Story

The Amazing World of Food

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.

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

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 kiiwi-beaver asked Bruce the grape-moose to help him find some bread. The two friends ventured off toward Whole-Grain-Bread-Mountain.

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?

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.” “Yuuummy! 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 radish-tail.

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!”
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.
1 tsp (5 mL) melted butter, or vegetable oil
- ½ tsp (7 mL) brown sugar, loosely packed
1 tsp (5 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

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

Activity

Snowy Bread Mountain

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

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

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.

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

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How fun it is to stroll through The amazing world of food
Watermelon, rice and cheese
Are as yummy as chickpeas
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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.

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