Let's Explore Food

• 9-12 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

9-12 years old

Game A

Artistic Food Item

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

Goal

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

How to Play

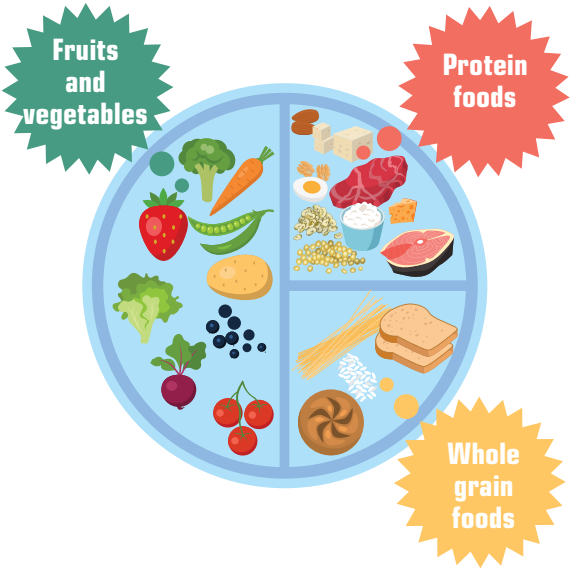
1. Present the healthy meal guide plate to the campers.
2. Ask the campers to cut out images of foods they like from the circulars.
3. Ask the campers to use the cut-outs to make a collage illustrating a balanced meal.
4. Ask the campers to describe their collage to the rest of the group.

Variations

- Ask the campers to name a food item in their plate, one that belongs to the category of protein foods, fruits and vegetables, or whole-grain foods.

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

- Ask the campers to create a menu for the day and to make sure each meal is balanced.
- Present a cooking workshop inspired by the campers' collages.



POWER UP

9-12 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 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 questions (yes or no) and open 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 campers have guessed what they are.

Variations

- Divide the group into two teams. Choose one camper per team to act as 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. Repeat with two new "guessers."
- The campers or the counselor are free to invent 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?
Do I have a crust?
Am I eaten mostly in the morning?
Am I a plant?

POWER UP

9-12 years old

Game C

Virtual Cook

PARTICIPANTS: 10 TO 20
DURATION: 15 TO 30 MINUTES
PLACE: INDOORS, OUTDOORS
MATERIALS: FOOD CARDS
BOX, HAT OR BAG
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 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 or two minutes, the counselor signals the end of the game.
7. Ask the teams to explain their ideas 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 category: 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.
- The recipe is deemed invalid when it is not composed of at least one food item from each 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 succeed in doing so 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.

Recipes Examples

Macaroni with meat sauce:
Macaroni, ground beef, tomatoes, onions, celery, carrots, mushrooms, cheese, parmesan

Macaroni & cheese:
Macaroni, milk, cheddar, parmesan

Salsa:
Tomatoes, hot pepper, lime, coriander, onions, peppers, vinegar, garlic, olive oil

Soup:
Leek, onion, rutabaga, garlic, parsnip, squash, chili powder, thyme, rosemary, tarragon, vegetable oil, nutmeg

Chili:
Beef, tofu, red beans, lentils, textured vegetable protein, tomatoes, onions, celery, coriander, peppers

Bean salad:
Red beans, white beans, onions, celery, cucumber, spinach, lemon, lime, olive oil, coriander, apple

Beet salad:
Beets, oil, maple syrup, lime, apple, coriander, spinach, alfalfa

Hamburger:
Beef, tofu, tempeh, kaiser roll, onion, cheese

Fruit mousse:
Tofu, honey, strawberries, blueberries, raspberries, peaches

Vegetable au gratin:
Spinach, broccoli, leek, eggplant, artichoke, cauliflower, cheddar, olive oil, nutmeg, flour, eggs

Granola bar:
Apple, cranberries, oats, milk, yogurt, maple syrup, nuts, sunflower seeds, dates, almond butter

Porridge:
Oats, milk, water, strawberries, blueberries, raspberries, pomegranate, apple, maple syrup, honey, nuts

Bread pudding:
Bread, milk, maple syrup, strawberries, blueberries, honey, apple, raspberries, banana

Homemade fries:
Potatoes, sweet potatoes, cassava, vegetable oil, parsley

Potato salad:
Potatoes, onions, celery, coriander, yogurt

Crisp:
Oats, apples, strawberries, blueberries, raspberries, blackberries, dates, pears, rhubarb, honey, maple syrup, cinnamon

Tapioca:
Tapioca, vanilla, milk, eggs, maple syrup

Parfait:
Yogurt, strawberries, blueberries, cantaloupe, honey, maple syrup, nuts, pumpkin seeds, mango, nectarine

Spinach salad:
Spinach, apples, cranberries, lobster, strawberries, lime, coriander, celery, olive oil, honey, parmesan, nuts

POWER UP

9-12 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
CHRONOMETER, WATCH OR SANDGLASS

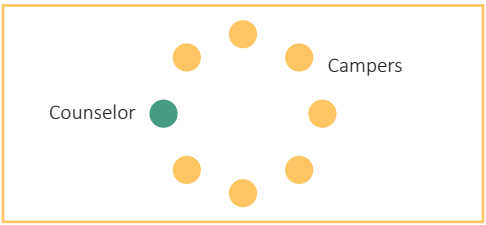
Goal

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 30 seconds to complete the sentence by adding a word: “In my little basket, I have bread.”
5. The next camper has 30 seconds to continue adding to the sentence. For example, “In my little basket, I have bread and macaroni.”

6. Each camper in turn continues adding to the existing sentence.
7. The campers are eliminated if they don't name the items in the proper sequence or take more than 30 seconds to finish the sentence.
8. Repeat the game with a new theme.



Variations

- Vary the themes and the food categories. Examples: 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 provides 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 examples on the next game card.

Examples of Questions/Answers:

Q1: In my little basket, I have foods that are kept in a refrigerator.
Fruits, vegetables, eggs, milk, yogurt, cheese, meat, fish

Q2: In my little basket, I have foods that are kept in a freezer.
Fruits, vegetables, ice cream, pizza dough, fish, ice cubes, muffins

Q3: In my little basket, I have foods that are kept in a pantry.
Pasta, rice, couscous, legumes, crackers, canned tuna, nuts, grains, spices, cocoa, flour

Q4: In my little basket, I have cheeses.
Cream cheese, goat cheese, feta cheese, blue cheese, cottage cheese, cheddar, mozzarella

Q5: In my little basket, I have foods that are made with chicken.
Sandwich, pasta, rice, fajita, hamburger, brochette, vol-au-vent, meal salad, pizza, stir-fry

Q6: In my little basket, I have foods that can be used to make sandwiches.
Bread, ham, eggs, tuna, vegetables, cheese, pesto

Q7: In my little basket, I have ingredients that can be used to make cookies.
Flour, oats, milk, eggs, butter, oil, honey, cinnamon, nutmeg, molasses, blueberries, cranberries, cocoa

Q8: In my little basket, I have ingredients that can be used to make spaghetti sauce.
Onions, garlic, carrots, celery, mushrooms, tomatoes, beef, salt, pepper, bell peppers, lentils, tofu, parsley

Q9: In my little basket, I have food items that can added to a compost.
Fruit peels, vegetable peels, egg shells, herbs, pasta, bread, rice, coffee, nuts

Q10: In my little basket, I have nuts or grains.
Peanuts, almonds, walnuts, Brazil nuts, pistachios, sesame seeds, hazelnuts, coconut

Q11: In my little basket, I have foods that start with the letter M.
Melon, mangosteen, mango, mint, molasses, macaroni, macadamia nuts, millet, milk, meatloaf

Q12: In my little basket, I have foods that start with the letter A.
Almonds, artichokes, asparagus, avocado, apricots, apples, anchovies, arugula

POWER UP

9-12 years old

Game E

Quick on Your Feet

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

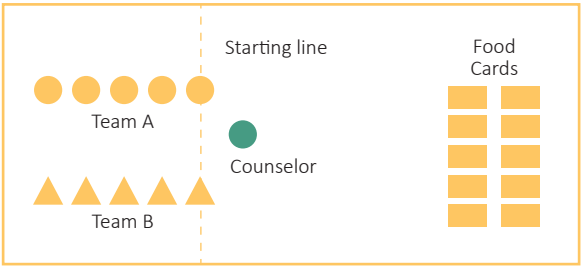
Goal

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

How to Play

1. Place Food Cards at a certain distance from the starting line (example: 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 per 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 themselves on one leg.

Examples of Questions/Answers

Q1: Get a food item you can use to make homemade sorbet.
Strawberries, raspberries, peaches, pineapple, yogurt, honey

Q2: Get a food item that contains dietary fibre.
Bread, oats, lentils, strawberries, apple, quinoa, chickpeas, red beans

Q3: Get a food item that grows in the ground.
Onion, carrot, potato, radish, peanut, parsnip, sweet potato, beet, celeriac, rutabaga, garlic

Q4: Get a food item that's smaller than a tennis ball.
Strawberries, raspberries, blackberries, cranberries, white beans, lentils, chickpeas, green peas, cherries, peanuts, pecans

Q5: Get a food item that can be used to make shepherd's pie.
Beef, onions, corn, potatoes

Q6: Get a food item you can add to a macaroni salad.
Tomato, chicken, cucumber, corn, onion, green peas, chickpeas

Q8: Get a wheat-based food item.
Bagel, baguette, ciabatta, tortilla, bread, kaiser roll, naan bread, pita, English muffin, pasta

Q9: Get a food item that grows on a tree.
Apple, avocado, almond, papaya, banana, dates, lemon, pear, peach, prune, coconut, orange, lime

Q10: Get a food item you can you to use to make crepes.
Milk, eggs, flour, vanilla

Q11: Get a food item whose leaves are eaten.
Lettuce, spinach, bok choy, arugula, Swiss chard, cabbage, red cabbage, brussel sprouts

Q12: Get a protein food item.
Chicken, beef, lentils, red beans, chickpeas, crab, peanuts

Q13: Get a food item that's larger than a soccer ball.
Pork, beef, water melon, pumpkin

Q15: Get a fruit or a vegetable that can be yellow or green.
Apple, zucchini, beans, bell pepper

Q16: Get a fruit with a pit and seeds.
Prune, peach, apple, water melon, cherry, nectarine

Q17: Get a fruit or a vegetable that can be eaten whole.
Eggplant, zucchini, strawberries, raspberries, cucumber, carrot, tomato, potato, mushrooms, beans

POWER UP

9-12 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, 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.
- 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 Food Cards (selection of answers).
- Have the campers taste the food items discovered.

Examples of Food Items to Discover

Cassis:
1- I grow on a shrub. 2- I am a berry that forms clusters. 3- I am very dark, almost black. 4- The first letter in my name is the same as the first letter in the word "cranberries."

Carambola:
1- I am an exotic fruit. 2- I am a refreshing food item, with a scented aroma and a sweet, slightly acidic flavour. 3- I am yellow. 4- I am star-shaped when you cut me open.

Gooseberry:
1- I am a small fruit. 2- I can be white or red. 3- I form clusters. 4- The first letter in my name is the same as the first letter in the word "ginger."

Jackfruit:
1- I am a large fruit that is native to India. 2- My flesh is yellow. 3- I have a sweet taste that recalls the taste of mango and pineapple. 4- My name rhymes with the word « grapefruit ».

Psst! More examples on the next game card.

Cassava:
1- I have an elongated shape. 2- I am a root vegetable. 3- My flesh is similar to that of a potato. 4- I must be cooked before I'm eaten.

Bok choy:
1- I am a vegetable that is native to China. 2- I belong to the cabbage family. 3- I have green leaves at the end of my stems. 4- I am also called "pak choy."

Daikon:
1- I am a vegetable that is native to Japan. 2- My flesh is pale. 3- I have a slightly sharp taste. 4- I am shaped like a carrot.

Alfalfa:
1- I am a plant. 2- My sprouts can be eaten. 3- I can be used as a substitute for lettuce in a salad or a sandwich. 4- I am green.

Mung bean sprouts:
1- I am an Asian vegetable. 2- I am typically eaten in chop suey. 3- My name is made up of three words. 4- I belong to the bean family.

Edamame:
1- I am a legume. 2- I am soy-based. 3- Only my beans are eaten. 4- My beans are green.

Texturized vegetable protein:
1- I am a vegetarian protein food. 2- I am made from soy flour. 3- I look like a cereal. 4- I am brown.

Cricket:
1- I am a protein food. 2- I am available whole or in powdered form. 3- People are sometimes afraid to eat me. 4- I am an edible insect.

Orzo:
1- I am a pasta. 2- I am made from wheat. 3- I am quite small, like rice. 4- My name rhymes with the word "arrow."

Buckwheat:
1- I am often used as a cereal, though I am not a cereal. 2- I have a pronounced hazelnut flavour. 3- I come in the form of small seeds or flour. 4- My name rhymes with the word “treat.”

Coriander:
1- I am an herb. 2- I can take the form of leaves or seeds. 3- I am often mistaken for my twin brother, parsley. 4- The first letter in my name is the same as the first letter in the word “camp.”

Ginger:

1- I am considered a spice. 2- I am used mainly in Indian and Asian cuisine. 3- I am a root. 4- My flesh is yellowish.

Rosemary:

1- I am an herb. 2- I am a staple of Mediterranean cuisine. 3- I look like the branches of a conifer. 4- My name rhymes with the word “berry.”

POWER UP

9-12 years old

Game G

Food Invention

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

- 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

9-12 years old

Game H

Find the Connections

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

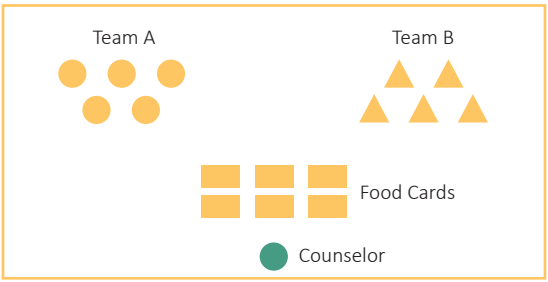
Goal

Discover how different foods are connected while having fun, 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 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, 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. five jumping jacks, eight squat jumps) 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 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 per correct answer

Variations

- Vary the food items and the connections between them (e.g. foods that are kept in the refrigerator, foods that are eaten hot, etc.).
- Vary the active challenges (e.g. create a small obstacle course or ask the campers to run and touch a tree).

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.
- Use examples from other age groups.

Examples

Connections between food items	List of foods
Whole-grain foods	Bread, barley, quinoa, flour, rice, penne
Local foods	Apple, cranberries, carrot, cucumber, tomato
Vegetables that grow in the ground	Carrot, radish, potato, parsnip, rutabaga, daikon
Citrus	Grapefruit, lemon, lime, orange, clementine
Vegetables	Lentils, chickpeas, white beans, red beans
Hamburger	Kaiser roll, beef, lettuce, tomato, cheddar cheese
Pizza	Pita, tomato, bell pepper, mozzarella, chicken
Pitted fruits	Cherries, dates, peach, nectarine, prune
Berries	Blueberries, blackberries, strawberries, raspberries, buckthorn berries, cranberries
Aromatics (herbs and spices)	Vanilla, parsley, cinnamon, mint, ginger, chili powder