



Driver Primary students Ashley Hyde, Kelvin Howard, Mystique Mason and Brendan Hart with produce from their school garden

Picture: ELISE DERWIN

## Kids really digging food focus

A NATIONAL survey has shown many Aussie kids are clueless about cooking.

The survey of 1000 students and their parents showed that one in four kids didn't know butter came from cow's milk and only two in five knew that tomatoes ripened in summer and autumn.

Less than a quarter of children surveyed answered all the questions about the source of

common foods correctly. Many kids were unaware that potatoes were grown underground and that apples and bananas came from trees.

Three in five parents said their children wouldn't know how to bake a potato, while two in five said they didn't believe their kids would be able to boil an egg. About a quarter of kids surveyed did not eat dinner with their family at the

table regularly. Those who did dine with their families knew more about where their food came from.

Driver Primary School is one of 800 schools across the country to take part in Stephanie Alexander's Kitchen Garden program, which involves students in every stage of the food-making process.

School captain Ashley Hyde said it was exciting to see

the food grow from seeds into usable produce for cooking. She said her favourite meal to make in the kitchen was pizza, topped with vegetables from the school's farm.

Principal Rob Presswell said the kids loved "learning about where real food comes from – from pineapples to carrots and tomatoes – as well as learning how to sustainably grow and cook delicious food".