



# Refresh.ED

Online Food and Nutrition Teaching Resources



## Plant for World Environmental Day (June 5)

The focus of World Environmental day is to promote positive action to look after and protect our planet. One way of continuing the natural cycle is by planting some delicious veggies in your school garden. Perfect veggies to grow this season are Snow peas; allocate some class time to plant these veggies and watch them grow. Celebrate and make a mixed pea salad by following the recipe below:

For more teaching ideas see **Refresh.ED** teaching units: Kindergarten- [Food from nature and nurture](#), Year 1- [Farm to fork](#), Year 2- [Planet to plate](#), Year 3- [Knowing and growing our food](#) and Year 4 - [Food and environment](#).

Snow peas					
Growing period	April	May	June	July	August
Growing period	✓	✓	✓	✓	✓
Space plants	8 - 10 cm apart				
Harvest	12-14 weeks				
Grow	Easy				
Sow seed	Depth approximately three times the size of the seed.				
Soil temperatures	Best planted between 8°C and 20°C				
Support when growing	Tree pruning with lots of small twigs, in early stages.				
Pick	Early and often before the pods become tough.				

### Mixed pea salad



To prepare	Ingredients	Difficulty	Servings
10min	4	Easy	8

Also coming up:



### Top 8 Food allergies:

Peanuts, Milk, Eggs, Wheat, Fish, Tree nuts, Shellfish, Soy.

### What is a food allergy?

The selected food is perceived as harmful to the body. In response the body releases a chemical called histamine along with other substances to fight off the food irritant. Allergies can be mild, moderate or severe (Anaphylaxis).

### Signs and symptoms

#### Mild to moderate food allergy symptoms:

- Hives, welts and itchy or red skin.
- Swelling around the mouth and eyes.
- Cramps, diarrhea, and vomiting.
- Weakness, anxiety, and faintness.

#### Severe (Anaphylaxis) food allergy symptoms:

- Difficulty swallowing and breathing.
- Swelling of tongue and throat
- Wheezing or persistent cough
- Dizziness and faintness

### Ingredients

2 tablespoons of olive oil  
1 tablespoon white balsamic vinegar  
250g snow peas  
150g snow pea sprouts

### Directions

**Step 1:** Place oil, vinegar and mustard in a small container and mix well.

**Step 2:** Top and tail snow peas.

**Step 3:** Mix peas in a large bowl and drizzle with dressing.

**Step 4:** Eat and enjoy.

### Adopt an allergy for a day

Give your students first hand experience of living with an allergy and improve their food label reading skills.



For teaching ideas on reading food labels see [Refresh.ED](#) teaching unit: Year 9- [Food labels exposed](#)

Food allergy cards listing foods to avoid can be located on the [Food Allergy Aware website](#).

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Department of Health



