

Food for Life Westlea Primary – Roast Dinner Day

Quotes

Key stage 1 child

“We cooked Christmas cakes in school the other day. We did it on the traditional Christmas cake day. It is nice to do the same thing, on the same day my mum and grandma used to do it”

“Cake isn’t my favourite, beans are my favourite!”

“I started cooking when I was like 3!”

**“My food is from the ground. I know that my carrots are the ones that they grow here”

**“I help my papa grow vegetables at home now”

** “I like knowing where vegetables come from. It is fun watching papa pull them out of the ground”

“We grow tomatoes, and I lost my tooth”

“I grow strawberries, I like strawberries the best”

** “I now grow in my garden”

“I am going to go and play, but first I have to help clear up”

** “It is nice all eating together. It’s like eating with a family. I never get lonely at lunchtimes when we are all together”

“I like to cook at home now. Especially my Daddy’s favourite”

** “I cook all the time with my mummy: salads and omelettes and sometimes cakes. Now I know how to cook them.”

** “Cooking club helps me know how food is made”

***“We eat different things in school than I do at home”

***“We eat more vegetables in school than I do at home”

** “Sometimes I even ask my mum to cook the vegetables we had in school, like what’s that one I liked the other day that you didn’t? Cauliflower!”

“I try new things in school. I tried coleslaw and I do not like it. But I will keep trying it”

** “Eating bananas in school made me like bananas. We always eat bananas”

** “I think school dinners having an award is good. I think the dinners are very good”

**“Eating nice food helps me concentrate in school” “I think it is the healthiness that helps us think”

KS2

"We love roast!"

"I tried fish. I wouldn't normally eat that at home."

"I have different things at home than I would have here"

** "My brother is fussy at home. So I only get to have certain things, not like in school"

** "Learning not to be fussy is important. Without vegetables I wouldn't be very healthy"

** "At harvest we learn about food from seed to plate"

** "It is good to think about where your food comes from"

** "If I didn't learn to eat vegetables now, when I grow older how would I be healthy?"

"Healthy eating keeps you fit"

"Balancing your food is very important to being healthy"

*** "I never used to like fish cake, but now I do since trying it at school"

** "I have changed what I eat at home. I used to hate cauliflower and now I like it since I had it at school"

*** "Do you know where your vegetables come from? They are grown in the soil!"

"I started to cut out all the sugary stuff and now I eat more healthily"

** "Food is important. So you don't starve or get ill"

It's important to have healthy food because your teeth might fall out"

"I have learnt that having a good diet is very important"

"We put eggs in cups with coke and the egg went black. But in water it didn't change"

** "You just eat and you don't know what is healthy and what's not. But in school you learn what is good for you and what isn't"

"Now I eat vegetables that I don't like because in school I learnt that sometimes when you try vegetables, you like the ones you didn't used to like"

*** "I am able to try stuff I didn't think I liked and then sometimes I do like them"

** "trying new things is the best part of school dinners"

** "I like that we sit at tables together for lunch"