



## B.C. First Nations Head Start Growing Foods

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AT GILA KYEW'NLUULK HEAD START NEAR TERRACE, B.C., HEAD START STAFF AND CHILDREN TALK ABOUT "GROWING FOODS."

"It started with broccoli. We talked about how it is a tree and helps their bodies grow. This is a growing food. It helps your hands, feet, etc. and we show them pictures of how big they were when they first started, to how big they are now because of growing foods."

Staff use the *We Are Healthy and Strong* book to talk about growing foods and consciously role-model with the children, discussing lunch foods everyone brings (including traditional foods like seaweed and salmon sandwiches), then looking with the children for these foods in the Canada Food Guide and Native Food Guides.

Staff also share their own favorite growing foods (how it tastes, why they love it), and encourage children to try different foods, especially during snack time (supplied by the program).

*"We always say "growing foods" because we are not sure if they understand the word "healthy." At lunch time, we say: "Who has an apple?" The children are happy when they see others have these same foods or when their foods can be found in the Food Guides."*

Anne Wright  
Gila Kyew'Nluulk Head Start