

# The Amazing World of Food

## story The Amazing World of Food



Why not create pretend binoculars so that the children can explore the poster while they listen to the story?



Once upon a time, in *The Amazing World of Food*, there were food-animals living happily in nature.

What fun Ludwig the **apple**-pig was having rolling in **hummus**-mud, when all of a sudden, he felt his stomach growl. "I must be hungry," he thought. Then he had an idea. "I would really like to make a delicious snack to enjoy with all my friends!" Ludwig the **apple**-pig marched off to share his plan with his farm friends.

On his way to find his friends, Ludwig the **apple**-pig ran into Parker the **tomato**-farmer. "Hi, Ludwig! What brings you to the **Bread-Slice-Cliff**?" asked Parker the **tomato**-farmer. Ludwig the **apple**-pig answered: "I'm looking for my friends. I want to find ingredients to make *Snowy Bread Mountain*, a **bread** pudding recipe."



As Ludwig the **apple**-pig was talking with Parker the **tomato**-farmer, Helen the **radish**-hen and her little chicks came out of their chicken coop. Ella the **eggplant**-cow and her calf also arrived at the same time. Ludwig the **apple**-pig told them about his idea and they all went off together in search of friends in *The Amazing World of Food*. "Let's go!" they all shouted together.



They had not been walking for more than five minutes when the farm friends noticed an object that seemed to be appearing and disappearing in the sky. Curious, they crept up to get a closer look. It was Earl the **beet**-squirrel playing **almond**-ball with his brother. "Hi!" said Ludwig the **apple**-pig. "Would you like to help us? We want to find foods to make a delicious snack for all of our friends."

Happy to help, Earl the **beet**-squirrel and his brother raced down to the sea to share the good news with their friends Luca and Olga the **asparagus**-belugas.



Yikes! The two brothers almost stepped on an **egg**-flower. "Careful! We need it for our recipe!" said Bridget the **Brussels sprout**-rabbit. In a flash, the friends from *The Amazing World of Food* were off in search of the ingredients to make *Snowy Bread Mountain*: **bread**, **yogurt**, **blueberries** and more.

Near **Milk-Falls**, Trevor the **kiwi**-beaver asked Bruce the **grape**-moose to help him find some **bread**. The two friends ventured off toward **Whole-Grain-Bread-Mountain**.



Along the way, they heard a buzzing sound. Where was that noise coming from? Frightened, the friends hid behind the **rosemary**-tree. All of a sudden, Skye the **carrot**-dragonfly appeared above their heads, spreading her lovely wings.

"Hello! How are you?" said Skye the **carrot**-dragonfly. "Pheee-ew! I'm very happy to see you, my friend!" answered Bruce the **grape**-moose. "We're looking for some **bread** so we can make *Snowy Bread Mountain* for a snack." "Yuumummy!"

But aren't you missing something to go with your **bread** pudding? It's white and liquid and you can drink it either hot or cold. Can you guess what it is?" "**Milk!**" shouted out all of the friends at the same time! Bruce the **grape**-moose was very pleased and the friends quickly resumed their search.

A few minutes later, all the friends from *The Amazing World of Food* gathered at **Bean-Beach** with all the ingredients they needed to make the recipe. They got right to work until Madeline the **pineapple**-porcupine spotted a black dot on the horizon! Is that a boat with pirates? All the friends waited impatiently on the shore to find out who was arriving by sea. A **watermelon**-boat? The friends swam slowly toward the **watermelon**-boat guided by a pretty **radicchio**-sail.



A few minutes later, all the friends recognized Adaline their **pineapple**-porcupine friend, arriving from a distant land. "I'm hungry like a wolf!" she said. Luckily, Ludwig the **apple**-pig had thought to make a few extra servings of **bread** pudding!

What an adventure they had today! In the end, all the friends gathered to enjoy their snack, but before they took a bite, they all cheered, "Bon appétit!"

### Discussion ideas

- Have you ever tried hummus?
  - Do you know which food it's made of?
- Do you know what yogurt is made with?
  - Do you know how it's made?
- Do you know how blueberries, carrots and pineapples grow?





# Culinary Activity

## Snowy Bread Mountain

### Ingredients for each child

- 1 slice oven-dried **whole-grain bread**
  - Dry it in the oven at 400°F (200°C) for about 10 minutes.
- 3 tbsp (45 mL) **milk**, at least 2% M.F.
- 1 tbsp (15 mL) **beaten egg**
  - You will need about 3 beaten eggs for a group of 10 children.
- ½ tbsp (7 mL) **brown sugar**, loosely packed
- 1 tsp (5 mL) melted **butter** or **vegetable oil**
- ¼ tsp (1 mL) **vanilla** extract
- Cinnamon**, to taste
- 2 tbsp (30 mL) **frozen blueberries**
  - Use a pear, an apple or strawberries instead of blueberries. When in season, use fresh blueberries.
- 1 tbsp (15 mL) plain **yogurt**, 2% M.F. or higher

### Educator's steps (to be performed in front of the children)

- Whisk the eggs in a bowl.
- Bake the bread puddings in the oven at 350°F (180°C) for about 30 minutes.

### Child's steps

- With your fingers, tear your piece of bread into pieces and put them in a bowl.
- In a separate bowl, measure out the milk, egg, brown sugar, butter, vanilla, cinnamon and 15 mL of blueberries and mix well.
- Pour the milk and egg mixture onto your bread and mix well.
- With the help of an adult, place a paper or silicone liner in the muffin pan and pour your mixture in it.\*
- Once the bread pudding is cooked and cool to the touch, top it with your yogurt and 15 mL of blueberries.

### Tip

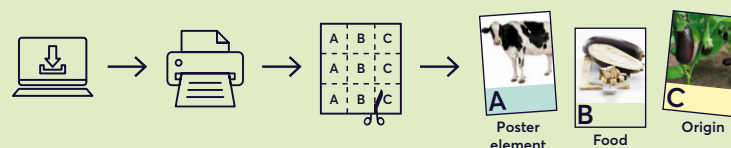
\*Sketch an outline on a sheet of paper that indicates which bread pudding serving belongs to which child.

## Playing Card Activity Ideas

Cards featuring animals, objects, foods and their origins can be downloaded free of charge at

[teachnutrition.ca/cards](http://teachnutrition.ca/cards)

They can be printed out to conduct the activities suggested below or any other activities that you would like.



### MATCHING GAME

Ask each child to pick a card depicting a food (card B). Next, ask them to find the playing card depicting the origin (card C) that matches their chosen food. Then ask the children to find the food on the poster. Following the same principle, ask the children to find a food based on a characteristic that you name (e.g., colour, shape, taste, texture).

### MEMORY GAME

Pick 5 to 8 different cards and put them on the floor, face up. Give the children a minute to memorize them. Next, cover the cards with a blanket or turn them face down. Take one card away, and then show the cards (facing up) to the children again. Ask them to guess which card is missing.

### Variation for older children

Use the food and origin cards to play a memory game. For example, if a child turns over the card with an eggplant, they must match it with the eggplant plant card.

### CREATIVE ACTIVITY

Using the poster as an inspiration, ask the children to create an imaginary food-based animal. The children can choose their own materials (e.g., flyer, construction paper, play dough, paint). The children can present their imaginary animal during a discussion and speak to what its name is, what it eats, where it lives, etc.

### Tip

Googly eyes will bring any food-based animal to life!

### MOVEMENT ACTIVITY

- Ask the children to stand side by side at the far end of the room or space.
- Give an animal (card A), food (card B) or origin (card C) card to each child.
- Name a characteristic and ask each child that has a card depicting that characteristic to move to the other side of the room.

Here are a few examples of things you can say:

"I'm a four-legged animal."  
 "I'm a food that grows in the ground."  
 "I'm a food that has a long shape."  
 "I'm a crunchy food."  
 "I'm a white food."  
 "I'm a farm animal."  
 "I'm a food rough to the touch."

### Variation for younger children

Show the children a card and invite them to guess what it is. Once they get it right, they must go to the other side of the room or space. Repeat with another image once all the children have made it to the other side of the room.

## Nursery Rhyme

### To the tune of "Twinkle, Twinkle Little Star"



Encourage children to move by getting them to make gestures during the nursery rhyme and invite them to look for elements of the nursery rhyme in the poster.

How fun it is to stroll through  
 The amazing world of food  
 Apple-pigs and eggplant cows  
 Gaze at cauliflower clouds  
 See the frog on the milk lake  
 Floating on a salmon steak

How fun it is to stroll through  
 The amazing world of food  
 Baguette-mountains and bread-cliffs  
 Turnip-birds and onion-fish  
 Have you seen the egg-flower  
 or the tomato-farmer

How fun it is to stroll through  
 The amazing world of food  
 Watermelon, rice and cheese  
 Are as yummy as chickpeas  
 What else is there to explore  
 Search and you will find some more

