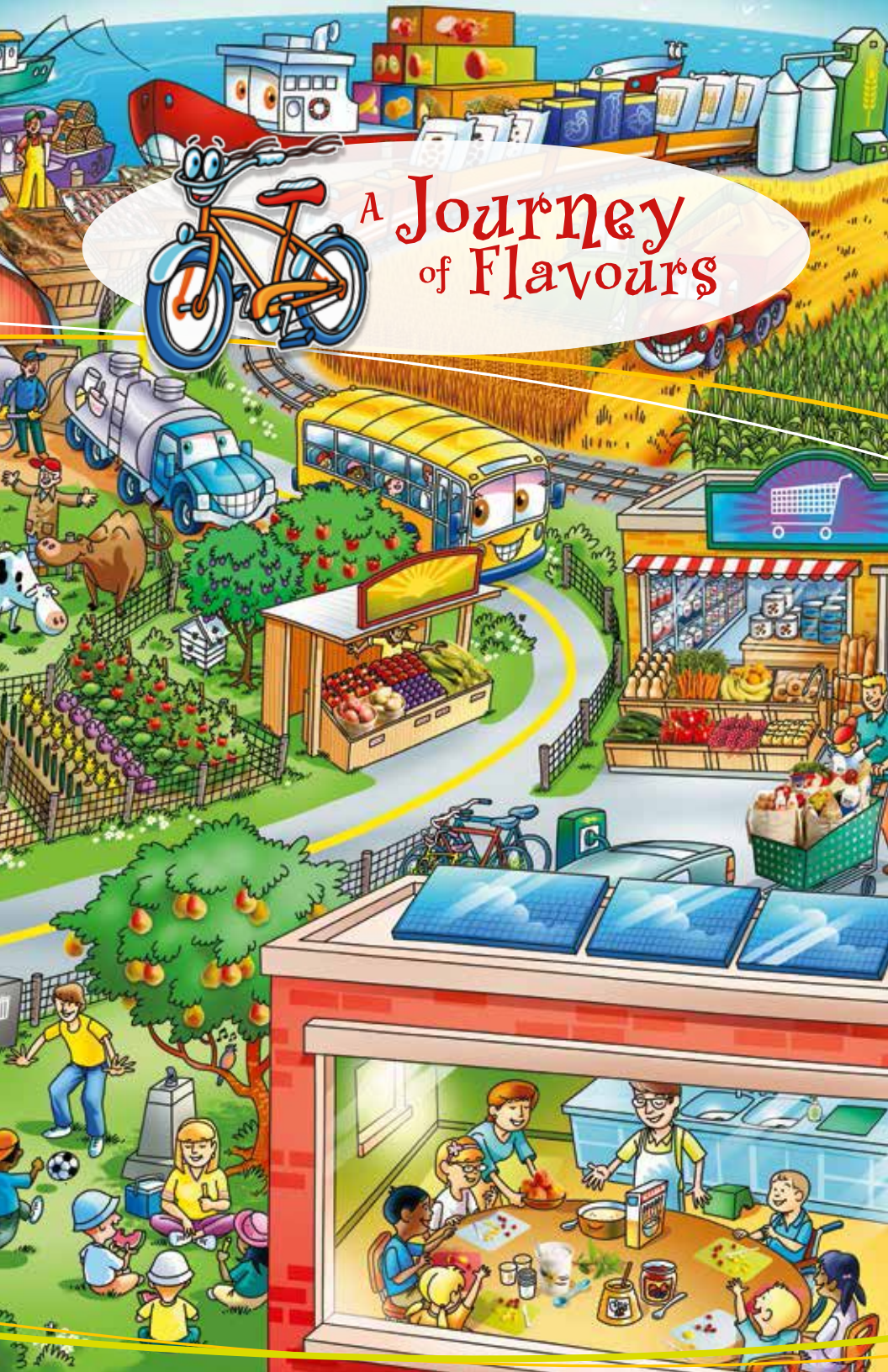




# A Journey of Flavours





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farmer's market and grocery store come from. Samuel took a ride past the **harbour**, the **grain fields**, the **dairy farm**, the **henhouse** and the **vegetable garden**, and even found time to visit the **grocery store** and the **childcare centre**. Samuel would love for you to join him on a journey of **flavours**. Let's go for a ride and learn more about where food comes from! **Who knows**, you might even discover new foods!

Meet Samuel. Samuel is a very curious little bike. Adventure is his middle name and he loves discovering new things. His mission: to find out where vegetables, fruits, whole grains, milk, eggs, legumes, fish and other foods offered at the



All six letters in the name **SAMUEL** are hidden in a different section of the poster. Help the children find each letter and invite them to participate in each of the related activities. With Samuel the bike, children will get to move, sing, cook, taste different foods and tell stories! Let the journey begin!

## Safety on board

Help the children find the letter "S" on the poster. Choose three foods, one for each colour of a traffic light: red, yellow and green. Ask the children to move around in a specific area while imitating a mode of transportation, beginning with a fishing boat. When you lift up the red food, the children should stop; the yellow, walk very slowly; and the green, walk very quickly. The mode of transportation and the foods chosen to represent the traffic light colours can change multiple times throughout the game. Once the game is over, discover and taste the red, yellow and green foods as part of a meal or snack.



## At the grocery store

Help the children find the letter "A" on the poster. Ask them to name foods shown in the *Journey of Flavours* grocery store. Then, have them point to where each food comes from on the poster. Remember that Samuel the bike is always there to lend the children a helping hand!



## Moo! Buzz! Cluck!

Help the children find the letter "M" on the poster. Imitate the sound of one of the illustrations (e.g., cow, bee, hen, turkey, truck, train) or ask one of the children to do it. Then, see if the other children can find that illustration on the poster. They can also act out some of the things shown on the poster, like someone driving the school bus, growing vegetables, etc.

## Up and up they grow

Help the children find the letter "U" on the poster. Ask one of the children to look around the vegetable garden and choose a food item they can use to tell a story, starting with the line "This morning, in my vegetable garden, I found...". Then, get another child to continue the story, looking at the different illustrations on the poster for inspiration. Encourage them to keep the story going!



## Explore-stations

Help the children find the letter "E" on the poster. Create several stations by placing four or five hula-hoops on the ground. In the centre of each station, place a bowl containing a food or a picture of a food from different origins. Ask the children to form one or two small trains, and get them to wander around the hoops as you play some music. Then, stop the music and name one of the foods; the small train(s) should head over to the hoop containing that food. Invite the children to discover the food's shape, colour, taste, etc. and ask them to point it out on the poster. Then, restart the music and continue playing until the children have visited all of the stations.



## Little Samuel's Fruity Delight

Help the children find the letter "L" on the poster. Invite them to create their own serving of little Samuel's fruity delight with the following recipe.

### Preparation

#### EDUCATOR

- Cook the cream of wheat with milk according to the package instructions, taking care to make enough for all of the children. Refrigerate for about an hour.

#### CHILD

- Measure the cream of wheat and spoon it into the bottom of a small, clear glass.
- Measure the honey and add it to the cream of wheat; mix well.
- Measure the berry-flavoured apple sauce and spoon it on top of the cream of wheat.
- Measure the yogurt and spoon it on top of the berry-flavoured apple sauce.
- Cut the peach into small pieces.
- Add the raspberries and peaches on top of the apple sauce.
- Garnish with the mint leaf that was cut using small scissors or torn by hand.

**Variation:** Replace the cream of wheat with oatmeal, or replace raspberries and peaches with other seasonal fruits.

### Ingredients

For a 125 mL (½ cup) serving (approx.)

- **45 mL** (3 tbsp) cream of wheat, cooked with whole or 2% milk, cooled
- **2.5 mL** (½ tsp) pasteurized honey
- **30 mL** (2 tbsp) unsweetened berry-flavoured apple sauce
- **30 mL** (2 tbsp) vanilla yogurt (about 2% M.F.)
- **5** fresh raspberries, washed
- **½** small peach, washed and peeled
- **1** mint leaf, washed (optional)

# Samuel's Wheels

*Get the children involved in singing and doing actions  
to the tune of "The Wheels on the Bus".*



Samuel's wheels go round and round, round and round, round and round  
Samuel's wheels go round and round  
All through the town

Seafood and fish come from the sea, from the sea, from the sea  
Seafood and fish come from the sea  
All the world around



Rows of whole grains grow in fields, grow in fields, grow in fields  
Rows of whole grains grow in fields  
From sunrise to sundown

Milk comes from cows on dairy farms, dairy farms, dairy farms  
Milk comes from cows on dairy farms  
We love to drink it down



The eggs in the nests are white and brown, white and brown, white and brown  
The eggs in the nests are white and brown  
Hens lay them sitting down

Cabbage and tomatoes sprout from seeds, sprout from seeds, sprout from seeds  
Cabbage and tomatoes sprout from seeds  
Planted in the ground



The pears and the apples grow on trees, grow on trees, grow on trees  
The pears and the apples grow on trees  
From orchards all around

Oh what fun it is to cook and bake, cook and bake, cook and bake  
Oh what fun it is to move and shake  
Our bodies up and down!

