

## 5+ A Day Challenge – Gardening, Growing Vegetables and Fruit BestStart Opihi

The tamariki here at BestStart Opihi have been so excited to watch our vegetables grow and come to life in the garden that we planted earlier in the year. In the nursery we have been focusing on caring for our environment and sustainability. Growing our own vegetables has been a valuable way to teach our tamariki to care for our environment by watering the garden daily to grow big, healthy, nutritious foods. The tamariki were then able to harvest the corn, peel it and wash it in preparation for cooking with the help of the kaiako. The tamariki had so much fun taking turns to sift the flour and mix the ingredients to make healthy vege fritters to share for afternoon tea. Our tamariki eagerly watched as we cooked the fritters and couldn't wait to try them!

**Trish Roberts**

