Let's Explore Food

• 5-6 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

5-6 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.

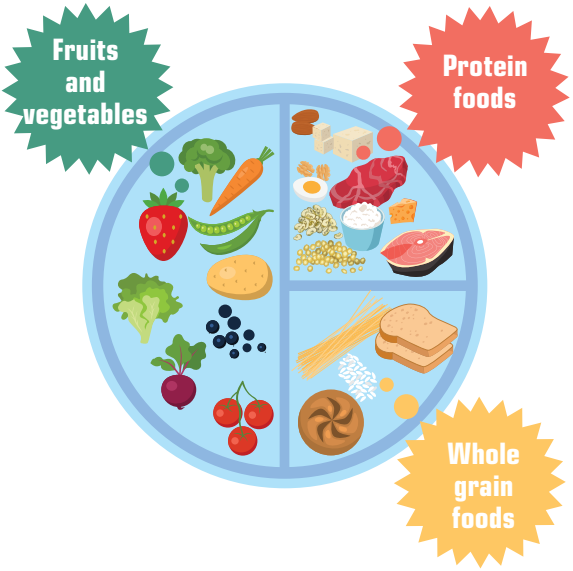
How to Play

1. Present the healthy meal guide plate to the campers.
2. Ask the campers to draw a food item they love, which could be part of the balanced meal.
3. Ask the campers to describe their drawings to the group.

Variations

- 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

5-6 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

- 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 local food item?
Am I an exotic food item?

Miscellaneous:
Am I something that is eaten or drunk?
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 small, medium or large?

POWER UP

5-6 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 arecipe 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 have not invented it, but instead have combined ingredients that are not complementary.

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.
- Ask each team to draw the final recipe.
- Set up a cooking workshop based on the recipes created by the campers.

Psst! Look at the next game card for examples.

Recipes Examples

Porridge:
Oats, milk, honey, fruit, nuts

Peanut butter sandwich:
Sliced bread, peanut butter, strawberries

Pizza:
Pita bread, cheese, tomato, onion, peppers, broccoli, turkey, beef, lamb, fish, seafood

French toast:
Bread, eggs, milk, cinnamon, vanilla, maple syrup, fruit

Chicken sandwich:
Bread, chicken, lettuce, tomato, cheese

Spaghetti:
Pasta, tomato, chicken, beef, veal, lentils, tofu, cheese, peppers, mushrooms, onion, carrot, celery, garlic, cloves, basil

Grilled cheese:
Bread, cheese, apple

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

Fruit salad:
Strawberries, water melon, blueberries, apple, raisins, blackberries, kiwi, cherries, pineapple, raspberries, pear, peach, carambola

Pasta salad:
Pasta, chicken, tomato, cheese, broccoli, cucumber, carrot, nuts

Coleslaw:
Red cabbage, cabbage, parsley, garlic, olive oil, vinegar, maple syrup, apple, cranberries

Cookies:
Oats, flour, wheat, peanut butter, eggs, maple syrup, nuts, cinnamon, cocoa, vanilla, vegetable oil, milk, raspberries, apple, blueberries, ginger

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

Egg sandwich:
Bread, eggs, cheese, milk

Smoothie:
Milk, strawberries, peaches, raspberries, blueberries, mango, pineapple, orange, maple syrup, tofu, yogurt, enriched soy beverage

Shepherd's pie:
Ground beef, lentils, potatoes, turnip, sweet potatoes, corn, cheese

POWER UP

5-6 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

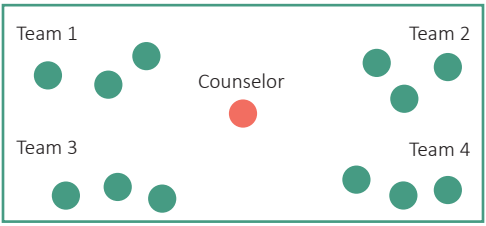
Goal

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. Have the campers form teams of two or three campers.
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, again using the “In my little basket, I have…” formula. The counselor notes the team’s answer (for example, “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

- Vary the themes and the food categories. Examples: purple foods, crunchy foods, food eaten cold, foods that remind you of summer, etc.
- Spread out a few Food Cards in front of the campers to inspire them when they play the game for the first time.
- 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 next game card for examples.

Examples of Questions/Answers

Q1: In my little basket, I have whole grain foods.
Bread, English muffins, bagels, pasta, rice, crackers and biscotti, couscous and semolina, cereal, porridge, muffins, cookies and pastries

Q2: In my little basket, I have protein foods.
Legumes, fish, seafood, nuts, grains, nut butter, beef, chicken, turkey, duck, pork, lamb, eggs, tofu, seitan, tempeh, crickets, hummus, kefir, milk, yogurt, cheese

Q3: In my little basket, I have vegetables.
All vegetables, including potatoes

Q4: In my little basket, I have fruit.
All fruits

Q5: In my little basket, I have foods that taste acidic.
Lemon, lime, orange, grapefruit, clementine, vinegar, green apple, pickles

Q6: In my little basket, I have foods that are sweet.
Different fruits, some vegetables (carrots, squash), desserts, jam

Q7: In my little basket, I have foods that taste salty.
Salt, crackers, soup, cheese, different main dishes

Q8: In my little basket, I have food items that are red.
Apples, strawberries, raspberries, cherries, cranberries, tomato, peppers, hot peppers, raw beef, water melon, beets, red cabbage, figs, guava, gooseberries, lychee, mangosteen, nectarine, pomegranates, prune, radish, red beans, lobster

Q9: In my little basket, I have food items that are green.
Different vegetables, apple, kiwi, raisins, honey melon, pistachios, edamame, pumpkin seeds, basil, chives, lemon grass, coriander, tarragon, mint, parsley, sage, rosemary, thyme

Q10: In my little basket, I have food items that are yellow.
Peppers, corn, apple, pear, lemon, grapefruit, egg yokes, pineapple, mustard, banana, carambola, jackfruit, beans, peach, pepper, cheddar, honey, semolina wheat, cornmeal

Q11: In my little basket, I have food items that are orange.
Carrot, squash, sweet potato, ground cherries, cantaloupe, mango, orange, clementine, apricot

Q12: In my little basket, I have food items that are eaten hot.
Chicken, beef, all other meats, salmon, all other fish and seafood, bread, pasta, rice, orzo, quinoa, porridge

POWER UP

5-6 years old

Game E

Quick on Your Feet

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

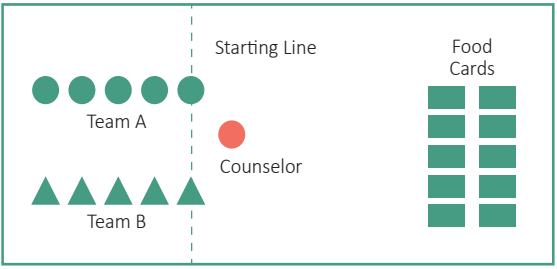
Goal

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 (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 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. Place the cards back in the Food Card area.
7. The two “runners” go to the back of their team’s line.
8. 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.

Psst! Look at the next game card for examples.

Examples of Questions/Answers

Q1: Can you find an orange-coloured food item?
Carrot, orange, pumpkin, cantaloupe, sea buckthorn berries, ground cherries, clementine, squash, sweet potato, salmon, rainbow trout

Q2: Can you find a beverage?
Milk, enriched soy milk, water

Q3: Can you find a food that lives in water?
Shrimp, lobster, salmon, rainbow trout, calamari, crab, oysters, cod, mussels, scallops, sardines, tilapia, tuna

Q4: Can you find a green-coloured food item?
Beans, broccoli, lettuce, honey melon, seaweed, artichoke, asparagus, avocado, bok choy, celery, cabbage, kohlrabi, brussel sprouts, cucumber, zucchini, spinach, kale, kiwi, lime, green peas, leek, snow peas, rapini, arugula, fiddleheads

Q5: Can you find a food that lives on a farm?
Chicken, beef, pork, lamb, turkey, veal

Q6: Can you find a red-coloured food item?
Strawberries, raspberries, peppers, tomato, apple, lobster, cranberries, cherries, red cabbage, gooseberries, water melon, hot pepper, prune, raisins, red beans, beef, tuna, veal

Q7: Can you find a white food item?
Milk, cauliflower, cottage cheese, yogurt, Greek yogurt, garlic, mushrooms, daikon, mung bean sprouts, coconut, parsnip, Jerusalem artichoke, bocconcini, calamari, feta cheese, white beans, kefir, mozzarella, tofu, flour

Q8: Can you find a food item that tastes sweet?
All fruits, honey, maple syrup, vanilla

Q9: Can you find a food item that comes from a cow?
Milk, yogurt, Greek yogurt, all cheeses, beef

Q10: Can you find a food item that's crunchy?
Carrot, peppers, apple, all nuts, crackers, crudités

Q11: Can you find a food item that's eaten in the morning?
Milk, yogurt, bread, orange, apple, banana, English muffin, egg, bagel, peanut butter

Q12: Can you find a yellow-coloured food item?
Corn, banana, pineapple, carambola, lemon, jackfruit, beans, mango, peppers, cornmeal

Q13: Can you find a food item that can be added to a salad?
Any fruit or vegetable, cheese, nuts, eggs, meat, poultry, fish, seafood, oil

Q14: Can you find a fish?
Sardines, salmon, tilapia, tuna, rainbow trout, cod

Q15: Can you find a cheese?
Cottage cheese, bocconcini, cheddar, feta cheese, mozzarella, parmesan

Q16: Can you find a fruit?
Strawberries, banana, pineapple, blueberries, apple, orange, black currants, fig, lychee, mangosteen, dragon fruit, jackfruit, guava, pomegranates, papaya, passion fruit, date, carambola, pumpkin, etc.

Q17: Can you find a vegetable?
Asparagus, artichoke, broccoli, mushroom, peppers, cucumber, spinach, onion, lettuce, carrot, cauliflower, celery, corn, green peas, Swiss chard, endive, cassava, broad beans, Jerusalem artichoke, rapini, kale, bok choy, etc.

POWER UP

5-6 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. 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.
2. Give the campers a hint to help them discover a food item among the cards on display.
3. Ask the campers to provide an answer.
4. If the answer is correct, move on to another food item.
5. If the answer is incorrect, provide additional hints to help the campers guess the food item.

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

Apple:
1- I am a fruit. 2- I am round. 3- I am often red, but can also be yellow or green. 4- I am picked from a tree in the fall.

Cranberry:
1- I am a fruit. 2- I am red. 3- I look like a cherry. 4- I am small.

Pomegranate:
1- I am a fruit. 2- I am red. 3- I am the size and shape of an orange. 4- I have many small red seeds inside me.

Plantain:
1- I am a fruit. 2- I am cooked like a vegetable. 3- I have an elongated shape. 4- I am yellow.

Raisin:
1- I am a fruit. 2- I am often red, but I can also be green. 3- I come in bunches. 4- I am shaped like a marble.

Fig:
1- I am a fruit. 2- I am shaped like an onion. 3- My flesh is pinkish. 4- I am purple on the outside.

Psst! More examples on the next game card.

Corn:
1- I am a vegetable. 2- I have to be shucked. 3- I am yellow. 4- I am eaten on the cob or in the form of kernels.

Rutabaga:
1- I am a vegetable. 2- I am the size of a tennis ball. 3- Part of me is violet. 4- I have a round shape.

Cucumber:
1- I am a vegetable. 2- I have an elongated shape. 3- I am green. 4- I contain water.

Eggplant:
1- I am a vegetable. 2- I am shaped like a pear. 3- My peel is dark purple. 4- My name rhymes with the word “ant.”

Artichoke:
1- I am a vegetable. 2- I look like a flower. 3- I am green on the outside. 4- My name rhymes with the word “yoke.”

Lettuce:
1- I am a vegetable. 2- I am leafy. 3- I am green. 4- I am the queen of salads.

Snow pea:
1- I am a vegetable. 2- I am green. 3- I can have a long and flat shape. 4- I contain small peas.

Fiddlehead:
1- I am a vegetable. 2- I am green. 3- I have a spiral-shaped head. 4- My name includes the name of a musical instrument.

Veal:
1- I am an animal. 2- I have four legs. 3- My meat is red. 4- My father is a bull.

Tofu:
1- I am used as a meat substitute. 2- I look like a brick of mozzarella cheese. 3- I am white. 4- I can be soft or firm.

Bocconcini:
1- I am a cheese. 2- I am white. 3- I am shaped like a ball.

Tilapia:
1- I live in the water. 2- My flesh is white. 3- I am a fish

Cacao:
1- I am sometimes added to desserts. 2- I am brown. 3- I am the basic ingredient in chocolate. 4- My name rhymes with the word “volcano.”

Basil:
1- I am an herb. 2- I have leaves. 3- I am green. 4- I am the basic ingredient in pesto.

Lemon grass:
1-I keep the bugs away. 2- I grow in the form of a green stem. 3- I smell and taste like lemon. 4- My name rhymes with the word “biomass.”

POWER UP

5-6 years old

Game G

Food Invention

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

Goal

Help develop the campers' creativity while allowing them to learn about different foods and use their artistic talents.

How to Play

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

Variations

- Ask the campers to make a collage rather than a drawing.
- Ask the campers to create another type of food item.
- Create a mural with drawings of the food items invented by the campers.

POWER UP

5-6 years old

Game H

Find the Connections

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

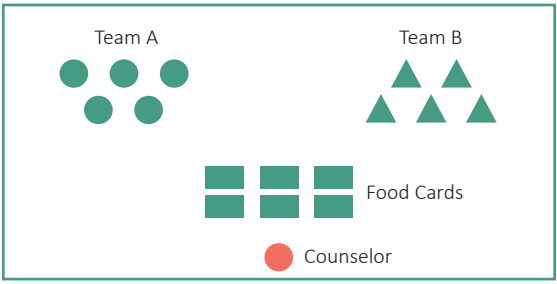
Goal

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, move on to other food items.
10. If the answer is incorrect, give the second team a chance to answer. If the second team answers correctly, restart with other food items.
11. If the answer is incorrect, turn 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.



Variations

- Vary the food items and the connections between them (e.g. green vegetable, orange fruit, crunchy food, etc.).
- Vary the active challenges (e.g. 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.

Psst! Look at the next game card for examples.

Examples

Connections between food items	List of foods
Fruits	Banana, strawberries, kiwi, mangosteen, black currants, pear
Green vegetables	Broccoli, cucumber, avocado, lettuce, leek, fiddleheads
Animals	Beef, turkey, venison, pork, chicken, veal
Fish	Cod, salmon, tilapia, tuna, rainbow trout, sardines
Cheese	Bocconcini, mozzarella, cheddar, feta, cottage cheese
Red food items	Chili powder, veal, tuna, lobster, tomato, pomegranate
White food items	Daikon, coconut, Jerusalem artichoke, bocconcini, calamari, kefir
Green food items	Rosemary, chives, pistachios, edamame, broad beans, rapini
Seafood	Mussels, scallops, shrimp, oysters, crab, lobster
Bread	Tortilla, pita, ciabatta, baguette, naan bread, kaiser roll