Let's Explore Food

• 7-8 years old

Use the following Let's Explore Food game cards to introduce your campers to healthy eating in a quick, fun, and easy way.

Discover new foods, get active, and be creative! Use the Food Cards on the Power Up portal, if necessary.

To make the games that much more enjoyable, take inspiration in the variations, invent new rules with your campers, or view the games played by other age groups.

Refer to the pictograms below to find out how each game can help the campers' development and whether it requires Food Cards.

Requires Food Cards/ images.

Helps the campers learn and use food-related vocabulary.

Lets the campers be active.

Lets the campers be creative.

Game				
A		x		x
B	x	x		
C	x			
D		x		
E	x		x	
F	x	x		
G		x		x
H	x	x	x	

POWER UP

7-8 years old

Game A

Artistic Food Item

PARTICIPANTS: 10 TO 20
DURATION: 15 TO 30 MINUTES
PLACE: INDOORS, OUTDOORS
MATERIALS: PAPER AND COLOURING PENCILS

Goal

Discover what a balanced meal is while using your artistic talents.

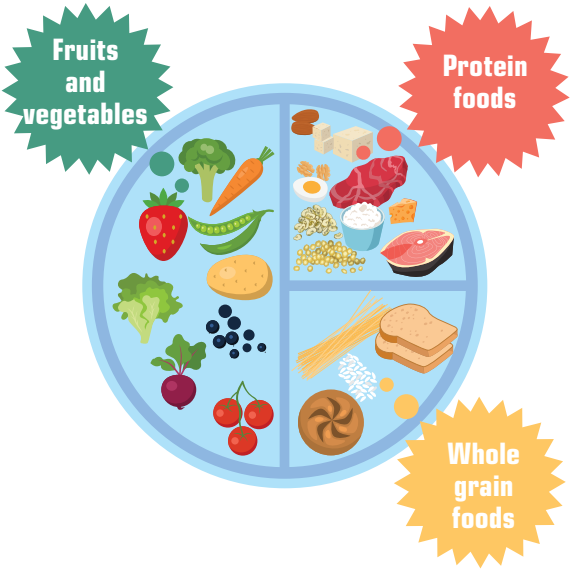
How to Play

1. Present the healthy meal guide plate to the campers.
2. Ask the campers to draw a balanced meal, with the foods they love.
3. Ask the campers to describe their drawings to the group.

Variations

- Ask the campers to name one food item on their plate, that belongs to the category of protein foods, fruits and vegetables, or whole grain foods.
- Ask the campers to cut out photos of food items from circulars and make a collage, rather than drawing the food items.

Psst! Take a look at the guide plate illustration at the back.


Fruits and vegetables
Protein foods
Whole grain foods

POWER UP

7-8 years old

Game B

Mystery Food Item

PARTICIPANTS: 10 TO 20
DURATION: 15 TO 30 MINUTES
PLACE: INDOORS, OUTDOORS
MATERIALS: FOOD CARDS

Goal

Get familiar with the different characteristics of food items (colours, tastes, recipes, categories, etc.) while having fun and putting your brain to work.

How to Play

1. Choose a camper to act as the "guesser."
2. Ask the ''guesser'' to stand in front of the other campers.
3. Have one of the other campers pick a Food Card and place it on the ''guesser's'' forehead without them seeing it.
4. The ''guesser'' must keep the card of their forehead while asking questions to the other campers to guess the mystery food item shown on their card. The ''guesser'' can ask closed-ended questions (yes or no) and open-ended questions.

➔ The counselor has a list of questions. If the ''guesser'' lacks inspiration, the counselor can lend a hand by suggesting questions meant to help them guess the mystery item. The counselor can provide information about the food items once the ''guesser'' gets it right.

Variations

- The counselor can invent new Food Cards as they see fit.

Questions Examples

Textures:
Am I soft?
Am I crunchy?
Am I liquid?
Am I juicy?

Taste:
Am I salty?
Am I acidic?
Am I sweet?

Colours:
What colour am I?
Am I blue?
Am I red?

Food categories:
Am I a fruit?
Am I a vegetable?
Am I an herb?

Origin:
Am I a food item that is grown locally?
Am I an exotic food item?

Miscellaneous:
Am I a food item you can eat or drink?
Am I eaten with utensils?
Do I have a peel?
Do I have a crust?
Am I eaten mostly in the morning?
Do I have eyes?
Do I have legs?
Am I a plant or an animal?
Am I big or small?

POWER UP

7-8 years old

Game C

Virtual Cook

PARTICIPANTS: 10 TO 20
DURATION: 15 TO 30 MINUTES
PLACE: INDOORS, OUTDOORS
MATERIALS: FOOD CARDS
ONE BOX, HAT, OR BAG
ONE WATCH, CHRONOMETER, OR SANDGLASS
BAG OF DRIED CHICKPEAS OR OTHER "GAME PIECES" THAT COULD BE USED TO COUNT POINTS.

Goal

Get familiar with the ingredients used in different recipes, and help the campers develop their imagination.

How to Play

1. Give examples of recipes the campers can prepare using the Food Cards (see the recipe section for ideas).
2. Place the Food Cards inside a box.
3. Invite each camper to pick a Food Card.
4. Have each camper discretely peek at their card.
5. At the counselor's signal, the campers must team up with campers who have complementary food items to create a recipe. Express your creativity!
6. After about one or two minutes, the counselor signals the end of the game.

7. Ask the teams to explain their recipe ideas.
8. The campers on a team with a recipe or dish deemed "valid" (there are many possibilities, but the campers must justify their idea) receive one point per ingredient.
9. Place all the Food Cards back in the box and start over.

Criteria for a Valid Recipe

- The recipes must be complete, meaning that the Food Cards must show all the essential ingredients. For example, to make a pizza, it's essential to have bread, a tortilla, or an ingredient to serve as pizza dough. The toppings can vary widely.
- Sauces, toppings, or seasoning are not mandatory for a recipe to be valid. For example, the campers can create a salad even if they don't have a dressing.

Recipe Deemed Invalid

- A recipe will be deemed invalid if the campers simply combined ingredients that are not complementary, instead of creating a recipe.

Variations

- Suggest recipes for the remaining food items.
- Add more food items to the recipes.
- Create additional Food Cards over the course of the summer. The campers can take part in this activity.
- Set up a cooking workshop based on the recipes created by the campers.
- Ask the campers to create a recipe together that includes at least one food item from each category in Canada's Food Guide.

Psst! Look at the next game card for examples.

Recipes Examples

Sweet crepes:
Flour, milk, eggs, raspberries, strawberries, blueberries, maple syrup

Salty crepes:
Flour, milk, eggs, salmon, asparagus, cheese, parsley, pepper

Omelet:
Eggs, milk, cheese, tomato, broccoli, parmesan, artichoke

Couscous salad:
Couscous, parsley, feta cheese, chickpeas, lemon, olive oil, cucumber, avocado, mango, garlic

Hummus:
Chickpeas, lemon, pepper, parsley, olive oil

Salad:
Lettuce, spinach, kale, celery, tomato, broccoli, cucumber, carrot, apple, eggs, chicken, nuts, olive oil, legume, parsley, edible flower, lemon, chives

Bean salad:
Chickpeas, red beans, white beans, lentils, lemon, cucumber, peppers, broccoli, corn, oil, basil

Exotic fruit salad:
Papaya, kiwi, guava, dragon fruit, passion fruit, fig, carambola, pineapple, clementine, lychee, mangosteen, coconut

Yogurt parfait:
Yogurt, raspberries, cranberries, gooseberries, maple syrup, honey, nuts, pumpkin seeds

Smoothie:
Milk, yogurt, strawberries, maple syrup, honey, tofu, enriched soy beverage

Croutons:
Bread, olive oil, parsley

Burrito:
Beef, garlic, red beans, lentils, tomato, chili powder, rice, corn, cheddar, tortillas, lettuce, coriander

Soup:
Water, chicken, rice, onion, carrot, rutabaga, broad bean, fennel, edamame

Muffins:
Flour, eggs, oats, maple syrup, milk, vegetable oil, cranberries, blueberries, cocoa, vanilla, cinnamon

Grilled cheese:
Bread, salmon, cheese, lettuce, apples, tomato, asparagus

Quiche:
Eggs, flour, oil, milk, mozzarella, endive, chives, onion, garlic, chicken, peppers

Bagel sandwich:
Bagel, cheese, peanut butter, soy butter, banana, avocado, egg

Salmon en papillote:
Salmon, asparagus, onions, zucchini, beans, olive oil, lemon, rice, honey, maple syrup, parsley, feta cheese

POWER UP

7-8 years old

Game D

In My Little Basket

PARTICIPANTS: 10 TO 20
DURATION: 15 TO 30 MINUTES
PLACE: INDOORS, OUTDOORS
MATERIALS: PAPER AND PENCIL FOR THE COUNSELOR
ONE CHRONOMETER, WATCH OR SANDGLASS

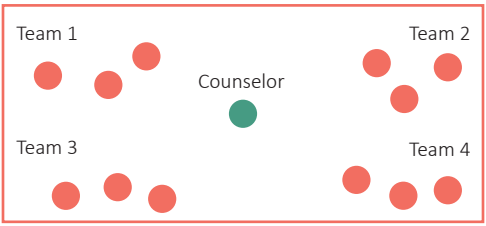
Goal

To allow the campers to get familiar with the different characteristics of food items (colours, tastes, categories, recipes, nutrients, etc.) while having fun and putting their brain and memory to work.

How to Play

1. Have the campers form teams of two or three.
2. Ask the teams to sit in a circle, and have each team name a spokesperson.
3. Explore the food categories with the campers. The counselor can draw from the examples of questions/ answers below.
4. The counselor starts the game by naming a food category: “In my little basket, I have… whole grain foods.”
5. The teams have 30 seconds to consult one another and agree upon an answer.

6. The spokesperson on the first team provides an answer, using the “In my little basket, I have…” formula. The counselor notes the team’s answer (e.g., “bread”) to ensure that the same answer is not given twice.
7. The spokesperson on the second team repeats the first team’s answer and then adds a food item. For example, “In my little basket, I have some bread ***and*** macaroni.”
8. The teams take turns and continue adding the names of food items as described above. If a team suggests a food that’s already been named, it has 30 seconds to come up with a new answer.
9. Teams are eliminated if they don’t name the food items in the proper sequence, if they name a food item in a separate category, or if they take more than 30 seconds to answer. The last team remaining wins a point.
10. Start over with a new theme.



Variations

- Have the campers form a large circle. Each individual camper must answer the question in the right sequence.
- Vary the themes and the food categories (purple foods, crunchy foods, food eaten cold, foods that are a reminder of summer, etc.)
- Use the questions/answers from other age groups.
- Give an active challenge to the members of a team that provide a false answer or takes too much time to respond. For example, ask the campers on the team to do five frog jumps (for the same theme, give the same challenge to all the campers, and vary the challenges for each theme).

Psst! Look at the next game card for examples.

Examples of Questions/Answers

Q1: In my little basket, I have muffins made with…
Blueberries, carrot, banana, chocolate, bran and raisins, lemon and poppy seeds, zucchini, pumpkin, raspberries

Q2: In my little basket, I have food items that are white.
Cauliflower, white chocolate, milk, cheese, plain yogurt, creme, fish, bread, rice, tofu

Q3: In my little basket, I have exotic fruit.
Banana, orange, lemon, grapefruit, pineapple, mango, kiwi, papaya, lychee, mangosteen, carambola

Q4: In my little basket, I have local fruits.
Strawberries, rhubarb, raspberries, blueberries, ground cherries, cantaloupe, honey melon, water melon, blackberries, apple, pear

Q5: In my little basket, I have food items with a soft texture.
Mashed potatoes or vegetables, fruit compote, pudding, rice pudding, ice cream

Q6: In my little basket, I am food items that are crunchy.
Carrot, celery, peppers, salad, apple, nuts, crackers

Q7: In my little basket, I have food items that can be bought at a bakery.
Bread, baguette, croissant, croutons, cookies, muffin, pie

Q8: In my little basket, I have food items that can be bought at a butcher shop.
Beef, lamb, veal, pork, chicken, turkey, sausage, cold cuts

Q9: In my little basket, I have fruits and vegetables whose names begin with the letter C.
Carrot, cucumber, cabbage, cauliflower, celery, celeriac, cherries

Q10: In my little basket, I have fruits and vegetables whose names begin with the letter P.
Pear, peach, prune, plum, peas, papaya, peppers, parsnip, potato, pumpkin

Q11: In my little basket, I have food items whose names begin with the letter B
Beef, blueberries, broccoli, beets, banana, butter

Q12: In my little basket, I have food items whose names begin with the letter S.
Soup, salad, sandwich, salt, savory, spaghetti, sushi, sardine, salmon, soy beans, seitan, sage, syrup

POWER UP

7-8 years old

Game E

Quick on Your Feet

PARTICIPANTS: 10 TO 20
DURATION: 15 TO 30 MINUTES
PLACE: INDOORS, OUTDOORS
MATERIALS: FOOD CARDS

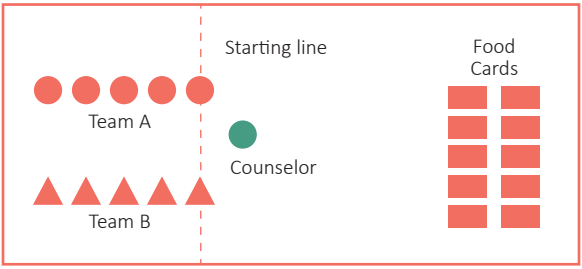
Goal

Learn about healthy eating concepts while having fun and being active.

How to Play

1. Place the Food Cards at a certain distance from the starting line (e.g., 50 m).
2. Divide the campers into two teams. Each team must come up with a team name and a rallying cry.
3. Have the two teams line up separately. The player at the front of the line stands at the starting line.
4. The counselor asks a game question.
5. When the counselor is finished asking the question, the two campers run towards the cards. As quickly as possible, they must find a card with an answer to the question and bring it back to their respective teams. The first ''runner'' to cross the starting line gets one point for their team. Ask the other campers to encourage their teammates as they take off from the starting line.

6. The counselor repeats the question. If the players return with a card that corresponds to the correct answer, the counselor awards one point to the team.
7. Place the cards back in the Food Card area.
8. The two “runners” go to the back of their team’s line.
9. Repeat the steps with the next duos.



Point Summary
- 1 point for the fastest
- 1 point for each correct answer

Variations

- Vary the questions (food categories, colours, letters, etc.).
- Use the questions from other age groups.
- Vary the movements used to get to and return from the Food Card area (skipping, on all fours, etc.).
- After receiving an answer from both participants, ask the others to provide different answers to the question.
- Place obstacles between the starting line and the Food Cards.
- Ask the campers to choose two cards rather than one.
- Ask the campers waiting in line to balance on one leg.

Psst! Read the next game card for more.

Examples of Questions/Answers

Q1: Get a specific kind of bread.
Bread, tortilla, kaiser roll, pita bread, baguette, ciabatta, naan bread

Q2: Get a protein food.
Milk, yogurt, cheese, enriched soy beverage, chicken, eggs, chickpeas, tofu, sardines, shrimp, beef

Q4: Get a food item you can use to make muffins.
Vanilla, cinnamon, carrot, blueberries, pineapple, banana, raspberries, maple syrup, honey, nuts

Q5: Get a food item you can put in an omelet.
Eggs, onion, peppers, cheese, spinach, tomato, parsley, milk

Q6: Get a food item you can grow in a garden.
Tomato, peppers, carrot, parsley, cucumber, strawberries, cabbage, lettuce, celery, radish, chives, squash

Q7: Get a dairy food item.
Yogurt, Greek yogurt, cottage cheese, cheddar, bocconcini, feta cheese, mozzarella, parmesan, kefir

Q8: Get some herbs.
Basil, chives, sage, thyme, lemongrass, coriander, tarragon, parsley, cinnamon, mint, rosemary

Q9: Get a type of legume.
White beans, red beans, lentils, chickpeas

Q10: Get a fish.
Cod, salmon, tilapia, rainbow trout, tuna, sardine

Q11: Get food items that can be served with yogurt.
Strawberries, raspberries, blueberries, maple syrup, honey, nuts

Q12: Get a food item in the whole grain category.
Bread, oats, buckwheat, pasta, tortilla, rice, quinoa, orzo, barley, flour, wheat, bagel

Q13: Get a fruit or a vegetable whose skin or peel is not eaten.
Onion, pineapple, mango, banana, water melon, cococut, avocado

Q14: Get a food item that is not grown locally.
Lemon, vanilla, cinnamon, pineapple, mango, banana, dragon fruit, jackfruit, papaya

Q15: Get a fruit that is grown locally.
Strawberries, blueberries, raspberries, pumpkin, apple, pear, cherries, ground cherries, cranberries, blackberries

Q16: Get a vegetable that is grown locally.
Garlic, asparagus, celery, broccoli, mushrooms, zucchini, lettuce, peppers, green peas, cabbage, beets

Q17: Get a food item that can be added to water to give it flavour.
Lemon, blueberries, raspberries, basil, orange, strawberries, lime, mint

Q18: Get a food item that comes from an animal.
Eggs, chicken, shrimp, milk, cheese, yogurt, sardine, tuna, oyster, beef, turkey, calamari, scallop

POWER UP

7-8 years old

Game F

What Am I?

PARTICIPANTS: 10 TO 20
DURATION: 15 TO 30 MINUTES
PLACE: INDOORS, OUTDOORS
MATERIALS: FOOD CARDS

Goal

Discover new foods with different characteristics (colours, tastes, recipes, categories, etc.) and get familiar with them while having fun and putting your brain to work.

How to Play

1. Divide the campers into two or three teams and ask them to give their team a name.
2. Place the Food Cards as you see fit (about 20 cards) in front of the campers. The cards serve as potential answers to the questions.
3. Give the campers a hint to help them discover a food item among the cards on display.
4. Ask the teams to provide an answer.
5. If one of the teams answers correctly, they receive one point. Start over with another food item.
6. If all the answers are incorrect, provide additional hints to help the campers guess the food item.
7. The team with the most points wins the game.

Variations

- Hide the Food Cards and hold a food item hunt. Once the food items have been hidden, provide hints to help the campers guess which food item they have to find.
- Take inspiration from the food items and hints used for other age groups.
- Ask the campers if they're familiar with the food item discovered and what they know about it (taste, origin, use, preservation, etc.).
- Add other Food Cards (selection of answers).
- Have the campers taste the food items discovered.

Examples of Food Items to Discover

Honeyberry:
1- I am a fruit produced in Canada. 2- I am a berry. 3- I closely resemble a blueberry. 4- My name rhymes with the word "cherry."

Dragon fruit:
1- I am an exotic fruit. 2- I am the fruit of a cactus from Mexico and Central America. 3- My flesh is white. 4- My peel is pink.

Pumpkin:
1- I am a fruit that is native to Mexico. 2- My seeds are dried before they are consumed. 3- I am orange. 4- I am the star at Halloween.

Papaya:
1- I am a fruit that is native to Mexico. 2- I have an oval shape. 3- My flesh is orange and I have black seeds. 4- My name rhymes with the word "jambalaya."

Watermelon:
1- I am a fruit. 2- I contain a large quantity of water and I am refreshing. 3- I am also called an "anguria." 4- I belong to the melon family.

Psst! More examples on the next game card.

Passion fruit:
1- I am an exotic fruit from Brazil. 2- I am shaped like a little ball. 3- I have several small black seeds covered with a translucent and orangy pulp. 4- My name contains two words.

Rhubarb:
1- I am a vegetable grown in Canada. 2- Only my stems are eaten, as my leaves are toxic. 3- My stems are the same colour as strawberries. 4- My name begins with the letter R.

Parsnip:
1- I am a vegetable that is native to Europe. 2- I belong to the same family as the carrot. 3- I am not as colourful as the carrot. 4- My name rhymes with the word “slip.”

Spinach:
1- I am a vegetable that is native to Asia. 2- My leaves are eaten. 3- My leaves become dark green when cooked. 4- My name rhymes with the word “sandwich.”

Kale:
1- I am a leafy vegetable. 2- I belong to the broccoli family. 3- My leaves are curly. 4- My name begins with the letter K.

Fennel:
1- I am a plant. 2- Sometimes, I take the form of a seed. 3- I am white and green. 4- My name rhymes with the word “kennel.”

Swiss chard:
1- I am a vegetable commonly used in Italian cuisine. 2- I belong to the same family as the beet. 3- My leaves must be separated from my stems in order to preserve me. 4- My stems are the same colour as beets.

Calamari:
1- I am a protein food. 2- I live in water. 3- I have tentacles. 4- My flesh is white and rubbery.

Hummus:
1- I am a protein food. 2- I am made with chickpeas. 3- I am served as a dip. 4- My name starts with the letter H.

Soy butter:
1- I am a protein food. 2- I am a meat substitute. 3- I can be spread on bread. 4- I can replace peanut butter.

Udon noodles:
1- I am a kind of pasta. 2- I am Japanese. 3- I look like spaghetti. 4- I have a compound name.

Wheat semolina:
1- I am a crushed grain. 2- I am yellow. 3- I am often used in salads. 4- I am made from wheat.

Nutmeg:
1- I am a spice. 2- I am a nut from a tropical tree. 3- I am brown. 4- My name starts with the letter N.

Chives:
1- I am an aromatic herb. 2- I am green. 3- I have long stems. 4- My name rhymes with the work “hive.”

Thyme:
1- I am an aromatic herb. 2- I am composed of sprigs.
3- I have very small green leaves. 4- My name has only five letters.

POWER UP

7-8 years old

Game G

Food Invention

PARTICIPANTS: 10 TO 20
DURATION: 30 TO 60 MINUTES
PLACE: INDOORS, OUTDOORS
MATERIALS: PAPER
COLOURING PENCILS
SCISSORS
GLUE

Goal

Foster the campers' creativity while allowing them to learn more about food and explore their artistic talents.

How to Play

1. Ask the campers to invent a new fruit or vegetable.
2. Ask the campers to create a collage presenting their invention.
3. Ask the campers to name their creation and explain its characteristics (taste, texture, colour, new element, use, method of cooking and consuming it, etc.).
4. Ask your campers to present their new fruit or vegetable to the group.

Variations

- Ask the campers to invent a new food product for a specific context, for example one that can be eaten in space or that is refreshing.
- Create a theatre play with the campers featuring their food inventions.
- Create a mural with the collages.
- Hold a contest in which the winner is the one who creates the most original food item. Allow the winner to choose the next activity.
- Ask the campers to create a type of food item other than a fruit or a vegetable.

POWER UP

7-8 years old

Game H

Find the Connections

PARTICIPANTS: 10 TO 20
DURATION: 15 TO 30 MINUTES
PLACE: INDOORS, OUTDOORS
MATERIALS: FOOD CARDS

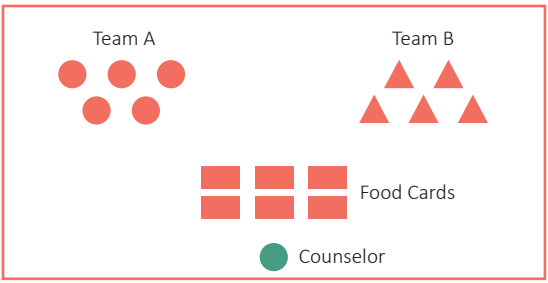
Goal

Discover how different foods are connected while having fun, being active, and putting your brain to work.

How to Play

1. Divide the campers into two teams and ask them to come up with a name for their respective teams.
2. Have each team choose a spokesperson.
3. Choose five or six food items that share a common characteristic (please view the table on the connections between food items).
4. Place the Food Cards selected on the ground, face down, in front of the campers.
5. Turn over two Food Cards.
6. Give the teams 30 seconds to consult one another and find the connections between the two food items shown.
7. As soon as a team finds the answer, the campers call out the name of their team.
8. The first team that calls out its name provides the answer.

9. If the answer is correct, move on to other food items.
10. If the answer is incorrect, all the members of the team must perform an active challenge (e.g. five frog jumps or 10 jumping jacks) and the second team is given a chance to answer. If the second team answers correctly, restart with other food items.
11. If the answer is incorrect, all the members of the team must perform an active challenge (the same as the first team on the same round) and the counselor turns over another Food Card.
12. Repeat steps 6 to 11 until one of the teams finds the connection between the food items or until all the Food Cards have been turned over.
13. If the food items are visible and the two teams have still not found the connection, give all the campers an active challenge before showing them the correct answer.



Variations

- Vary the food items and the connections between them (e.g. sweet foods, foods with a peel that can't be eaten, etc.).
- Vary the active challenges (e.g. create a small obstacle course or ask the campers to run and touch a tree).
- Ask the campers if they can identify other food items that share the same characteristic. Award an additional point for each additional food item identified.
- Use examples from other age groups.

Psst! Look at the examples on the next game card.

Examples

Connection between food items	List of foods
Protein foods	Peanut butter, chickpeas, tofu, beef, Greek yogurt, eggs
Leafy vegetables	Spinach, bok choy, kale, arugula, Swiss chard, Lettuce
Local fruits	Peach, cherries, apple, pear, blueberries, strawberries
Fruits that grow on trees	Apple, orange, pear, kiwi, banana, papaya
Dairy-based foods	Kefir, yogurt, parmesan, bocconcini, mozzarella, cottage cheese
Nuts	Almonds, hazelnuts, Brazil nuts, pistachios, cashews, pecans
Pasta	Rigatoni, orzo, macaroni, penne, fettuccini, spaghetti
Vegetables grown locally	Beets, asparagus, brussel sprouts, broccoli, cucumber, rutabaga
Red fruits	Strawberries, raspberries, cherries, cranberries, apple
Acidic tasting food items	Vinegar, grapefruit, lemon, lime, gooseberries