



Leaders for the environment,
agriculture . . . Our future
(LEAF)

Healthy choices and environmental literacy

- ▶ LEAF promotes healthy choices by empowering students to be actively involved in their learning and increase their environmental literacy.



LEAF goals

- ▶ Three main areas of focus:
 - ▶ What are healthy foods?
 - ▶ How do our food choices impact the environment and our health?
 - ▶ How can we grow and use these foods in our daily lives?



Monthly topics

- The monthly topics included:
 - Local Food
 - Urban farming
 - Backyard Gardens
 - Food Industry Careers



Speakers: McVean Farm CSA

- McVean Farm CSA (Community Supported Agriculture) is located within walking distance of Calderstone Middle School.
- Mc Vean Farm manager, Sri Sethuratnam, spoke to LEAF about CSAs.



Learning about environmental initiatives in our community

- The Toronto Region Conservation Authority (TRCA) and the Brampton Clean City Committee shared information with LEAF about how we can make a difference to the environment in our community.



Gardening at home

- LEAF students each received a tomato plant, a pepper plant and a leaf lettuce plant to grow in their gardens at home and some instructions on how to care for them throughout the summer.



Preparing healthy food with our family

- Using the Ontario Bean Growers Bean Cookbook, LEAF students selected recipes to make at home with their families and then share with LEAF.



Sharing our bean meals

- Students shared black bean salad, bean quesadillas, bean chili and bean brownies made at home.
- Everything tasted great – even the bean brownies!



Healthy Iron Chef

- The final activity was a Healthy Iron Chef competition.
- It was challenging to make the recipe item but LEAF students working together managed to make it happen.



Healthy Iron Chef: Menu

- Students made:
 - Zucchini fritters
 - Vegetarian Lasagne
 - Eggplant parmigiana
 - Baked vegetable pasta



Healthy Iron Chef: Process

- ▶ Students learned to divide the work equally among each member of the group.
- ▶ They learned to support each other to make sure they finished the recipe on time.



Healthy Iron Chef: Judges

- ▶ Our principal and vice-principal were our judges.
- ▶ They enjoyed all of the dishes but they liked the vegetarian lasagne the best!



What we learned: healthy food

- ▶ The importance of making healthy food at home with and for their families
- ▶ Understanding where food comes from



What we learned: teamwork

- ▶ We learned to be persistent, to have fun and to always wash our hands before cooking.
- ▶ We became friends.



LEAF 2014/2015 – Apple Picking at Dixie Orchard

- We learned about biodiversity in the orchard.
- We learned the important role of bees in pollinating trees.
- Local apples are delicious!



LEAF 2014/2015 – Apple Picking at Dixie Orchard



Thank you LSF for helping to make the LEAF club possible!

