



‘FROM PLATE TO PLATE’

An exhibition by Maria Ppiros
and Melanie Lionello

Women’s & Children’s
Hospital Foundation



From Plate to Plate, a collaboration between nutritionist Melanie Lionello and researcher Maria Ppiros, explores food ingredients through botanical illustrations, recipes, nutrition, and health information. This series of 12 botanical prints focuses on the connection between healthy eating and cooking, highlighting the natural nutritional potential of fruits, vegetables, and herbs. The ingredients include parsley, red cabbage, carrot, blackberry, thyme, mango, peach, garlic, basil, tomato, rosemary, and zucchini, chosen for their availability, cost-effectiveness, and health benefits. Simple recipes are provided for home cooks to maximise the benefits of these ingredients.

The project's title, From Plate to Plate, reflects the dual meaning of the word 'plate' in the context of the collaboration.

In scientific botanical illustration, a 'plate' refers to a botanical design print, while colloquially, it's a utensil for eating. This dual meaning links the botanical educational communication of these plants with their edibility.

Visual communication of these foods through botanical illustrations fosters nutrition and health information.

Dissections highlight food preparation and edibility, and some cases depict the plant's life cycle. Melanie and Maria believe that the process of eating starts with the senses. Before tasting food, we visually explore it, appreciating its aesthetic appeal.

Melanie examines the impact of food presentation on eating experiences in her food texture modification classes, where she encourages the idea that we first eat with our eyes. Maria echoes this sentiment in her classes and workshops, where she prompts learners to engage with ingredients and plants through mindful sensory activities. This collaboration between Melanie and Maria celebrates how these ingredients can flow from plate to plate.

Maria Ppiros, a researcher, educator, and sessional academic based in Adelaide, South Australia, is currently completing her PhD at Adelaide University. Her research focuses on South Australian native flora, particularly Karna edible flora, to investigate how botanical illustration can foster pro-environmental attitudes. She encourages human-nature connections through participatory research, such as activity-based workshops, to promote ecological awareness and challenge anthropocentric worldviews. Maria's research also aims to decolonise historical representations of botanical illustration and communicate Australian flora through a truthful botanical voice that captures the essence of nature.



Detail of *From Plate to Plate 2*



Portraits of collaborators - Maria Ppiros (left) and Melanie Lionello (right)

Melanie Lionello, a qualified nutritionist and sessional academic at La Trobe University in Melbourne, combines academic rigour with practical expertise in food science. She understands how ingredients interact on a molecular level to support health and wellbeing. Beyond lecturing, Melanie is a published cookbook author and recipe developer who believes nutritious food should be delicious, accessible, and feel like home. Drawing on her Italian heritage, she champions wholesome, balanced eating without rigidity. Her dual expertise in nutrition science and culinary communication makes her a uniquely effective practitioner, able to translate complex nutrition science into practical, everyday guidance that people can genuinely sustain.

See more of Maria's work: www.mariappiros.com + instagram [@maria_ppiros](https://www.instagram.com/maria_ppiros)

See more of Mel's work: melanielionello.com + instagram [@frommylittlekitchen](https://www.instagram.com/frommylittlekitchen)

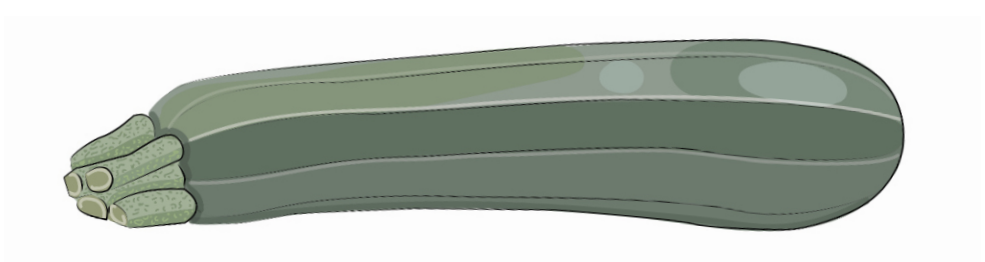
The Women's and Children's Hospital Foundation (WCH Foundation) improves the health and wellbeing outcomes for children and families under the care of the Women's and Children's Hospital and the broader Health Network.

The WCH Foundation Arts in Health program creates an interactive and vibrant hospital environment that improves the health and wellbeing of the hospital patients, their families and staff. Through art, play and music, we encourage curiosity and creativity and reduce the stress of being in hospital.

The Arts in Health Exhibition program provides a space away from the stresses of treatment to distract, entertain and inspire by improving the hospital environment. The artworks displayed in the exhibition spaces come from a range of sources – internally from hospital staff, patients (women & children) and their families, through specific Arts in Health activities and externally from local artists and art collectives.

This exhibition was planned and exhibited on the lands of the Kaurna People, we pay our respects to the Kaurna Elders past and present and to the Elders of the lands this brochure reaches.

Cover image: detail of *From Plate to Plate*



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