



MULTIAGE

# COLOURFUL CIRCUIT

Finish the circuit by collecting the fruit and vegetable cards and, with the help of your team, create original recipes!



## MATERIAL

- Posters for stations (see following pages)
- 60 fruit and vegetable cards (see following pages)
- 2 balls
- 2 wastebaskets
- Bibs to identify teams (optional)

## STEPS

### 1 Get ready

- Set up the stations.
- Divide the campers into two teams.
- Explain to the campers the aim of the activity and the challenges to complete at each station.

**Station 1** Throw the ball into the wastebasket. Once the ball goes in, pick a card at random and run to the next station.

**Station 2** Pick a card and leapfrog to the next station.

**Station 3** Jump up and down 10 times like if you were skipping rope. Then, pick a card and run to the next station.

**Station 4** Pick a card, then walk as if you were balancing on a tightrope to the next station.

**Station 5** Do jumping jacks or jog in place while you wait for all your team members.

**Station 6** Once the whole team is gathered, create recipes with all the fruit and vegetable cards collected. Use at least 2 fruits or vegetables per recipe and don't use the same one twice. Be creative!

### 2 Play the game

- When the signal is given, a member of each team has to take their place at the first station. Once they are finished and have moved on to the second station, the next person can start the circuit, until everyone has started the circuit.
- While the campers wait in line, they have to jog in place.
- Once the 6 stations are completed, each team presents their recipes.

### 3 Encourage the campers to share their thoughts

Don't forget to ask your campers for feedback on the activity. Adapt the questions to their age:

- What did you learn?
- Did you know that there is such a wide variety of fruits and vegetables?
- Can you name other fruits and vegetables?
- What are the differences between all these fruits and vegetables (colour, shape, texture, etc.)?
- Which fruit or vegetable would you like to taste?



COLORFUL  
CIRCUIT

# STATION 1



Throw the ball into the wastebasket.

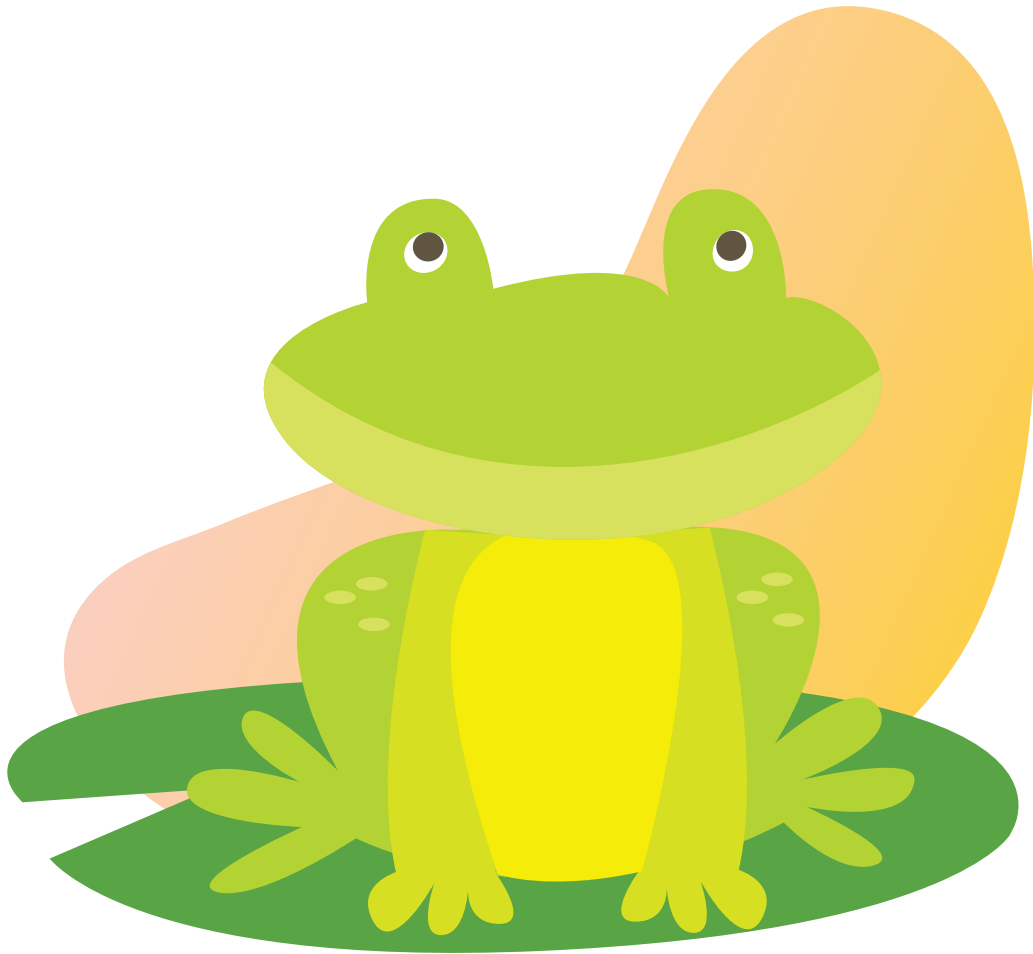
Once the ball goes in,  
pick a card and run to the next station.

**TOUGO  
CHALLENGE**  
summer camps



COLORFUL  
CIRCUIT

# STATION 2



Pick a card and leapfrog to the next station.

COLORFUL  
CIRCUIT

# STATION 3



Jump up and down 10 times like if you were skipping rope.  
Then, pick a card and run to the next station.

**TOUGO  
CHALLENGE**  
summer camps





COLORFUL  
CIRCUIT

# STATION 4



Pick a card, then walk as if you were balancing on a tightrope to the next station.

**TOUGO  
CHALLENGE**  
summer camps



COLORFUL  
CIRCUIT

# STATION 5



Do jumping jacks or jog in place  
while you wait for all your team members.

**TOUGO  
CHALLENGE**  
summer camps



COLORFUL  
CIRCUIT

# STATION 6



As a team, create recipes  
with all the fruit and vegetable cards collected.

Use at least 2 fruits or vegetables per recipe  
and don't use the same one twice.

Be creative!

COLOURFUL CIRCUIT



Artichoke



MONTOUGO.CA

COLOURFUL CIRCUIT



Asparagus



MONTOUGO.CA

COLOURFUL CIRCUIT



Eggplant



MONTOUGO.CA

COLOURFUL CIRCUIT



Chard

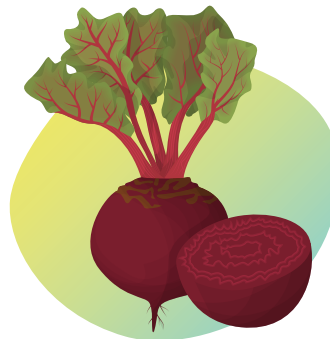


MONTOUGO.CA

COLOURFUL CIRCUIT



Beet

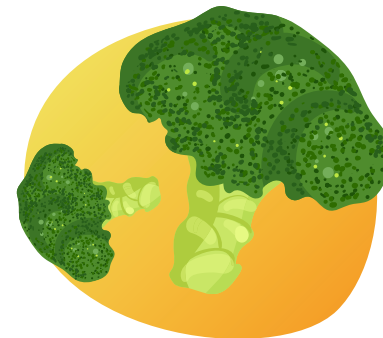


MONTOUGO.CA

COLOURFUL CIRCUIT



Broccoli

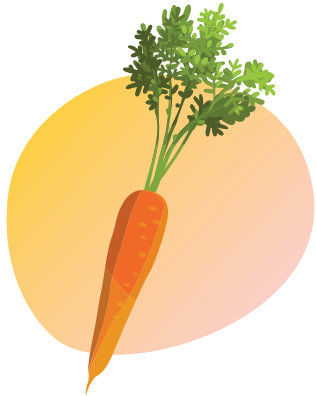


MONTOUGO.CA

COLOURFUL CIRCUIT



Carrot



MONTOUGO.CA

COLOURFUL CIRCUIT



Celery



MONTOUGO.CA

COLOURFUL CIRCUIT



Mushroom



MONTOUGO.CA

COLOURFUL CIRCUIT



Napa cabbage



MONTOUGO.CA

COLOURFUL CIRCUIT



Cauliflower

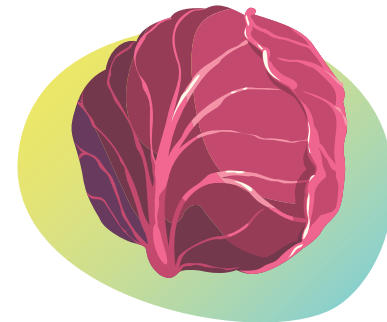


MONTOUGO.CA

COLOURFUL CIRCUIT



Red cabbage



MONTOUGO.CA

COLOURFUL CIRCUIT



Pumpkin

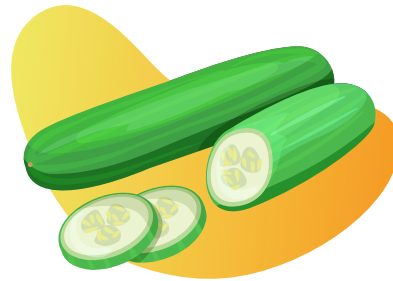


MONTOUGO.CA

COLOURFUL CIRCUIT



Cucumber

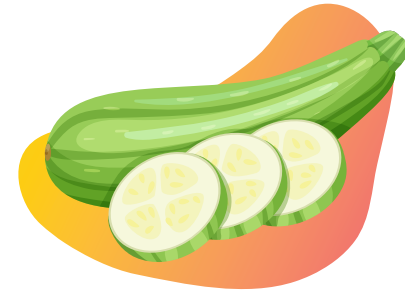


MONTOUGO.CA

COLOURFUL CIRCUIT



Zucchini



MONTOUGO.CA

COLOURFUL CIRCUIT



Spinach

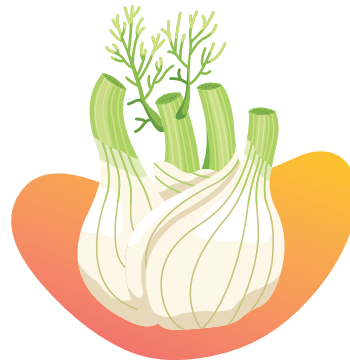


MONTOUGO.CA

COLOURFUL CIRCUIT



Fennel



MONTOUGO.CA

COLOURFUL CIRCUIT



Wax bean



MONTOUGO.CA

COLOURFUL CIRCUIT



Lettuce

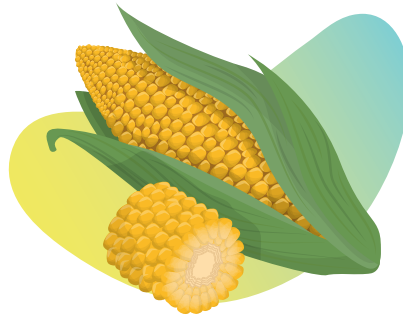


MONTOUGO.CA

COLOURFUL CIRCUIT



Corn

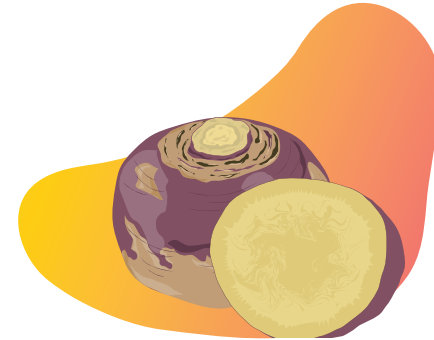


MONTOUGO.CA

COLOURFUL CIRCUIT



Rutabaga

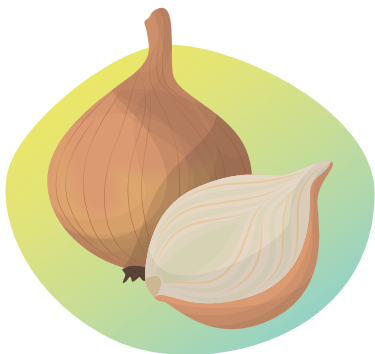


MONTOUGO.CA

COLOURFUL CIRCUIT



Onion



MONTOUGO.CA

COLOURFUL CIRCUIT



Parsnip



MONTOUGO.CA

COLOURFUL CIRCUIT



Leek



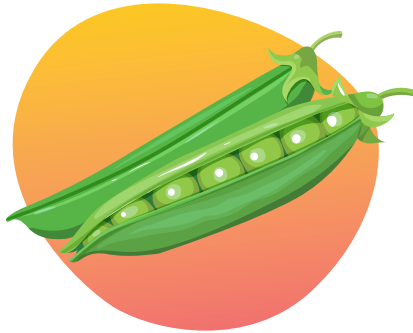
MONTOUGO.CA



COLOURFUL CIRCUIT



Pea

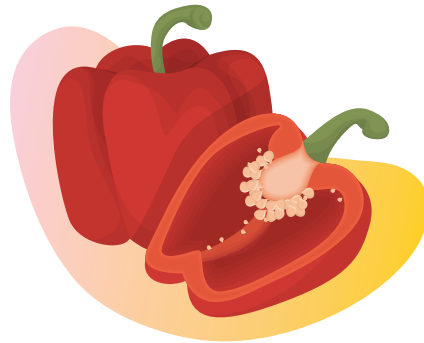


MONTOUGO.CA

COLOURFUL CIRCUIT



Bell pepper

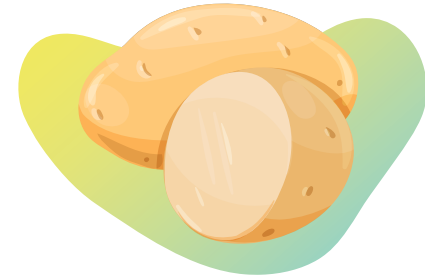


MONTOUGO.CA

COLOURFUL CIRCUIT



Potato

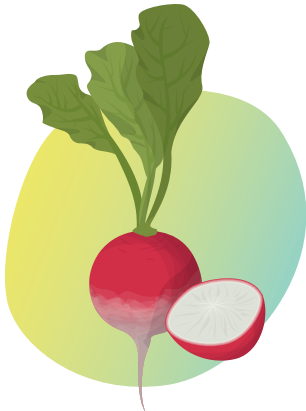


MONTOUGO.CA

COLOURFUL CIRCUIT



Red radish

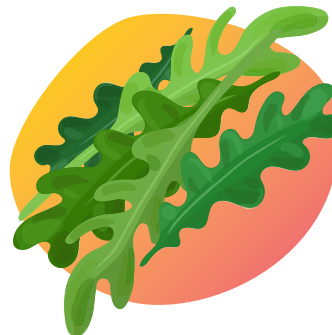


MONTOUGO.CA

COLOURFUL CIRCUIT



Arugula

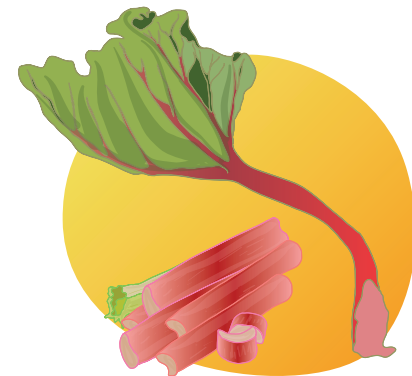


MONTOUGO.CA

COLOURFUL CIRCUIT



Rhubarb

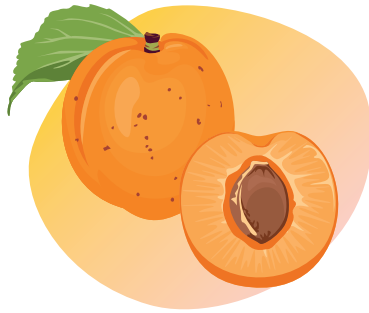


MONTOUGO.CA

COLOURFUL CIRCUIT



Apricot



MONTOUGO.CA

COLOURFUL CIRCUIT



Pineapple

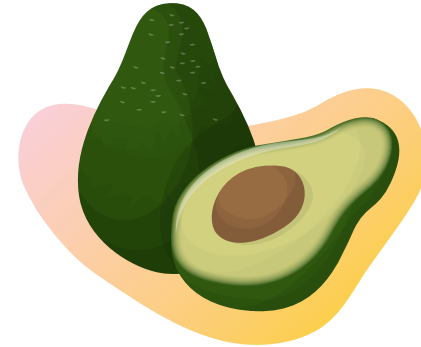


MONTOUGO.CA

COLOURFUL CIRCUIT



Avocado

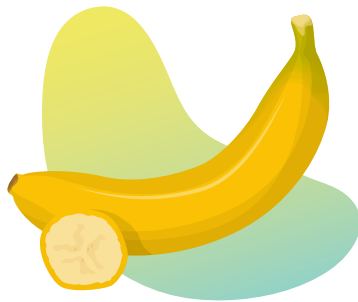


MONTOUGO.CA

COLOURFUL CIRCUIT



Banana



MONTOUGO.CA

COLOURFUL CIRCUIT



Blueberry



MONTOUGO.CA

COLOURFUL CIRCUIT



Cranberry



MONTOUGO.CA

COLOURFUL CIRCUIT



Cantaloupe

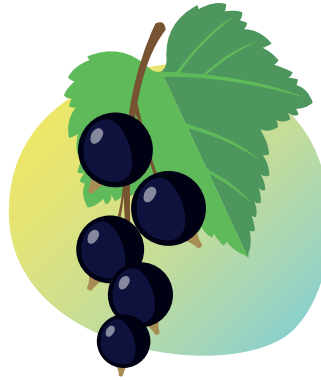


MONTOUGO.CA

COLOURFUL CIRCUIT



Blackcurrant

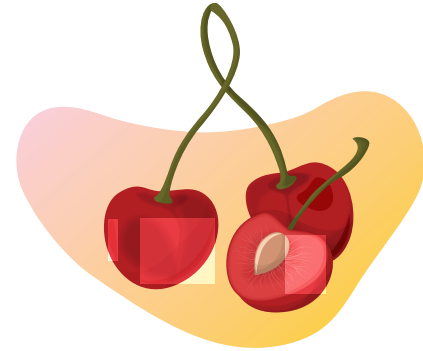


MONTOUGO.CA

COLOURFUL CIRCUIT



Cherry



MONTOUGO.CA

COLOURFUL CIRCUIT



Ground cherry



MONTOUGO.CA

COLOURFUL CIRCUIT



Lemon



MONTOUGO.CA

COLOURFUL CIRCUIT



Fig

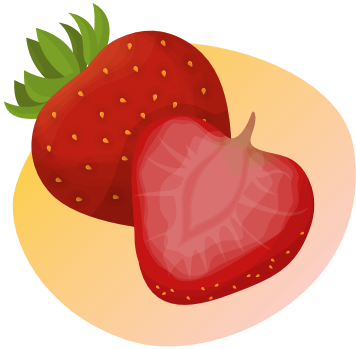


MONTOUGO.CA

COLOURFUL CIRCUIT



Strawberry

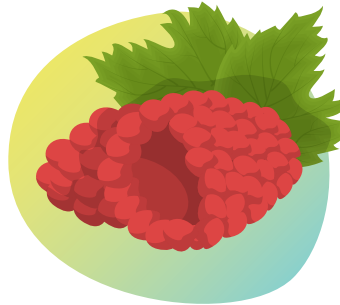


MONTOUGO.CA

COLOURFUL CIRCUIT



Raspberry

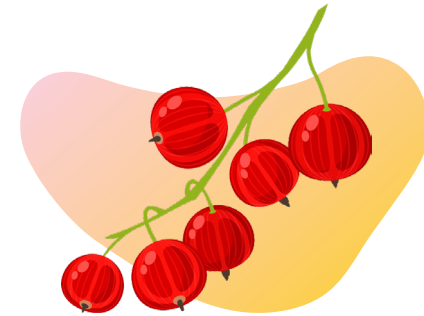


MONTOUGO.CA

COLOURFUL CIRCUIT



Red currant

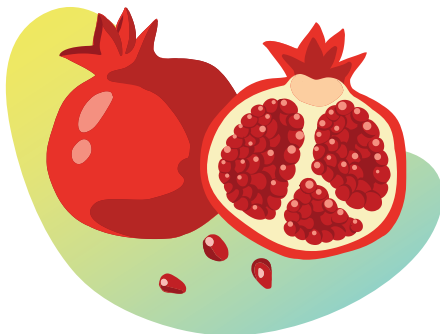


MONTOUGO.CA

COLOURFUL CIRCUIT



Pomegranate

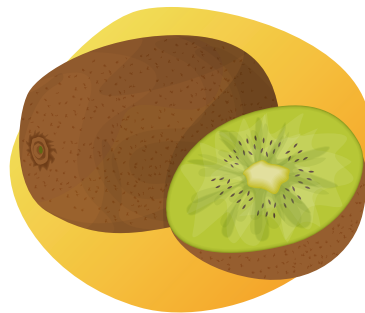


MONTOUGO.CA

COLOURFUL CIRCUIT



Kiwi



MONTOUGO.CA

COLOURFUL CIRCUIT



Mandarin



MONTOUGO.CA

COLOURFUL CIRCUIT



Mango

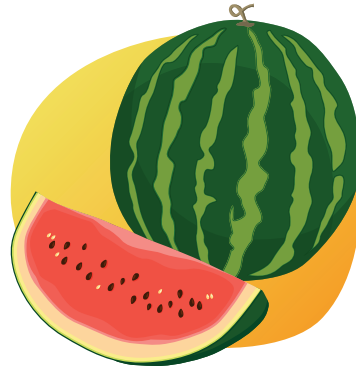


MONTOUGO.CA

COLOURFUL CIRCUIT



Watermelon



MONTOUGO.CA

COLOURFUL CIRCUIT



Blackberry



MONTOUGO.CA

COLOURFUL CIRCUIT



Nectarine

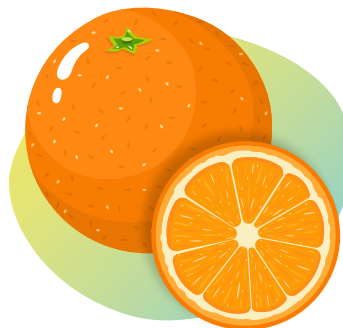


MONTOUGO.CA

COLOURFUL CIRCUIT



Orange



MONTOUGO.CA

COLOURFUL CIRCUIT



Grapefruit



MONTOUGO.CA

COLOURFUL CIRCUIT



Peach



MONTOUGO.CA

COLOURFUL CIRCUIT



Pear

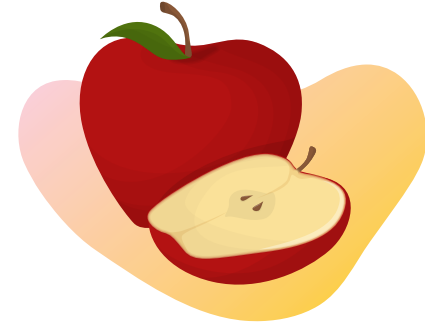


MONTOUGO.CA

COLOURFUL CIRCUIT



Apple

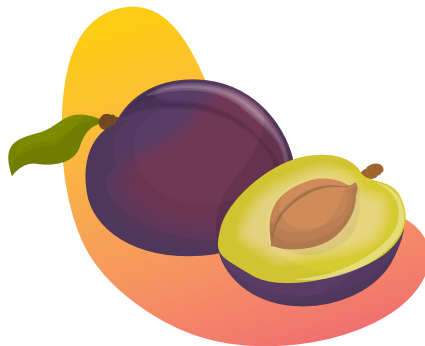


MONTOUGO.CA

COLOURFUL CIRCUIT



Plum



MONTOUGO.CA

COLOURFUL CIRCUIT



Grape

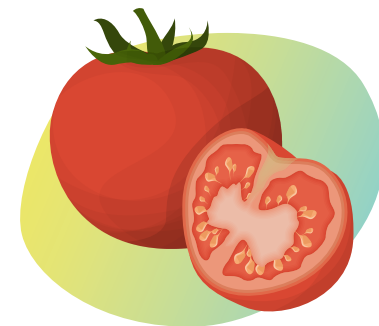


MONTOUGO.CA

COLOURFUL CIRCUIT



Tomato



MONTOUGO.CA