

Using Salt Awareness Week to promote healthy eating and living

February 2013

At Child Side School meal time is not just a time to rebuild our energy levels; we use it as an integral part of our "living curriculum". There is a huge amount of learning embedded in the growing, harvesting, preparation and eating of the food we prepare from our organic kitchen garden. This includes topics related to the environment, economics, biology, health, hygiene as well as numeracy and literacy.

One of the joys of have an organic kitchen garden is that our menus are planned around seasonal availability, we use fresh ingredients at their peak and we prepare every meal from raw ingredients, making for well balanced and better tasting meals. In catering for so many people we also need to be mindful of many dietary requirements that may result from health conditions, allergies or cultures.

Another important benefit we gain from our organic kitchen garden is that we can ensure every meal is prepared to look after our health. As such Child Side School will be using the 6th World Salt Awareness Week on Monday 11th to Sunday 17th March, being run by World Action on Salt & Health, as an opportunity to raise awareness about the risk of eating too much salt.

During this week children will log their daily salt intake whilst at school and at home. Using this information each child will then analyse whether they are at risk from having too much salt and look at the best ways in which they can reduce their intake to safe levels.

There is strong evidence that links our current high salt intakes to high blood pressure. High blood pressure is the main cause of strokes and a major cause of heart attacks and heart failures, the most common causes of death and illness in the world. So we will be encouraging everyone in our community and beyond to ask for 'Less Salt Please'.

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Harvesting fresh vegetables from the schools organic kitchen garden



Preparing lunch is an integral part of the school's "living curriculum"



Well balanced and better tasting lunchtime meals are always on the menu