

TABLED DOCUMENT NO. 148 - 16 (5) TABLED ON FEB 24 2011

873-0276



Kaw Tay Whee School
P.O. Box 40
Yellowknife, NT X1A 2N1
Phone: (867) 873-4303
Fax: (867) 873-4420



Fax

To: Craig

From: Léa Lamourenx

Fax:

Pages: 20 (Including Cover Page)

Phone:

Date: Feb. 23

Re: Healthy Food For Learning

CC:

Urgent For Review Please Comment Please Reply Please Recycle

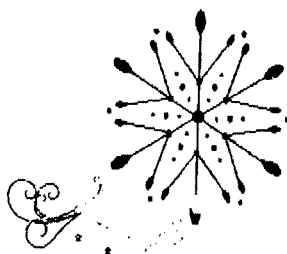
o Comments:

Dear Craig,

As discussed, please see the samples of student writing (K-6) regarding the types of food that have been served at our school this year thanks to "Healthy Food for Learning".

The staff of KTW School have seen a tremendous impact on student energy, learning, and growth, ^{mostly} ~~largely~~ due to this funding.

Sincerely: Léa Lamourenx



Eating Vegetables
And Fruit.

By Jennifer D.V.

February 21st 2011 Monday

Mr. Penney Feeds

us banana and

apples for lunch.

Mr Penney gives us four
Lunch ^{soup} and PIZZA and

pasta. Mr Penney gives us to
drink MILK and water. He

gives us oranges and

pears and tomatoes. Mr Penney

gives us carrots and straw berries

and ^{yogurt} ~~eggs~~. He cooks us

fish and octopus, one

time? we eat healthy
food it good for growing.

we eat good.

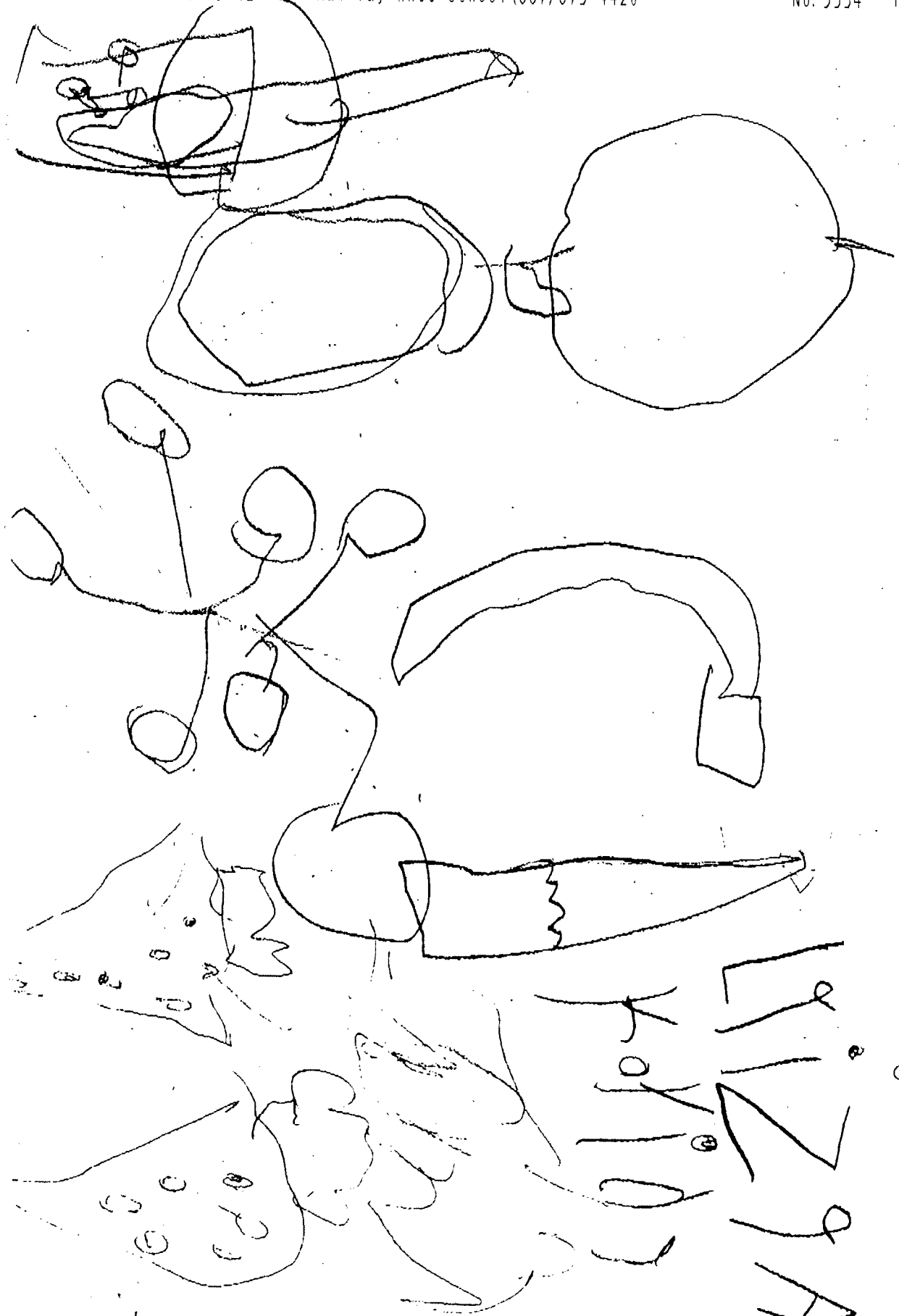


63

" I like to eat oranges, and apples, and strawberries, and grapes, and yogurt, and fish. Mr Penny cooks pasta. It's my favourite. "

Age 5

LIZ
KOLLO
9
ADD



By Utens

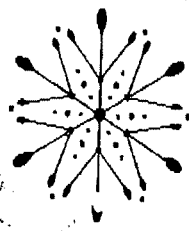


"At school, I eat pineapple, and pears and carrots and cherries, and water, and milk, and vegetable soup and mushroom soup, and fish, and peas, and corn bread, and chicken stew, and bananas, and a broccoli, and more fish, and cereal, like circle things (Cheerios) and watermelon, and dragon fruit, and apples.

I eat healthy food so I could get smarter, and feed my brain, so my brain could get smarter."

(Age: 5)

Male
7
years
old



FOOD AT SCHOOL

BY Alvin

I Like eating
at this School
because the
makers are

brain smart and strong.

our brain gets smart!

I eat apples and peaches

and ^{pineapple} Pine Pl and

Fish Soup. and we drink

even milk even Lunch

even grilled cheese

and Carrots are tasty

"O M M Y Y M" good!

Lunch! and we eat

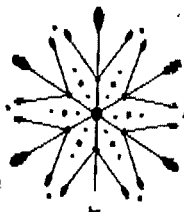
Spaghetti and

Kiwi.



63

Male - Age 8



What I Eat at School

BY: JOSEPH

I Like Apples and Dragon Fruit. it is so Yummy For me and I Love Broccoli and bananas and mini-weets with milk and water. I like pineapple and carrots and I Love Lunch. it is Soup with carrot and peas. all The healthy food They us at School makes our Brains smart and it is Good For your Heart. you make your Heart smart and strong and healthy like fish and eggs. ALL The Lunch fruit They are my favourite and my most favourite is The papaya. Do you know something is good for you is water? It has lots of energy it gives you lots of vitamins for energy. Beans and oranges.

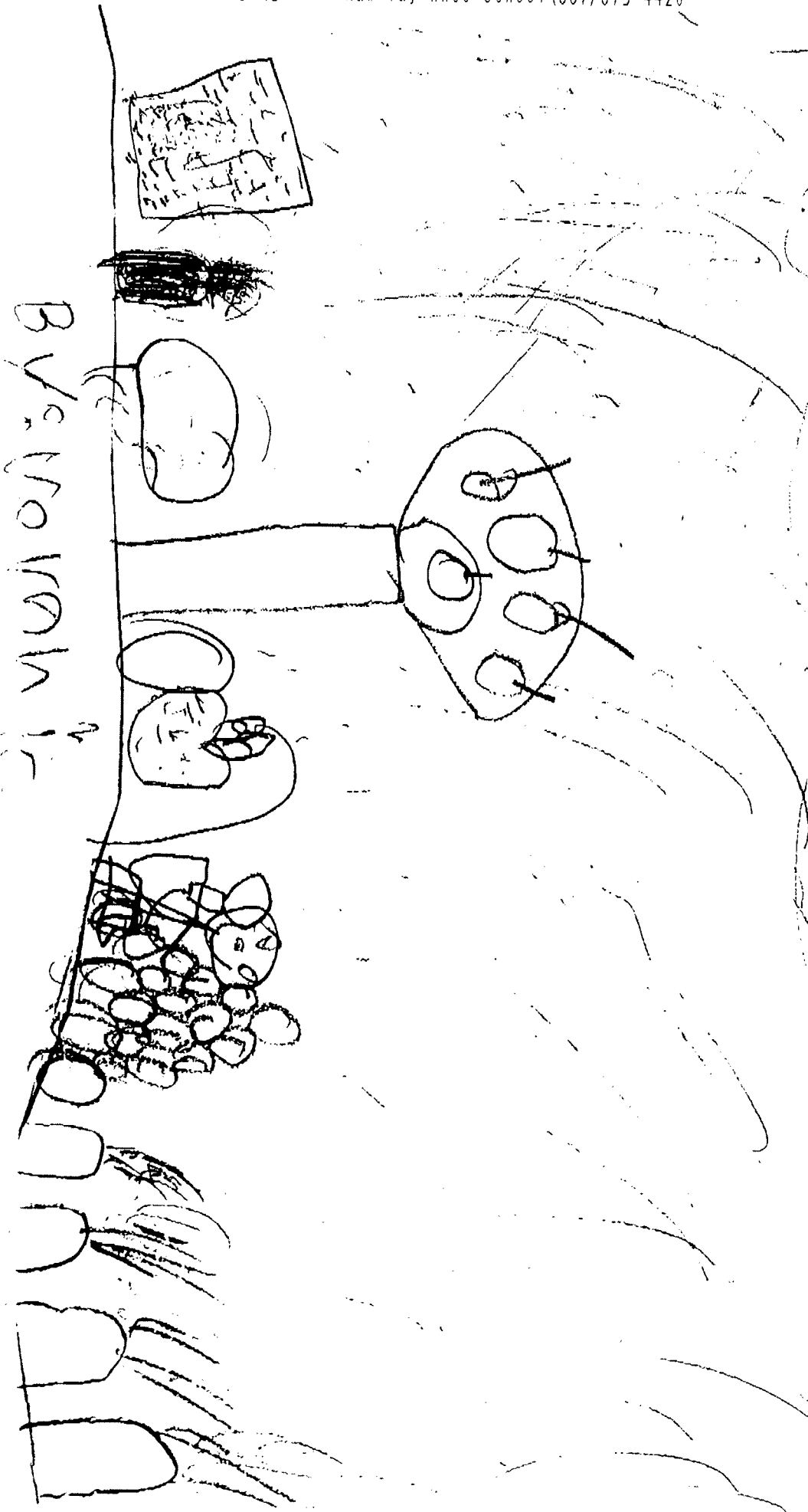


63

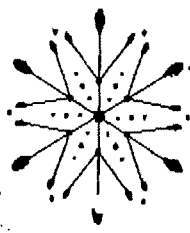
Kindergarten

Age: 6

At school, I eat carrots, apples, strawberries, beans, cereal, pineapples, fish, and oranges, and apples. Mr Penney cooks pasta, and soup with vegetables in it, and chicken, and fish, and yogurt, and smoothies, and plums, and pears, and spaghetti, and milk. I like strawberries the best. (Teacher question: Why do you think you should eat healthy?) So our brains get smart. >>



B V S I O W M



BY: Ariana.

① of ② female
Age: 6

I like to eat fruit.

I like to eat Food.

I like to eat Lunch.

I like to eat vegetable
and I like snacks.

We like to ^{drink} chocolate milk ^{and}
water.

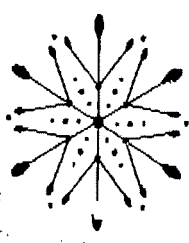
I like to eat breakfast.

I like to eat
healthy.



at School I eat

(2)



By: Ariany

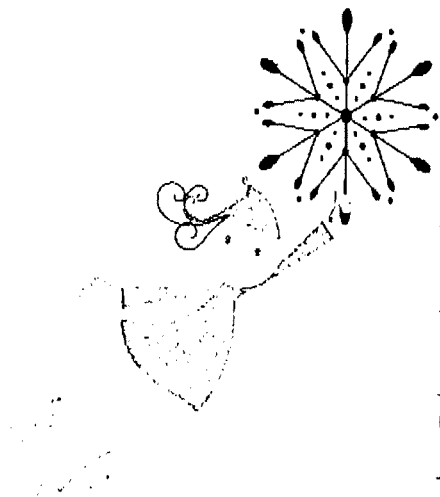
I like The School
 lunch and I like to eat
 The ^{fish} fesh Souep.
 and I like to eat The
 Pasta. and I like to eat
 The BSecced. ^{biscuits and cornbread.}
 and wenu we eat
^{healthy} Hth food you ^{get} ged ^{being}
^{stronger} soor and you ^{get} ged ^{being} Baeing
^{smarter.} Soumtr.



22

female

Age: 7



Eating Vegetables
and Fruit. At
School

By: Jennifer, D. Y.

February 21 2011 Monday

Mr Penney feeds us bananas
and apples for lunch.

Mr Penney gives us for lunch
Soup and pizza and pasta
with vegetable sauce. ^{He} gives
us to drink Milk and water.

He gives us oranges and
pears and tomatoes. Mr Penney
gives us carrots and

Straw berries and ^{yogourt} yogurt.

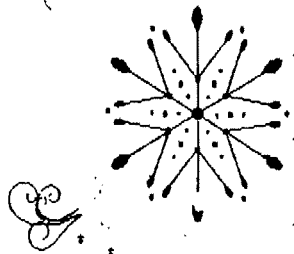
He looks us fish and
octopus. One time? -?

We eat healthy food
its good for growing.



63

Deon



What kind
of vegetables
do we eat
at school?
by Deon

We eat
Carrot Sandwich
and
Pasta

and
We drink
Milk and water
We eat Pizza

I eat Pineapple and
Oranges and
apples,
and

Ceywees, Kiwis,



Deon

Nutritious foods we eat at School

By Rosalie Paper

At Kaw Tay Whee School we eat sensational healthy foods because of our fabulous main chef Mr. Penney, he is a very good cooker. At school we eat from the 4 different food groups like we drink milk and water so that comes from the dairy. We eat tasty pasta and rose sauce which comes from the 2 food groups, fruit and vegetables and breads and cereals.

Also, there is a snack program. For our snack program we eat fruits like bananas, apples, kiwi, dragon fruit, pineapple, watermelon, oranges and star fruit. We eat all of these foods so we can be healthy, be in good shape, have lots of energy and concentrate in class.

When Mr. Penney cooks, he makes homemade food so it has less sodium which is another word for salt. Store bought food for example, has a lot of sodium like ravioli and noodles

in a cup. I like to eat healthy foods because I want to be smart, grow tall and have a healthy heart. If you have too much sodium it can lead to heart problems with you heart.

We also eat vegetables like carrots, lettuce, baby tomatoes, corn, peas, celery, red, yellow and green peppers. Last but not least broccoli, broccoli is what we had for snack at lunch. We also had tuna on whole wheat bread, it was yummy!

My most favourite fruit at school is dragon fruit. I love the food at school.

Whole Wheat Food I eat at School

By Junior Paper

I eat whole-wheat grilled cheese bread for lunch. I eat whole-wheat pasta with Mr. Penney heavenly rose sauce. I also eat a meat pasta sauce with whole-wheat pasta. I eat tuna with whole wheat bread. Everything that has whole wheat in it is good for your stomach and brain. I eat many different kinds of fruit, like dragon fruit, apples, pineapples, oranges, strawberries, kiwi and peaches. I really like all my fruit. I eat carrots, broccoli, corn and peas. These foods help me to get my brain bigger and stronger. They also help me by making me not get sick.

FOODS AT SCHOOL

BY: Taati Martin

At Kaw Tay Whee School we eat healthy food and nutritious food. We eat fruit and vegetables. The four food groups are dairy, fruits and vegetables, breads and cereals, and meat and alternatives. We have a lunch program every day and a snack program every day too. Our chef is Mr. Penney but he is a teacher to the k-2 class. If he is not here Sally or Miss Lamoureux will cook us lunch. At school we eat tacos with cheese, salsa, lettuce, sour cream and meat. We eat pasta with penne, tomatoes and salsa. We drink smoothies, water, milk and sometimes chocolate milk. Sometimes we eat tuna melts and cornbread for snacks if we are hungry. We eat soup and grilled cheese and sometimes spring rolls. We also eat chicken fried rice, quasadilla's with vegetables and cheese. Sometimes we eat chicken breast and spaghetti.

The kinds of fruit we have are kiwis, pineapples and strawberries. We also eat watermelons, dragon fruit, oranges, apples,

bananas and star fruits. As vegetables we eat carrots, tomatoes, broccolt, celery, peas, corn and green, yellow, orange, red peppers. We also eat cauliflower, cucumbers and lettuce. It helps me to stay healthy and if I am hungry I can eat one of those foods. Eating all these healthy and delicious foods in school helps me concentrate better.

HEALTHY FOOD WE EAT AT SCHOOL BY: ZHANAYII DRYGEESE

At Kaw Tay Whee School we eat healthy food. We drink healthy drinks like water and milk. We eat vegetables like carrots, tomatoes, broccoli, celery, peas and most of all peppers. Everyday we have a snack and a lunch program.

The four food groups are dairy, fruits and vegetables, bread and cereals and meat and alternatives. My favourite food group are all of them because they are all healthy foods. They make me grow taller and taller. It helps us to stay in good shape.

Mr. Penney always cooks our lunch. We eat whole wheat grilled cheese, and tuna melts with mozzarella cheese. We eat chicken noodle soup with whole wheat cornbread. I like what Mr. Penney cooks.

My favourite foods are chicken fried rice, tuna sandwiches with water, tuna melts, tomato soup, and tacos with salsa, lettuce, sour cream and hamburger. My most favorite food is whole wheat pasta with rose sauce and with garlic bread. Sometimes we have smoothies with

chicken breast. Sometimes the kindergarden to grade two class cooks pasta with their teacher Mr. Penney.

Today we are having tuna sandwiches with water. If you have too much salt, you will not have a healthy heart. If you don't too much salt you will have a healthy heart. Mr. Penney control's the salt in our food.

~~Review~~

Tamara



At school I can drink water and a smoothies. At school I
can eat kiwi, pinapples, apple, bananas, oranges,
dragon fruit, watermelons, straw berries, carrots, tomatoes,
peas, broccoli, celery, corn, pappers like green-yellow
orange-red peppers, cauli flower, cucumber,
lettuce. All kinds of fruit and veggies are pinapples,
corn, bananas, and green beans. Eating all this
fruit and veggies make sime healthy, keeps me
energized and it makes me smart.

Food at my School By Samantha

At school I eat a snack like bananas, apples, watermelon and kiwi's. These fruits are yummy! We also eat tacos, in the tacos there is hamburger, cheese, salsa and lettuce. Friday we had chicken, it was tasty! I ate tuna melts, it was delicious! We had it before at lunch. We also eat chicken fred rice, it is so good. In the chicken fred rice, there is chicken, corn, carrots and rice.

Eating this food help's me so my brain can get smarter. It helps me get energy so I can run around it helps me get stronger.