

# Garden to plate approach

PLANT a seed in a child's mind and watch it grow. That's exactly what proud Caboolture East State School teacher Therese Abberfield has done with her grade four students – teaching them how to grow their own produce in the school's veggie garden and then showing them how to use it to create healthy meals.

"It's one of my passions – seeing them in the kitchen and getting them to create and seeing them in the garden too," Ms Abberfield said.

"Teaching kids where their food comes from, it's not from a packet, and showing them how they can use it in their cooking and how easy it is to grow.

"There's lots of maths, design and science involved in the garden, it integrates all those things beautifully.

"It's much deeper than just food."

It's all part of the Stephanie Alexander Kitchen Garden program which has been a part of Aussie schools for 13 years, teaching 100,000 students in more than 800 primary schools every year the joys

**“It's much deeper than just food**

— Therese Abberfield

of growing, harvesting, preparing and sharing food.

Thanks to a partnership with Medibank the program is now available online, giving families access to exclusive content, recipes and nutritional information from home.

Program founder Stephanie Alexander said the expansion into homes will help to ensure children are learning healthy habits from a young age.

"We know parents are busier than ever and it's hard to fit everything in," she said.

"That's why we've joined forces with our long-standing partner Medibank to expand our successful school program into Aussie homes, and make it easier for parents and children to learn about healthy food education together.

"By making small changes

such as simply spending more time preparing and eating fresh meals together as a family, parents can help kick-start good habits and switch mindsets about healthy eating among their young ones."

According to new research released by Medibank, Australian parents believe it is beneficial for children to help prepare meals at home as it leads to improved life skills and bonding opportunities, but technology, late nights at work, and other distractions are barriers to making it a reality.

Four in five parents believed cooking with their children was an effective way to expose them to healthy eating, and close to three in four thought it provided them with an opportunity to bond.

While the intent is there, more than half of parents said it was faster and easier to prepare meals by themselves.

For more information about the program, visit [kitchengardenfoundation.org.au](http://kitchengardenfoundation.org.au).



**SAFETY WORKS:** North Harbour will foot the bill for an intersection upgrade on Uhlmann Rd.

# Road fix coming

A ROAD safety boost for Burpengary East residents is on its way thanks to a new project to upgrade the Uhlmann Rd-Bruce Hwy on and off ramps intersection.

The right turn from the south over the Uhlmann Rd bridge has been a problem for many years and with more cars in the area thanks to large developments, works will be completed to improve the safety and efficiency of the intersection.

North Harbour project director Peter Lightbody said North Harbour had agreed to meet the full cost of the intersection construction with no funding from either the council or State Government.

"Although it is an existing traffic problem area, we've identified this as a problem we'd like to rectify to

improve liveability at North Harbour and for our neighbours in Burpengary East," he said.

"It's part of an overall agreed program of works with council and Main Roads – our view is that Main

**“We've agreed with Main Roads to undertake the work**

— Peter Lightbody

Roads probably should have done it but in the absence of that we've agreed with Main Roads to undertake the work."

During construction there will be no right turns

possible. Traffic will be diverted to the Morayfield roundabout on the western side of the highway.

On completion the intersection will be controlled by traffic lights and will include a dedicated right turn lane to get onto the highway to travel north.

East and west-bound lanes of Uhlmann Rd will also be widened.

Member for Murrumba Chris Whiting said the upgrades will be a huge relief for Burpengary East residents.

"Cars veer to the left to pass cars waiting to go onto the northbound on-ramp to the highway at this point. I've experienced for myself how dangerous this can be," he said.

The work is expected to take four months.



**GREEN THUMBS:** Zyhon Pompey, Chloe Melton and Shannae Thompson love using the produce they grow in the school's garden to cook delicious meals in the kitchen. PHOTO: PAXTON ROTH

# Free fitness sessions add spring

MAKE the most of Moreton Bay region's 406 fitness machines and gain free expert advice from qualified personal trainers when Moreton Bay Regional Council's Spring in Your Step program returns this August.

Spring in Your Step introduces residents of all ages and abilities to the free gym equipment at their local

park or reserve and, with experienced local trainers at the helm, provides personalised advice on specific exercises you can do on the equipment to help keep active.

There will be more than 90 sessions on offer across 30 parks and reserves throughout the region.

Bookings for Spring in Your Step opened yesterday,

with sessions running from August to November.

Go Mum! Group Fitness founder and head trainer Christine Percy will host a number of the sessions.

"I'll be showing you just how easy it is to get not only yourself but the whole family using your local park to keep healthy," she said.

Book at [www.moretonbay.qld.gov.au](http://www.moretonbay.qld.gov.au) or 3205 0555.



## WANT A VET TO COME TO YOU

### Mobile Vet Service



**BIG OR SMALL WE TREAT THEM ALL**

- We are a fully mobile veterinary business based out of Caboolture.
- For small animals we provide a personalised veterinary service in your home for things such as vaccinations, sore ears, itchy skin and euthanasia.
- For large animals we have a portable horse crush, mobile digital x-rays, mobile ultrasonography, mobile endoscopy, equine dental services performed by an equine dental vet, reproduction and emergencies.
- 5% off your dog or cat vaccination when you present this ad to one of our vets.

**Dog / Cat House Call \$69**

**Horse / Farm House Call \$99**

**Dog and Cat Vaccines from \$88 includes a consultation and us coming to you!**

Find us on Facebook  
**Phone: 0447 202 600**  
 E: [moretonbayequine@gmail.com](mailto:moretonbayequine@gmail.com)



6405424ac

## Caboolture Cuts & Curls

Shop 6  
1-3 King Street  
Caboolture





# 5495 2680

Mention this ad and receive 30% off selected services with apprentice on Mondays

6542672ac