



Welcome to Food Explorer

'Inspiring children to experience, explore
and celebrate the world of food.'

Good food and cooking have always been a part of my life. I was the youngest of six children, so there was a big meal to be prepared every night. I can remember, when I was about nine, my mother making me stir the custard and saying, "Watch what you're doing, Margaret. Make sure it doesn't curdle, and it's ready when it coats the spoon." Many years later, in 1968, I wrote my first cookbook as a family reference book so my husband could boil an egg if I was away, or my daughter could cook if we were out. I think it was a discovery for her, that when she tried to make something it really turned out.

Food Explorer is rather like an extension of this. But instead of a book, it's a Food Media Club Australia program that will be run by accredited volunteer members who will go into classrooms to share with young people their knowledge, skills and love of food. The lessons and recipes will provide an opportunity for students to explore all sorts of ideas from why we enjoy food and where it comes from, to what it does for us, how it contributes to our sense of wellbeing, and what we need for healthy growth and development.

I believe that it is absolutely vital that we all know how to care for our bodies and minds so we can live a full and meaningful life. And this is what lies at the heart of the Food Explorer. It is about giving our children the knowledge and experience to make lifetime food choices that are informed, independent and healthy.

Welcome to Food Explorer—a unique and exciting opportunity for everyone involved to take the home kitchen into the classroom.

A handwritten signature in black ink that reads "Margaret Fulton". The signature is fluid and cursive, with a long, sweeping underline.

Margaret Fulton OAM
Patron, Food Media Club Australia