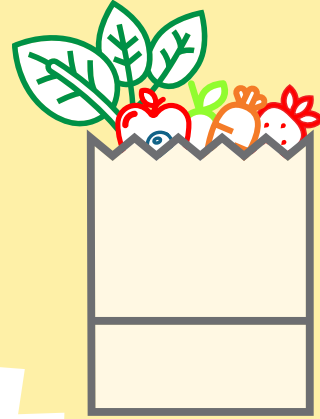


ACTIVITY



The market at camp!



Situation scenario

It's time to visit the local market to learn about different foods and meet local merchants. Be sure to bring your grocery list so that you don't forget anything. Off to the market we go!

Objective

- ✓ Learn about different foods
- ✓ Develop your creativity
- ✓ Make decisions while having fun

PLACE

- Indoors ou outdoors

SUGGESTED DURATION

- 30 minutes

MATERIAL

- Food cards (for merchants)
- Grocery list (for clients) – see appendix
- Pencils
- Pinnies (for merchants)
- Cines to set off the playing area
- Correct answers for the grocery list (for the counselor)- see appendix

ACTIVITY

The market at camp!



I. PREPARATION

Be sure to bring the special food cards for your age group.

FOOD CARDS FOR 7-8-YEAR-OLDS

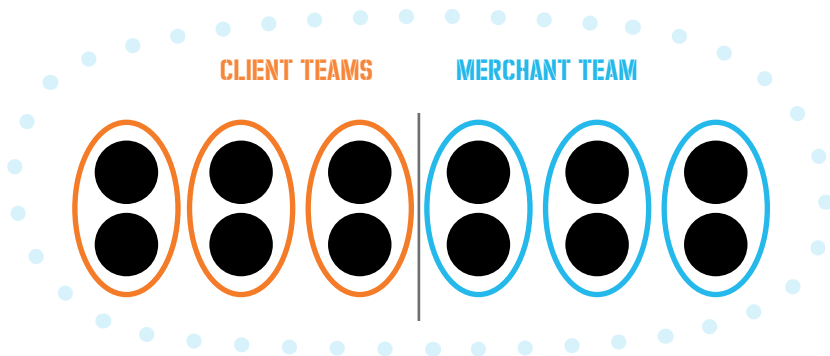
- Raspberry
- Cranberry
- Pepper
- Carrot
- Tofu
- Lentil
- Quinoa
- Rice
- Cantaloupe
- Blueberry
- Tomato
- Lettuce
- Chicken
- Pumpkin
- Pita bread
- Bread
- Apple
- Strawberry
- Broccoli
- Spinach
- Salmon
- Milk
- Pasta
- Honey

FOOD CARDS FOR 9-12-YEARS-OLD

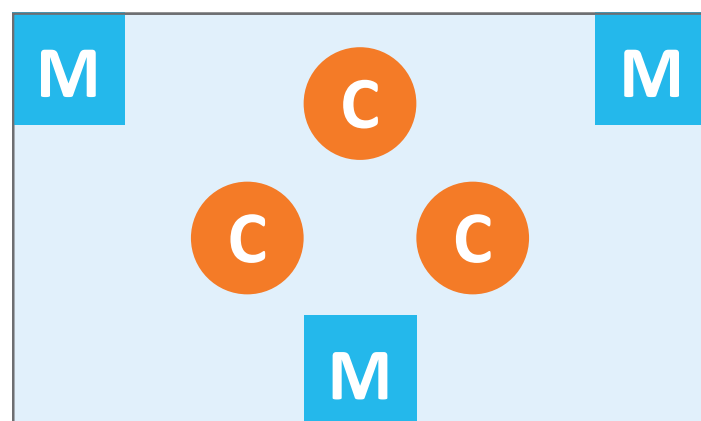
- Raspberry
- Cranberry
- Pepper
- Yogourt
- Tofu
- Peanut butter
- Quinoa
- Rice
- Cantaloupe
- Blueberry
- Tomato
- Lettuce
- Chicken
- Pumpkin
- Pita bread
- Bread
- Apple
- Strawberry
- Maple syrup
- Spinach
- Salmon
- Milk
- Pasta
- Honey

2. ORGANIZATION OF THE GROUP

- Divide the group into two: clients and merchants.
- Form teams of two or three campers (shown with the black dots below).



3. ORGANIZATION OF SPACE



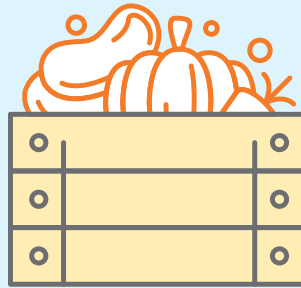
Tip!

Keep the merchant stalls as far apart as possible to encourage clients to maximize movement within the space you create using the cones.

ACTIVITY



The market at camp!



4. MAKE SURE THE CLIENTS AND MERCHANTS UNDERSTAND THEIR ROLES

The client teams...

Receive a grocery list in the form of four riddles.

Guess the four foods on the grocery list, by writing the answers on the sheet.

Have the counselor confirm the list of foods in order to access the market.

Tip for counselor!

You can help the campers guess if you see that they need it.

Visit the merchants to find the foods on their grocery list.

The merchants are constantly in movement, which means the clients must catch them to obtain their foods.

Mention only the characteristics written on their grocery list. Guess one food at a time..

***Remember, the campers must attempt to have the merchant guess the food without naming it.**

For 7-8-year-olds, the merchants have the right to show their food cards to clients.

Once all the food cards are found, develop an imaginary recipe containing foods on their grocery list with help from a merchant team.

The merchant teams...

Receive four food cards corresponding to foods sold at their imaginary stall. Remember, merchants must keep their food cards hidden from clients.

While the clients try to guess their four foods, invent a slogan and a name for the stall (ex. come visit the Freshness Stall!)..

Invite the clients to come and see them using a slogan and the name of the stall.

The merchants must move within the designated zone. Imagine that it is a moving stall.

Listen to the characteristics mentioned by the clients.

Give the food card to the clients if the characteristics mentioned correspond to a food item sold at their stall.

Then validate with the client that the food card given is the one on the grocery list..

Close the stall and go help a client team invent an imaginary recipe.

ACTIVITY

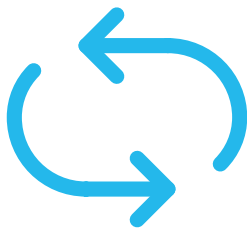
The market at camp!



5. EACH TEAM PRESENTS ITS IMAGINARY RECIPE TO THE REST OF THE GROUP.

6. REVERSE THE ROLES, WITH THE MERCHANTS BECOMING THE CLIENTS AND VICE VERSA.

→ Repeat steps 4 and 5.



7. REVIEW THE ACTIVITY

Have the campers interact with one another and ask them questions about the activity.

SUGGESTED QUESTIONS :

- What foods did you learn about?
- Would you like to visit a real market?
- Would you like to make these recipes at home?
- Do you enjoy creating recipes?

ACTIVITY



The market at camp



ages
7-8

GROCERY LIST



APPENDICES

My grocery list #1

- 1. Red fruit belonging to the field berries group and resembling a blackberry.**
 - a) Cranberry
 - b) Pineapple
 - c) Raspberry
- 2. I am a vegetable that can be green, yellow, orange or red in colour. I grow in a vegetable garden.**
 - a) Lettuce
 - b) Peppers
 - c) Asparagus
- 3. I am made from soy beans and am often cooked in slices or cubes.**
 - a) Chicken
 - b) Tofu
 - c) Milk
- 4. I am a tiny round grain resembling rice. I can be eaten cold in a salad or warm.**
 - a) Spaghetti
 - b) Quinoa
 - c) Tortellini

My grocery list #2

- 1. Fruit with orange-coloured flesh. My peel is thick and beige or green in colour.**
 - a) Pineapple
 - b) Cantaloupe
 - c) Blueberry
- 2. Technically, I am a fruit, but I am often eaten as a vegetable at mealtime. I am often associated with Italy.**
 - a) Asparagus
 - b) Lettuce
 - c) Tomato
- 3. I am an animal with wings, but I am unable to fly.**
 - a) Salmon
 - b) Milk
 - c) Chicken
- 4. I am a variety of flatbread originally from the Middle East.**
 - a) Pasta
 - b) Pita bread
 - c) Baguette

ACTIVITY



The market at camp



ages
7-8

GROCERY LIST



APPENDICES

My grocery list #3

- 1. Round fruit with a peel that can be yellow, red or green, depending on the variety. I am picked in early autumn.**
 - a) Pineapple
 - b) Apple
 - c) Blueberry
- 2. Green vegetable resembling a small tree.**
 - a) Pepper
 - b) Broccoli
 - c) Cauliflower
- 3. Fish with pink flesh. I am a bear's favourite dish.**
 - a) Eggs
 - b) Oyster
 - c) Salmon
- 4. I am widely used in Italian cuisine and often served with a sauce.**
 - a) Bread
 - b) Quinoa
 - c) Pasta

My grocery list #4

- 1. I am a red fruit that tastes bitter and is often eaten dry.**
 - a) Orange
 - b) Pineapple
 - c) Cranberry
- 2. I am an orange-coloured vegetable grown in the ground.**
 - a) Cauliflower
 - b) Asparagus
 - c) Carrot
- 3. I belong to the legume family. I can be green, brown, beige, red, orange, pink or yellow.**
 - a) Snow pea
 - b) Chicken
 - c) Lentil
- 4. I am a staple food in several countries, including in China and India. I am used to make sushi.**
 - a) Bread
 - b) Pasta
 - c) Rice

ACTIVITY



The market at camp



ages
7-8

GROCERY LIST



APPENDICES

My grocery list #5

- 1. I am a blue-coloured round fruit in the field berry group. I grow in bushes.**
 - a) Blackberry
 - b) Pineapple
 - c) Blueberry
- 2. I am a leafy green vegetable often used in salads.**
 - a) Cauliflower
 - b) Lettuce
 - c) Carrot
- 3. I am an orange-coloured fruit used as a decoration on Halloween.**
 - a) Cantaloupe
 - b) Pumpkin
 - c) Orange
- 4. I am often used to make sandwiches or topped with spread at breakfast.**
 - a) Pasta
 - b) Bread
 - c) Pita bread

My grocery list #6

- 1. I am a red fruit grown in fields.**
 - a) Cranberry
 - b) Blueberry
 - c) Strawberry
- 2. I am a dark green, leafy vegetable that is steamed or sautéed before it is eaten, or consumed raw in a salad.**
 - a) Cauliflower
 - b) Carrot
 - c) Spinach
- 3. I can be consumed as a beverage, but I am also used in recipes. This beverage turns brown when flavoured with chocolate.**
 - a) Yogourt
 - b) Bouillon
 - c) Milk
- 4. I come from beehives. I am appreciated for my sweet taste.**
 - a) Maple syrup
 - b) Yogourt
 - c) Honey

ACTIVITY



The market at camp



ages
9-12

GROCERY LIST



APPENDICES

My grocery list #1

1. I am a red fruit made up of several drupelets, like those on a blackberry

2. I am a vegetable that can be green, yellow, orange or red in colour.

3. I am made from soy beans and often cooked in slices or cubes.

4. I am a tiny round grain resembling rice. I can be eaten cold in a salad or warm.

My grocery list #2

1. I am a fruit with orange-coloured flesh. My peel is thick and beige or green in colour.

2. Technically, I am a fruit, but I am often eaten as a vegetable at mealtime. I am often associated with Italy.

3. I am an animal with wings, but I am unable to fly.

4. I am a variety of flatbread from the Middle East.

ACTIVITY



The market at camp



ages
9-12

GROCERY LIST



APPENDICES

My grocery list #3

1. I am a round fruit with a peel that can be yellow, red or green, depending on the variety. I am picked in early autumn.

2. I grow on trees and am sweet-tasting. I am often collected in the spring when the snow begins to melt..

3. I am a fish favoured by bears.

4. I am a food item made with flour and water. I am often served with Italian dishes.

My grocery list #4

1. I am a red fruit grown in Québec and picked in a flooded field.

2. I am a fermented food product in the dairy family. I am often purchased in a fruit flavour.

3. I am often spread on sliced bread in the morning. I am known for my creamy taste. Some people are allergic to me.

4. I am a staple food in several countries, including in China and India. I am used to make sushi.

ACTIVITY



The market at camp!



ages
9-12

GROCERY LIST



APPENDICES

My grocery list #5

1. I am a blue-coloured fruit grown and harvested in Québec during summer.

2. I am a leafy green vegetable often used in salads.

3. I belong to the same family as legumes. I can be green, brown, beige, red, orange, pink or yellow.

4. I belong to the crustacea family. My flesh is pink. But be careful: I can pinch!

My grocery list #6

1. I come from beehives. I am appreciated for my sweet taste.

2. I am a dark green leafy vegetable that is steamed or sautéed before it is eaten, or consumed raw in a salad.

3. I can be consumed as beverage, and I am white in colour. This beverage turns brown when flavoured with chocolate.

4. I am a yellow and white vegetable grown in fields during summer. I am often used in shepherd's pie.

ACTIVITY



The market at camp



ages
7-8

Answers

GROCERY LIST



APPENDICES

My grocery list #1

1. Red fruit belonging to the field berries group and resembling a blackberry.
 - a) Cranberry
 - b) Pineapple
 - c) Raspberry
2. I am a vegetable that can be green, yellow, orange or red in colour. I grow in a vegetable garden.
 - a) Lettuce
 - b) Peppers
 - c) Asparagus
3. I am made from soy beans and am often cooked in slices or cubes.
 - a) Chicken
 - b) Tofu
 - c) Milk
4. I am a tiny round grain resembling rice. I can be eaten cold in a salad or warm.
 - a) Spaghetti
 - b) Quinoa
 - c) Tortellini

My grocery list #2

1. Fruit with orange-coloured flesh. My peel is thick and beige or green in colour.
 - a) Pineapple
 - b) Cantaloupe
 - c) Blueberry
2. Technically, I am a fruit, but I am often eaten as a vegetable at mealtime. I am often associated with Italy.
 - a) Asparagus
 - b) Lettuce
 - c) Tomato
3. I am an animal with wings, but I am unable to fly.
 - a) Salmon
 - b) Milk
 - c) Chicken
4. I am a variety of flatbread originally from the Middle East.
 - a) Pasta
 - b) Pita bread
 - c) Baguette

ACTIVITY



The market at camp



ages
7-8

Answers

GROCERY LIST



APPENDICES

My grocery list #3

1. Round fruit with a peel that can be yellow, red or green, depending on the variety. I am picked in early autumn.

- a) Pineapple
- b) Apple
- c) Blueberry

2. Green vegetable resembling a small tree.

- a) Pepper
- b) Broccoli
- c) Cauliflower

3. Fish with pink flesh. I am a bear's favourite dish.

- a) Eggs
- b) Oyster
- c) Salmon

4. I am widely used in Italian cuisine and often served with a sauce.

- a) Bread
- b) Quinoa
- c) Pasta

My grocery list #4

1. I am a red fruit that tastes bitter and is often eaten dry.

- a) Orange
- b) Pineapple
- c) Cranberry

2. I am an orange-coloured vegetable grown in the ground.

- a) Cauliflower
- b) Asparagus
- c) Carrot

3. I belong to the legume family. I can be green, brown, beige, red, orange, pink or yellow.

- a) Snow pea
- b) Chicken
- c) Lentil

4. I am a staple food in several countries, including in China and India. I am used to make sushi.

- a) Bread
- b) Pasta
- c) Rice

ACTIVITY



The market at camp



ages
7-8

Answers

GROCERY LIST



APPENDICES

My grocery list #5

1. I am a blue-coloured round fruit in the field berry group. I grow in bushes.

- a) Blackberry
- b) Pineapple
- c) Blueberry

2. I am a leafy green vegetable often used in salads.

- a) Cauliflower
- b) Lettuce
- c) Carrot

3. I am an orange-coloured fruit used as a decoration on Halloween.

- a) Cantaloupe
- b) Pumpkin
- c) Orange

4. I am often used to make sandwiches or topped with spread at breakfast.

- a) Pasta
- b) Bread
- c) Pita bread

My grocery list #6

1. I am a red fruit grown in fields.

- a) Cranberry
- b) Blueberry
- c) Strawberry

2. I am a dark green, leafy vegetable that is steamed or sautéed before it is eaten, or consumed raw in a salad.

- a) Cauliflower
- b) Carrot
- c) Spinach

3. I can be consumed as a beverage, but I am also used in recipes. This beverage turns brown when flavoured with chocolate.

- a) Yogourt
- b) Bouillon
- c) Milk

4. I come from beehives. I am appreciated for my sweet taste.

- a) Maple syrup
- b) Yogourt
- c) Honey

ACTIVITY



The market at camp



ages
9-12

Answers

GROCERY LIST



APPENDICES

My grocery list #1

1. I am a red fruit made up of several drupelets, like those on a blackberry

Raspberry

2. I am a vegetable that can be green, yellow, orange or red in colour.

Pepper

3. I am made from soy beans and often cooked in slices or cubes.

Tofu

4. I am a tiny round grain resembling rice. I can be eaten cold in a salad or warm.

Quinoa

My grocery list #2

1. I am a fruit with orange-coloured flesh. My peel is thick and beige or green in colour.

Cantaloupe

2. Technically, I am a fruit, but I am often eaten as a vegetable at mealtime. I am often associated with Italy.

Tomato

3. I am an animal with wings, but I am unable to fly.

Chicken

4. I am a variety of flatbread from the Middle East.

Pita Bread

ACTIVITY



The market at camp



ages
9-12

Answers

GROCERY LIST



APPENDICES

My grocery list #3

1. I am a round fruit with a peel that can be yellow, red or green, depending on the variety. I am picked in early autumn.
Apple _____
2. I grow on trees and am sweet-tasting. I am often collected in the spring when the snow begins to melt..
Maple syrup _____
3. I am a fish favoured by bears.
Salmon _____
4. I am a food item made with flour and water. I am often served with Italian dishes.
Pasta _____

My grocery list #4

1. I am a red fruit grown in Québec and picked in a flooded field.
Cranberry _____
2. I am a fermented food product in the dairy family. I am often purchased in a fruit flavour.
Yogourt _____
3. I am often spread on sliced bread in the morning. I am known for my creamy taste. Some people are allergic to me.
Peanut butter _____
4. I am a staple food in several countries, including in China and India. I am used to make sushi.
Rice _____

ACTIVITY



The market at camp!



ages
9-12

Answers

GROCERY LIST



APPENDICES

My grocery list #5

1. I am a blue-coloured fruit grown and harvested in Québec during summer.

Blueberry

2. I am a leafy green vegetable often used in salads.

Lettuce

3. I belong to the same family as legumes. I can be green, brown, beige, red, orange, pink or yellow.

Lentil

4. I belong to the crustacea family. My flesh is pink. But be careful: I can pinch!

Crab

My grocery list #6

1. I come from beehives. I am appreciated for my sweet taste.

Honey

2. I am a dark green leafy vegetable that is steamed or sautéed before it is eaten, or consumed raw in a salad.

Spinach

3. I can be consumed as beverage, and I am white in colour. This beverage turns brown when flavoured with chocolate.

Milk

4. I am a yellow and white vegetable grown in fields during summer. I am often used in shepherd's pie.

Corn