

Basketful of Discoveries





A Basketful of Discoveries

There once was a group of little explorers playing in a **Basketful of Discoveries**¹...

Every day, they enjoyed many wonderful activities with their educator. They sang nursery rhymes while playing in the shadow of orchard trees. Come snack time, they would enjoy strawberries, **yogurt**, **chickpea** dip and many other delicious foods!

The little explorers loved to move around and play. Climbing, sliding or strolling – all was fun and games in the park. And what a great time they had choosing vegetables and fruit from their friend Farmer Oliver's garden. Freshly picked **lettuce**, eggplant and **cantaloupe** – all was deeee-licious! And the visits to Farmer Isabelle's farm? What a treat! How they enjoyed watching her gather chicken **eggs** and collect her cows' **milk**!

They adored cooking and tasting different recipes, such as Mini **Bread** Baskets. The little explorers would often plan outdoor picnics, where friends, parents, educators and cooks would all help put together delicious dishes, such as tuna **tortillas** and colourful salads.

The little explorers enjoyed discovering new foods so much, they came up with a wonderful idea: to create a **Basketful of Discoveries**!



Would you like to explore the "Basketful of Discoveries"? Do you see the hidden foods? Can you see the stools made out of cheese or the mushroom umbrella? Look closely and try to discover the foods that make up the "Basketful of Discoveries"!

Go on! A ton of fun activities await you! Choose a sticker² representing one of the seven activities. Place it inside the white box in the top corner of the poster and then listen to your educator explain the activity.



A Story to Get You Moving

Make a semicircle with your friends and sit down. Your educator will assign a food to every little explorer³. Listen carefully as your educator reads the "Basketful of Discoveries" story. When you hear the name of the food that was assigned to you, stand up, run around the semicircle as fast as you can and sit back down in your spot. Pay close attention! When your educator says "Basketful of Discoveries!" you and your friends all have to get up, jump as high as you can, and sit back down. Once the story is over, talk to your friends about what part you liked the most about the activity.



¹ The words in bold type refer to the "A Story to Get You Moving" activity.

² Each sticker can be removed and reapplied many times.

³ Assign one of the foods written in bold type in the "Basketful of Discoveries" story to each child.

My First Garden

Did you notice the beautiful vegetables and fruit growing in Oliver's garden? There are green onions, fennel and turnip. Now it's your turn to create a garden of your very own! To make garden rows, cut strips of brown construction paper and paste them on a piece of cardboard. Then draw in the vegetables and fruit that you would like to grow.



Now You See It! Now You Don't!

Look carefully at the section of the poster your educator will point out (e.g., the vegetable garden, the Basketful of Discoveries or the farm). What do you see? Foods? People? Animals? Once you have looked carefully at each item in this section, turn your back to the poster. Your educator will then hide an item with a sticker. When your educator gives you the signal, turn around and try to identify the missing item.

Additional Activity: Play "Now You See It! Now You Don't!" with real foods that your educator has placed on a table.



In My Picnic Basket, I Have...

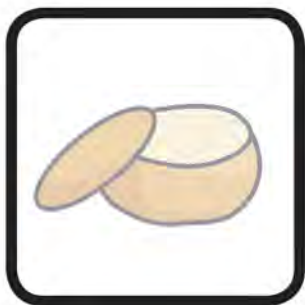
Pretend you are going on a great big picnic with all of your friends! Look at the poster and name a food that you would like to take with you. Taking turns, you and your friends have to repeat the names of the foods each person said in order starting with "In my picnic basket, I have..." Your educator can help you remember by pointing out the foods that were named on the poster.



Where Do You Come From?

Look at the sticker your educator shows you. Which food do you see? Using the poster, try to discover where it comes from. Does it come from a tree, the ground, a field or an animal? Once you figure out where the food comes from, move the sticker to the correct place on the poster and play again to discover where other foods in the leaflet come from.

Additional Activity: Your educator can show you actual foods and you can indicate where these foods come from.



Mini Bread Basket

With your educator's help, can you spot the recipe ingredients on the table where the "Basketful of Discoveries" friends are cooking? Can you find them elsewhere on the poster? Now it's time to roll up your sleeves and have some fun cooking!

Ingredients (for each child)

- o 1 small whole wheat roll (e.g., small bun or salad roll)
- o 1 slice of fennel bulb, approximately 10 cm long by 2 cm wide⁴
- o A few fennel leaves
- o 1 piece of apple approximately 2 cm wide, peeled⁴
- o 1 piece of firm cheese made from pasteurized milk (sides approximately 2 cm long)
- o 30 mL (2 tbsp) of canned salmon, drained
- o 5 mL (1 tsp) of plain yogurt, approximately 2% M.F.
- o 1 mL of lemon juice
- o 1 sprig of chive
- o Pepper to taste



Hands-On Fun for Kids

First, make sure you wash your hands well. Ask your educator to cut off the top of your roll. Using your fingers, remove the soft bread that is inside your roll to create a little basket. Use a butter knife and a cutting board to cut your slice of fennel, your piece of apple and your piece of cheese into small cubes. Put everything into a bowl. Measure the salmon, yogurt and lemon juice with a measuring spoon and add them to the other ingredients. Using scissors, cut the sprig of chive and the fennel leaves into small pieces over your bowl. Mix all of the ingredients with a spoon. Stuff your roll with this mixture, and then put the top back on.

A Good Idea: Ask your educator to create a handle for your basket by using a sprig of chive.



Nursery Rhyme

Find Mr. Stephens and his group of friends who are having fun singing "Picnic Time is Lots of Fun" (to the tune of "Mary Had a Little Lamb"):

*Picnic time is lots of fun,
Lots of fun,
In the sun.*

*Picnic time is lots of fun,
For everyone!*

*Won't you come try something new?
Crunchy apples,
Pitas too.*

*Won't you come try something new?
Yummy foods for me and you!*

*Tasting foods is fun to do,
Cheddar cheese,
And salmon too.*

*Tasting foods is fun to do,
Yummy foods for me and you!*

*Take some time out of your day,
Run and jump,
Hop and play!*

*Move your body every day,
Hip! Hip! Hooray!*

