

Where does food come from?

Delicious Bread spread

• INGREDIENTS •

Yield: For 1 child (¼ of a pita bread)

- ¼ hard-boiled egg*
- 5 mL (1 tsp.) canned green lentils, drained and rinsed
- 15 mL (1 tbsp.) grated Cheddar or Swiss cheese
- 10 mL (2 tsp.) plain yogurt (2% M.F. or higher)
- 1 strip (approx. ½ cm wide) bell pepper of any colour
- 1 chive sprig
- 1 pinch of garlic powder
- 1 pinch of curry powder
- ¼ of a whole-wheat pita

*In a saucepan, boil the eggs for about 10 minutes or until hard-boiled; allow them to cool in cold water before removing the shells.

TASKS TO BE PERFORMED BY AN ADULT IN FRONT OF THE CHILDREN:

- ☑ Grate the cheese and set aside in a bowl.
- ☑ Slice a bell pepper into ½ cm thick strips.

TASKS TO BE PERFORMED BY THE CHILDREN:

1. Using a fork, mash ¼ of an egg in a bowl.
2. Measure the lentils, cheese and yogurt; add to the bowl and mix.
3. Cut the bell pepper into small pieces; add to the bowl.
4. Cut the chive sprig using small scissors, or tear by hand; add half the chives to the bowl.
5. Add a pinch of garlic powder and curry powder. Combine all the ingredients.
6. Using a table knife, spread the egg mixture on a piece of pita bread.
7. Add the remaining chives.

VARIATION:

Spoon the mixture into the pita bread instead of spreading it on top.

Enjoy!



The reusable stickers that are included with the *Where does food come from?* poster were designed to help you carry out the nutrition education activities outlined in this leaflet. The stickers feature the exterior of a childcare facility, a cheese shop, a bakery and a dairy farm. Once they've been cut out, they can be placed over their respective areas on the poster.

Where does the food we eat come from? Who worked to provide us the food on our plates? Encourage your little ones to explore the different sections of the *Where does food come from?* poster to discover the origins of various foods: What are the cheesemaker, the baker, the egg farmer, the fisherman, the dairy farmer and the harvester doing? Children will have lots of fun exploring what's hidden inside each building while learning where the various foods in *Canada's Food Guide* come from!



Food hide and go seek

All around the room, hide food items or images of food that are featured on the poster (e.g., the chick peas or artichokes in the garden, the pita bread from the bakery, etc.). Then, one at a time, point to a food on the poster and ask the children to find it. When all the food items or images have been found, ask the children where each item comes from.



This is the story of...

Invite each child to create a story that features one or more of the individuals shown on the poster. They can act out each character individually, or even have them interact. The children in the audience can perform the actions related to the story, as if they were actually a part of it.

Who am I?

Use the poster as a source of inspiration to create riddles. Start by giving the children a general hint. Then provide clues that are more and more specific, while showing them which section of the poster they should look at in order to find the answer.

Variation for older children:
Ask one of the children to invent a riddle related to an item on the poster, then invite the others to try and solve it.

Let's all go to work!

Ask the children if they can name the food-related occupations they see on the poster. Can they come up with any others? Next, invite them one at a time to imitate the gestures made by each of the different characters (e.g., fishing, harvesting vegetables, kneading bread dough, cutting cheese, collecting eggs, milking a cow, picking fruit, etc.). The other children can mime the same gestures as they try to guess what the occupation is.



Everyone sing along!

Along with the children, sing the following nursery rhyme to the tune of "Are you sleeping?". Invite them to move to the lyrics, drawing inspiration from what the characters on the poster are doing.

Dear cheese maker, dear cheese maker
Look at you, look at you
You spend your day making, you spend your day making
Yummy cheese, yummy cheese

Gentle baker, gentle baker
Look at you, look at you
You spend your day kneading, you spend your day kneading
Whole wheat dough, whole wheat dough

Kind fisherman, kind fisherman
Look at you, look at you
You spend your day fishing, you spend your day fishing
Fresh seafood, fresh seafood

Miss egg farmer, miss egg farmer
Look at you, look at you
You spend your day working, you spend your day working
Collecting eggs, collecting eggs

Dairy farmer, dairy farmer
Look at you, look at you
You spend your day milking, you spend your day milking
All your cows, all your cows

Friendly gardener, friendly gardener
Look at you, look at you
You spend your day outside, you spend your day outside
In the fields, in the fields



Musical bowl

Place several images of food and objects that are associated with different occupations (e.g., a bag of wheat, potatoes, a rake, a fishing rod, etc.) in a bowl. Ask the children to run around the bowl in a circle while music plays. When the music stops, the child that's in front of the bowl gets to pick an image from it and must make the other children guess which occupation the image is associated with.