



Bialik College students Sam Cropman, Dani Goichman, Lachlan New and Noah Barak enjoying healthy food options from the school's canteen, The Shuk.

## Bialik College

AT Bialik College students aren't just taught the concept of healthy eating – the concept is incorporated into the school's culture with a number of programs and initiatives.

From Bialik's award-winning Kitchen Garden program, where

students grow fresh produce, to healthy cooking classes that demonstrate the many ways that produce (often grown by the students themselves) can be whipped up into a variety of scrumptious meals, Bialik students are learning important skills that will help them make healthy choices in the future.

Bialik's canteen, The Shuk (market), makes it easy for students to enjoy freshly cooked, wholesome meals that are tasty and introduces them to a wide selection of flavours they may not have experienced before. The Shuk is a café-style canteen that serves up kosher, vegetarian dishes like fresh salads, falafel, quinoa, soba noodles and delicious sandwiches. There are also "gourmet" options like mushroom burgers with pesto mayonnaise, chargrilled sweet potato and spinach, toasted laffa wraps with basil and cheese filling, even an eggplant schnitzel burger or kale salad.

Salads and sandwiches can be ordered online ahead of time, allowing students to make their own choices from a selection of healthy

fillings. Everything in The Shuk is made on the premises, ensuring that only fresh, quality ingredients are used. Canteen administrator Nat Shostak says, "Most canteens buy things in. Our philosophy is if you can make everything and it's tasty, the kids will buy it."

The menu changes each term but staples like pasta dishes, home-made pizza, and the ever-popular zucchini slice are available throughout the year.

The Shuk also offers a small range of sweet and savoury treats. Principal Jeremy Stowe-Lindner explains, "If you prevent children from making choices then when they go into the outside world they can go a bit crazy. So we believe in exposing them to some personal responsibility and personal choice."