Let's Explore Food

• 13 and Over

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

13 and Over

Game A

Artistic Food Item

PARTICIPANTS: 10 TO 20
TIME: 15 TO 30 MINUTES
VENUE: INDOORS, OUTDOORS
EQUIPMENT: A CHOICE OF ARTISTIC MATERIALS (COLOURED CARDS, COLOURED PENCILS, SCISSORS, GLUE, ETC.)

Goal

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

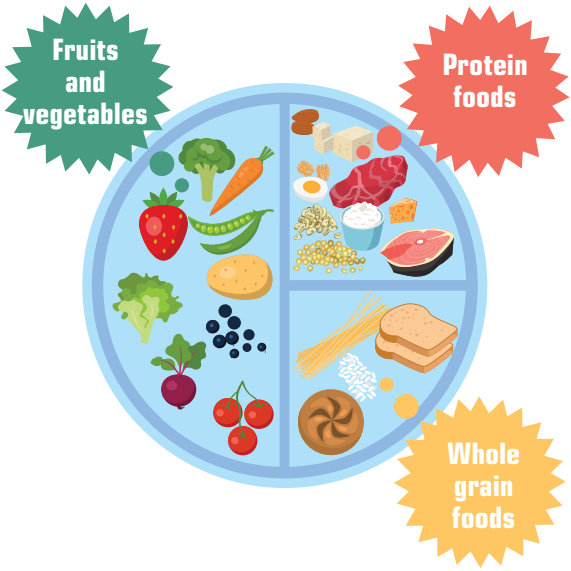
How to Play

1. Present the healthy meal guide plate to the campers.
2. Divide the campers into groups of three or four.
3. Ask the campers to prepare a three-course meal. Each course must have the characteristics of a balanced meal.
4. Ask the campers to create an artwork representing their menu.
5. Ask the campers to present their creation to the group.

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

Variations

- Ask the campers to name a food item on their plate, one that belongs to the category of protein foods, fruits and vegetables, or whole grain foods.
- Ask the campers to include specific food items on their menu. For example, select five food items and ask the campers to include at least one of them on their menu.
- Present a cooking workshop inspired by the campers' creations.



POWER UP

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Game B

Mystery Food Item

PARTICIPANTS: 10 TO 20
TIME: 15 TO 30 MINUTES
VENUE: INDOORS, OUTDOORS
EQUIPMENT: 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 showing the latter.
4. The guesser must keep the card of their forehead while asking questions to the other campers in an attempt to guess the mystery food item shown on the card. The ''guesser'' can ask closed-ended questions (yes or no) and open-ended questions.

➔ The counselor keeps 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

- Divide the group into two teams. One camper per team is chosen to be the "guesser." The guesser has 60 seconds to guess as many food items as possible. The team that guesses the most food items receives one point. Start over with two new guessers.
- The campers or the counselor can create new Food Cards.

Examples of questions

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

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

Colours:
Am I blue?
Am I red?

Food categories:
Am I a fruit?
Am I a whole grain food?
Am I a protein food?

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

Miscellaneous:
Am I a beverage?
Am I eaten with utensils?
Do I have a peel?
Am I eaten mostly in the morning?
Am I an aromatic?

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Game C

Virtual Cook

PARTICIPANTS: 10 TO 20
TIME: 15 TO 30 MINUTES
VENUE: INDOORS, OUTDOORS
EQUIPMENT: FOOD CARDS
BOX,
HAT OR BAG
WATCH, CHRONOMETER OR SANDGLASS
BAG IF DRIED CHICKPEAS OR OTHER "GAME PIECES" THAT COULD BE USED TO COUNT POINTS.

Goal

Get familiar with the ingredients used for various 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 minute, the counselor signals the end of the game.
7. Ask the teams to explain their recipes.
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.
- The recipes must have at least one food item from each food category, for example fruits and vegetables, whole grain cereals, and protein foods.

Recipe Deemed Invalid

- A recipe will be deemed invalid if the campers have not invented it, but instead have combined ingredients that are not complementary.
- A recipe will be deemed invalid if it is not composed of at least one food item from each food category.

Psst! Read more on the next game card.

Variations

- The counselor can ask the teams to create a theme recipe (e.g., Asian recipe). The teams that meet the challenge receive an extra point.
- 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 an advertising sketch presenting the recipes they created to the group.

Recipes Examples

Sauté:
Chicken, tofu, shrimp, snow peas, carrots, vegetable oil, almonds, onion, garlic, zucchini, bell peppers.

Banana bread:
Banana, flour, milk or enriched soy beverage, vanilla, eggs, maple syrup, cinnamon, nuts, pumpkin seeds.

Lentil salad:
Lentils, onion, garlic, olive oil, carrot, orange, cucumber, almonds, basil, chives.

Soup:
Lentils, edamame, bok choy, udon noodles, broccoli, carrots, zucchini, onion, garlic, water, curry powder.

Fruit mousse:
Tofu, raspberries, strawberries, blueberries, peaches, blackberries, coconut, mango, maple syrup.

Smoothie:
Milk, tofu, kefir, raspberries, buckthorn berries, honeyberries, lychee, kale, honey.

Muffins:
Flour, oats, oil, orange, raspberries, milk, yogurt, apple, strawberries, maple syrup, almonds.

Yogurt parfait:
Yogurt, raspberries, strawberries, almonds, nuts, seeds, maple syrup.

Carrot salad:
Carrots, orange, cranberries, oil, chives.

Brochettes:
Chicken, shrimp, onion, bell peppers, zucchini, mushrooms.

Quinoa salad:
Quinoa, shrimp, tofu, carrots, cucumber, spinach, zucchini, bell peppers, snow peas, almonds, nuts.

Arugula salad:
Arugula, clementine, bell peppers, oil, almonds, basil, chives.

Flavoured water:
Water, grapefruit, lemon, lime, strawberries, cucumber, mint, basil.

Vinaigrette:
Oil, orange, garlic, basil, chives, honey, maple syrup, vinegar, mustard seeds.

Seafood pasta:
Pasta, shrimp, crab, scallops, tuna, salmon, asparagus, green peas, onion, garlic, parsley.

Asian oysters:
Oysters, ginger, green onions.

Polenta:
Wheat semolina, milk, parmesan, nutmeg.

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Game D

In my Little Basket

PARTICIPANTS: 10 TO 20
TIME: 15 TO 30 MINUTES
VENUE: INDOORS, OUTDOORS
EQUIPMENT: PAPER AND PENCIL FOR THE COUNSELOR
CHRONOMETER,
WATCH OR SANDGLASS

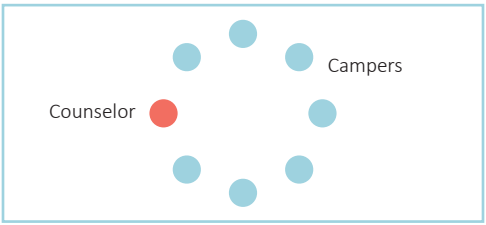
Goal

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. Ask the campers to sit in a circle.
2. The counselor explores the food categories with the campers. They can use the sample questions and answers.
3. The counselor starts the game by naming a food category: “In my little basket, I have whole grain foods.”
4. The first player has 10 seconds to complete the sentence by adding a word: “In my little basket, I have bread.”

5. The next camper has 10 seconds to complete the sentence with a new answer. The second camper has to repeat the first camper's answer and add a second food item. For example: "In my little basket, I have bread and macaroni."
6. The campers take turns adding food items as described above.
7. The campers are eliminated if they don't name the food items in the proper sequence, if they give an incorrect answer, or if they take more than 10 seconds to answer.
8. Start over with a new theme.



Variations

- Vary the themes. Examples: purple foods, crunchy foods, foods eaten cold, foods that remind you of summer, etc.
- Give everyone an active challenge if a player answers incorrectly or takes too much time to respond. For example, ask all the campers to do five frog jumps (for each theme, give the same challenge to all the campers, and vary the challenges).
- Ask one of the campers to present the activity.
- Play the game during a change-over between two activities.

Psst! Read more on the next game card.

Examples of Questions/Answers

Q1: In my little basket, I have vegetarian foods.
Fruits, vegetables, chickpeas, red beans, tofu, seitan, tempeh, nuts, seeds

Q2: In my little basket, I have foods that contain fibre.
Whole wheat bread, whole wheat pasta, flax seeds, fruits, vegetables

Q3: In my little basket, I have protein foods.
Beef, chicken, eggs, red beans, lentils, chickpeas, tofu, nuts, seeds, milk, yogurt, cheese

Q4: In my little basket, I have foods that contain calcium.
Milk, soy beverages, yogurt, cheese, broccoli, almonds, salmon

Q5: In my little basket, I have a recipe that can be made with legumes.
Salad, hummus, dip, stew, falafel, rice, couscous, chili, curry, stir-fry, spaghetti sauce, brownies

Q6: In my little basket, I have foods items that can be cooked on the barbecue.
Pork, shrimp, salmon, beef, tofu, potatoes, bread, cheese, vegetables, fruits

Q7: In my little basket, I have a nutritious snack to bring on a hike.
Cereal bars, nuts, grains, fresh fruit, dried fruit, cheese, homemade cookies, homemade muffins

Q8: In my little basket, I have foods that can be bought at a fish market.
Salmon, trout, cod, tilapia, sardines, shrimp, crab, lobster, scallops, mussels, oysters, tuna

Q9: In my little basket, I have spices.
Pepper, cinnamon, nutmeg, curry, cloves, anise, ginger, turmeric, cumin, cardamom, paprika, saffron

Q10: In my little basket, I have herbs.
Parsley, basil, coriander, thyme, rosemary, sage, mint, tarragon, oregano, savory, chives, bay leaves, dill

Q11: In my little basket, I have a dish that can be ordered in an Italian restaurant.
Spaghetti, lasagna, cannelloni, chicken, veal, antipasti, gnocchi, polenta, pizza, calzone, osso buco, gelato

Q12: In my little basket, I have a dish that can be eaten in an Asian restaurant.
Egg roll, Chinese rice, vegetable stir-fry, general Tao chicken, lemongrass beef, ginger shrimp

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Game E

Quick on Your Feet

PARTICIPANTS: 10 TO 20
TIME: 15 TO 30 MINUTES
VENUE: INDOORS, OUTDOORS
EQUIPMENT: FOOD CARDS

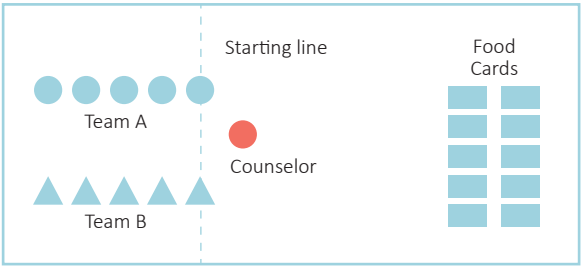
Goal

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

How to Play

1. Place Food Cards at a certain distance from the starting line (e.g, 100 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 camper who returns with the correct answer wins a 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 the cards corresponding 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.).
- 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.
- As the campers to choose three cards rather than two.
- Create a relay course between the starting line and the Food Cards.

Psst! Read more on the next game card.

Examples of Questions/Answers

Q1: Get a food item that you can put in a smoothie.
Strawberries, raspberries, milk, yogurt, tofu

Q2: Get a food item that can be a substitute for rice.
Barley, orzo, quinoa, pasta

Q3: Get a vegetable protein.
White beans, red beans, chickpeas, lentils, tempeh, tofu, seitan, textured vegetable protein, edamame

Q4: Get a soy-based food item.
Tofu, enriched soy beverage, textured vegetable protein, tempeh

Q5: Get a food item that can complement a fruit or a vegetable for a complete snack (fruit/vegetable + protein food).
Yogurt, Greek yogurt, milk, nuts, grains, cheddar

Q6: Get a food rich in calcium.
Milk, yogurt, Greek yogurt, cheeses, sardines, tofu, almonds, white beans

Q7: Get a food item that can serve as a marinade.
Oil, honey, maple syrup, garlic, onion, lime, lemon, basil, rosemary, paprika, pepper

Q8: Get a food item that can be cooked on a barbecue.
Beef, chicken, salmon, shrimp, tofu, asparagus, mushrooms, bell peppers, potatoes, brussel sprouts

Q9: Get a food item that can be used to give flavour to fish.
Lemon, lime, basil, spices, cheese, nuts, maple syrup

Q10: Get a food item often found in Italian cuisine.
Pasta, fettucine, spaghetti, tomatoes, artichoke, parmesan, mushrooms, basil, olive oil, garlic

Q11: Get a food item often found in Mexican cuisine.
Tortillas, corn, avocado, tomato, coriander, lemon, lime, hot peppers, onion, red beans

Q12: Get a food item often found in Asian cuisine.
Rice, bok choy, ginger, cabbage, pork, shrimp, peanuts, coriander, daikon, tofu, lemongrass, dragon fruit

Q13: Get ingredients that can be part of a nutritious homemade dip.
Yogurt, chickpeas, cheese, lemon, tomato, mint, basil

Q14: Get a food item that can be added to a water bottle to give it flavour.
Strawberries, raspberries, lemon, mint, basil, cucumber

Q15: Get an aromatic used in muffins and other pastries.
Cinnamon, cocoa, vanilla, honey, maple syrup

Q16: Get a food item that's among the ingredients used to make cereal bars.
Oats, cranberries, nuts, sunflower seeds, peanut butter, honey, cocoa

Q17: Get a food item that can be used to make homemade pizza.
English muffin, pita, cheese, tomato, bell peppers, mushrooms, chicken, nuts, basil

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Game F

What am I?

PARTICIPANTS: 10 TO 20
TIME: 15 TO 30 MINUTES
VENUE: INDOORS, OUTDOORS
EQUIPMENT: 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.
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, it receives one point and moves on to 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 that have to find.
- Ask the campers if they are familiar with the food item discovered and what they know about it (taste, origin, use, preservation, etc.).
- Add Food Cards (selection of answers).
- Have the campers taste the food items discovered.

Examples of Foods to Discover Through Hints

Mangosteen:
1- I am an exotic fruit. 2- I have a thick shell. 3- My flesh melts in the mouth. 4- My peel is red.

Lychee:
1- I am a fruit that is native to China. 2- I taste and smell like a strawberry and a rose. 3- My shell is pick-coloured, coarse and inedible. 4- My white flesh is eaten.

Guava:
1- I am a tropical fruit that is native to South America.
2- My flesh is pink, juicy and acidic. 3- I am shaped like an apple. 4- My peel is green.

Buckthorn berry:
1- I belong to the berry family. 2- I taste like passion fruit and pineapple. 3- I am shaped like a raisin. 4- I am orange.

Rapini:
1- I am a vegetable that is native to the Mediterranean region. 2- I belong to the same family as broccoli. 3- I have leaves. 4- My name rhymes with the word “kiwi.”

Psst! Read more on the next game card.

Endive:
1- I am a winter vegetable. 2- I can be bitter. 3- I have leaves. 4- I am white and yellow.

Broad bean:
1- I am a legume. 2- I am also called a Windsor bean. 3- My shape is similar to that of a kidney bean. 4- My pod must be removed before I am cooked.

Jerusalem artichoke:
1- I am a root vegetable. 2- I taste like an artichoke. 3- My peel is edible. 4- I look like a potato.

Pattypan squash:
1- I am an ancient vegetable. 2- I am a summer squash. 3- I am shaped like a flower. 4- My name rhymes with the word “sasquatch.”

Seitan:
1- I am a vegetarian protein food. 2- I am made from wheat. 3- My natural taste is neutral. 4- My name rhymes with “Japan”.

Tempeh:
1- I am a vegetarian protein food. 2- I am made from soy beans. 3- I am less homogenous in appearance than tofu. 4- I am a fermented product.

Kefir:
1- I am a protein beverage. 2- I am fermented. 3- I am white. 4- I am made from milk.

Bulgur:
1- I am a whole grain food. 2- I am made from wheat. 3- I look like small seeds. 4- My name rhymes with the word “vulture.”

Tapioca:
1- I am a whole grain food. 2- I am often used in a dessert that looks like pudding. 3- My shape consists of small bubbles. 4- I am made from cassava.

Tarragon:
1- I am an aromatic herb. 2- I am always used in Chinese and French cuisine. 3- I have long, slender leaves.

Clove:
1- I am a spice that is native to Indonesia. 2- I am a staple of Indian cuisine and am often added to curry. 3- I can be found whole or in powdered form. 4- Whole, I am shaped like a small microphone.

Sage:
1- I am an aromatic herb. 2- My name comes from the Latin word for “save” or “heal.” 3- I am a leavy herb. 4- The first letter in my name is the 19th letter in the alphabet.

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Game G

Food Invention

PARTICIPANTS: 10 TO 20
TIME: 30 TO 60 MINUTES
VENUE: INDOORS, OUTDOORS
EQUIPMENT: PAPER, COLOURED PENCILS, CIRCULARS, SCISSORS AND GLUE

Goal

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

How to Play.

1. Ask the campers to form teams of two or three campers.
2. Ask the campers to invent a new food product.
3. Ask the campers to make a collage illustrating the food product they invented.
4. Ask the campers the name their creation and define its characteristics (for example: taste, texture, colour, new element, method of cooking and consuming, etc.).
5. Ask the campers to use their imagination to create an original advertisement aimed at "selling" their food creation (for example: a sketch, a poster or other).
6. Ask the campers to present their food product and advertisement to the other teams.

Variations

- Ask the campers to come up with a marketing plan for the product. (What type of advertising will they use? Will they sponsor an event or a sports team? Will they call upon a celebrity to sell their product? Will there be other products? etc.).
- Identify themes. For example: “You can invent a food product to take on an expedition, for a day at the beach or an Italian party, etc.”
- Give your campers an additional challenge. For example: Ask them to make their creation yellow.
- Present the inventions and advertisements to another group or during a gathering.
- Create a mural featuring the campers’ creations.
- Hold a contest for the team that creates the most original product.

POWER UP

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Game H

Find the Connection

PARTICIPANTS: 10 TO 20
TIME: 15 TO 30 MINUTES
VENUE: INDOORS, OUTDOORS
EQUIPMENT: FOOD CARDS

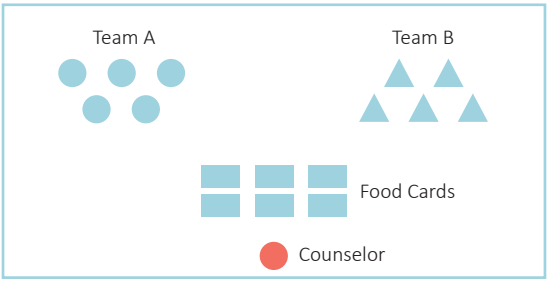
Goal

Discover how different foods are connected while having fun, getting 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 foods that share a common characteristic (please view the table on the connections between foods).
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 15 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, the team wins a point and you start over with other food items.
10. If the answer is incorrect, all the members of the team must perform an active challenge (e.g., eight squats) and the second team is given a chance to answer. If the second team answers correctly, a point is awarded and you 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 turn) and the counselor turns over another Food Card.
12. Repeat steps 6 to 11 until one of the teams finds the connection between the foods 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.



Point summary

- 1 point for each correct answer

Variations

- Vary the food items and the connections between them (e.g., leafy vegetables, fruits whose peel is not eaten, etc.).
- Vary the active challenges (e.g., create a small obstacle course, or ask the campers to run and touch a tree and come back).

Psst! Read more on the next game card.

- 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.

Examples

Connections between food items	List of food items
Herbs	Basil, sage, parsley, thyme, chives
Contain fibre	Leek, prune, banana, celery, fig
Soy-based foods	Tofu, tempeh, soy butter, enriched soy beverage
Spices	Cinnamon, chili powder, mustard seeds, curry powder
Muffins	Oats, eggs, milk, raspberries, flour
Fajitas	Chicken, bell peppers, onion, tortilla, cheddar, tomato
Vegetarian foods	Tofu, lentils, enriched soy beverage, jackfruit, almonds
Squash	Zucchini, pattypan squash, pumpkin, squash
Fruits with seeds	Apple, pear, raisin, water melon, honey melon, cantaloup