

Kimberley Project sharing - Bidyadanga School Holiday Program

Your Project or Program Title	Bidyadanga School Holiday Program.
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Organisation's Name	Boab Health
Program/project partners	Bidyadanga art centre Menzies healthy supermarket shelf labels project Cancer Council Broome
Why?	
<p>The program is aimed at educating children about healthy food choices and the importance of eating healthy. The Bidyadanga school holiday session fell under a larger project aimed at developing healthy foods labels with local art to be placed on the shelves in the community store to promote healthy choices.</p>	
Who? When? Where?	
<p>The session ran on Wednesday the 13th of July 2016 at the Bidyadanga community art centre with 25 Aboriginal children from six to 13 years old attending.</p>	
How did you make it happen?	
<p>In collaboration with the Cancer Council Kimberley Region Education Officer, the program was modelled off the <i>Menzies Healthy Super Market Label</i> program. The program aim is to develop healthy food labels with local art that are placed in front of healthy choices at the community store. The first aspect of the program is to run a community art competition where all members of the community are invited to create art that means healthy eating and enter in into the competition.</p> <p>The Bidyadanga school holiday session served as a way of informing the children about the competition, whilst taking the opportunity to provide further education for the children about healthy eating. The session was run in two parts with one group of children painting what they think 'healthy eating' means, and the other group of children making chicken and vegetable kebabs and wholemeal damper.</p>	
So...	
<p>The art aspect of the session worked to not only inform the children about the community art competition to design healthy food labels for the store, but it also provided us with an opportunity to educate the children about healthy choices. Whilst making their artwork we were able to talk one-on-one with the children about what foods are healthy options as well as encouraging their creativity in painting these foods for us.</p> <p>The cooking part of the session served two important purposes. Firstly, the children were educated about safe food preparation and the importance of handwashing. All the cutting and making of the chicken and vegetable kebabs was done by the children under our supervision. This served as an opportunity to improve their food preparation skills as well as demonstrate the fact that healthy cooking is very simple and fun. Secondly, whilst engaging their attention, we were able to have conversations with the kids about healthy cooking and why healthy eating is important.</p>	
How did you get feedback?	
<p>One-on-one discussions with the children during the activities allowed us to gauge the children's understanding of healthy eating. An example of this is that whilst cooking the kebabs on the barbeque three different children came up individually to see what I was doing. I was able to ask them; "do you think this is healthy" and "do you think that it is easy to make healthy food". They all agreed that the food was healthy and easy to make.</p> <p>Group feedback was received as the kids were about to eat with the question posed "why do we need to eat healthy". Some of the answers included; "so you're not weak", "to be strong", "to grow up healthy" but the most important response was "so we don't get sick". These responses from the children show some impact was achieved from the session.</p> <p>The most valuable aspect of the session and other sessions like it being that the children are receiving repeat exposure to the same messages about healthy eating and a healthy lifestyle to prevent diseases.</p>	