

# Kids taught the benefits of healthy eating

Pearl Boshomane | 23 September, 2011 13:04



Marconi Beam learners had an organic garden planted at their school  
Image by: Supplied

**Grade two learners at an underprivileged Cape Town school were taught something that's not in their usual curriculum: organic gardening.**

In an initiative spearheaded by food manufacturer Mars Africa, 170 pupils at Milnerton's Marconi Beam Primary School received lessons on the benefits of healthy eating.

The pupils and their teachers were taught why organic gardening is important and how to maintain an organic garden.

An organic garden was then planted at a chosen area in the school and 20 older kids volunteered to maintain it, while Mars Africa employees will visit the school from time to time to see that things are running well.

15 ambassadors from South Africa, the US, UK, Brazil and Belgium taught the children how to plant their own vegetable gardens. The associates were trained by healthy living expert and author Rebecca Cohen.

Cohen, whose latest book is titled *Fifteen Minutes Outside: 365 Ways to Get Out of the House and Connect with Your Kids*, said in a statement: "I've made it my personal mission to increase awareness about living a healthy, active lifestyle. It was amazing to work hands-on with this community to equip them with tools to lead a better life."

The Mars Africa Ambassador programme has been running since 2008 and travels to a different country each year. This was the first time the programme was in South Africa.

<http://www.timeslive.co.za/lifestyle/family/2011/09/23/kids-taught-the-benefits-of-healthy-eating>