomena's supervision.

What the children learn...

The students learn how to harvest, prepare and cook produce grown in their own school garden. Fortnightly, students are guided through all stages of food preparation including cooking and tasting produce. The students love attending cooking classes as this is often a magical time when students learn about different cultures, food and flavours. Each lesson, students explore new

recipes and are taught how to utilise surplus fruit or vegetables. Garden activities include identification of plants, sowing techniques, stages of plant growth and watering. Sustainable practices such as recycling and waste management are explored in the curriculum to support students' learning through garden involvement.

Positive Outcomes...

- Increased value placed on the natural environment by teachers and students
- Discovering different foods and flavours
- Learning how to grow and prepare healthy food leading to healthier eating
- Improved behaviour in students who engaged with garden
- A healthy and safe place to visit supporting healthy minds
- A greater sense of community and school pride



The school garden scarecrow.

Filomena's Top 3 Tips for Success

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- ✓ Find someone who is passionate about gardening to drive the project
 - ✓ Seek support from management and the wider community
 - ✓ Plan and prepare effective systems such as planting design, harvesting times, watering and waste disposal
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