

# Rasa Circle: Eco Food Heroes

A JOYFUL FOOD EDUCATION WORKSHOP  
SUPPORTED BY THE SG ECO FUND—THAT  
EMPOWERS FAMILIES TO TAKE CLIMATE ACTION  
THROUGH EVERYDAY FOOD CHOICES.

**Parent accompanied workshop  
(60 min) \$5/parent child pair**

- Explore Singapore grown herbs and veggies
- Try out a fun, home composting setup
- Use the five senses to build language, connection, and curiosity around food
- Spark positive mealtime conversations that continue at home

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## FAQ

### **Will my child eat anything?**

Children will be invited to try small samples of local produce — but only if they want to. We keep things fun and relaxed.

### **Can my helper go in my place?**

We encourage parents or grandparents to attend if possible. The workshop is designed for meaningful shared learning — helping you and your child build new habits together.

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Educators, parents and children exploring local Singapore produce using their five senses at Little Paddington. The Rasa Project utilises the SAPERE method. Used across Europe and Japan, the evidence-based SAPERE method helps young children become more confident, curious, and healthy eaters








Parents and children making their own mini compost kit with vegetable trimmings at Montessori Children's House



# Why It Matters

When kids know where food comes from, they're more likely to:

-  Eat with curiosity, not conflict
-  Try new flavours with confidence
-  Grow into mindful, low-waste eaters

By slowing down and using all five senses, families can turn mealtimes into moments of fun, learning, and connection — for a healthier child and a happier planet.

# Learning That Lasts

We invite parents to complete two short, optional surveys:

- One right after the workshop — share your first thoughts
- One 3–4 weeks later — tell us what's changed at home

Each takes just a few minutes. Your feedback helps shape future workshops and supports Singapore's national goals around food resilience and sustainability.