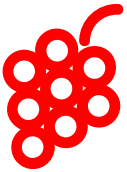


# Let's go Peter!



équiterre

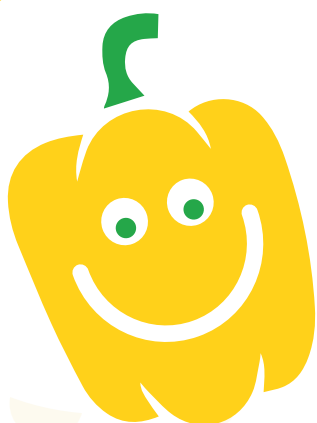
# ACTIVITY

## Let's go Peter!



### Let's go Peter!

is a fun and dynamic activity that introduces campers to the principles of eco-responsible nutrition.



## Who is Peter?

*Peter the Pepper loves discovering foods. According to Peter, there are three ways to learn about foods :*

- *Where they come from (source)*
- *Whether they are processed for industrial purposes*
- *If they generate waste*

## Objectives

*Raising awareness of eco-responsible nutrition among youth.*

*In this activity, campers play the role of Peter the Pepper en route to becoming food experts.*

### RECOMMENDED AGE GROUPS

ages

7-8

ages

9-12

### RECOMMENDED

#### DURATION

- 30-45 minutes

#### LOCATION

- Indoors or outdoors

### MATÉRIEL

- Food sheets with answers (in the appendix)
- Three coloured objects (green, yellow, red) to mark off the zones (ex. hoops, cones)

# ACTIVITY

## Let's go Peter!



### **GLOSSARY :**

This glossary can help you introduce campers to eco-responsible nutrition. Use it as a tool for explaining these nutritional concepts to campers.

#### Source

Origin of a food item or product (where it was grown) .

#### Eco-responsible

Actions that minimize the impact on the environment. For example, buying from local producers reduces the number of kilometres your food has to travel before it reaches your plate.

*Psst! You can break the word into two : eco (for "ecology") and responsible*

#### Zero-waste

No packaging is used, meaning that no waste is generated.

*Psst! Explain to your campers that when it comes to waste, the focus should be on carton, plastic and metal. Fruit and vegetable peels and pits can go in the compost*

#### Over-packaging

When a product is sold in multiple packages, which are unnecessary. Examples include individual and double packaging.

#### Industrial processing (ultra-processed products)

A product that has been processed multiple times and is produced in a plant or on a production line.

*Psst! Ultra-processed foods are often found in supermarket freezers and on supermarket shelves. They have a very long shelf life and are produced using ingredients not typically found in a household pantry*

# ACTIVITY

## Let's go Peter!




### PREPARATION

#### 1. Organize the space:

- Place the coloured objects at the far end of the activity space to form **three coloured zones** (green, yellow and red).
- Make sure there is enough space to move around and that the coloured zones are far enough from the campers.

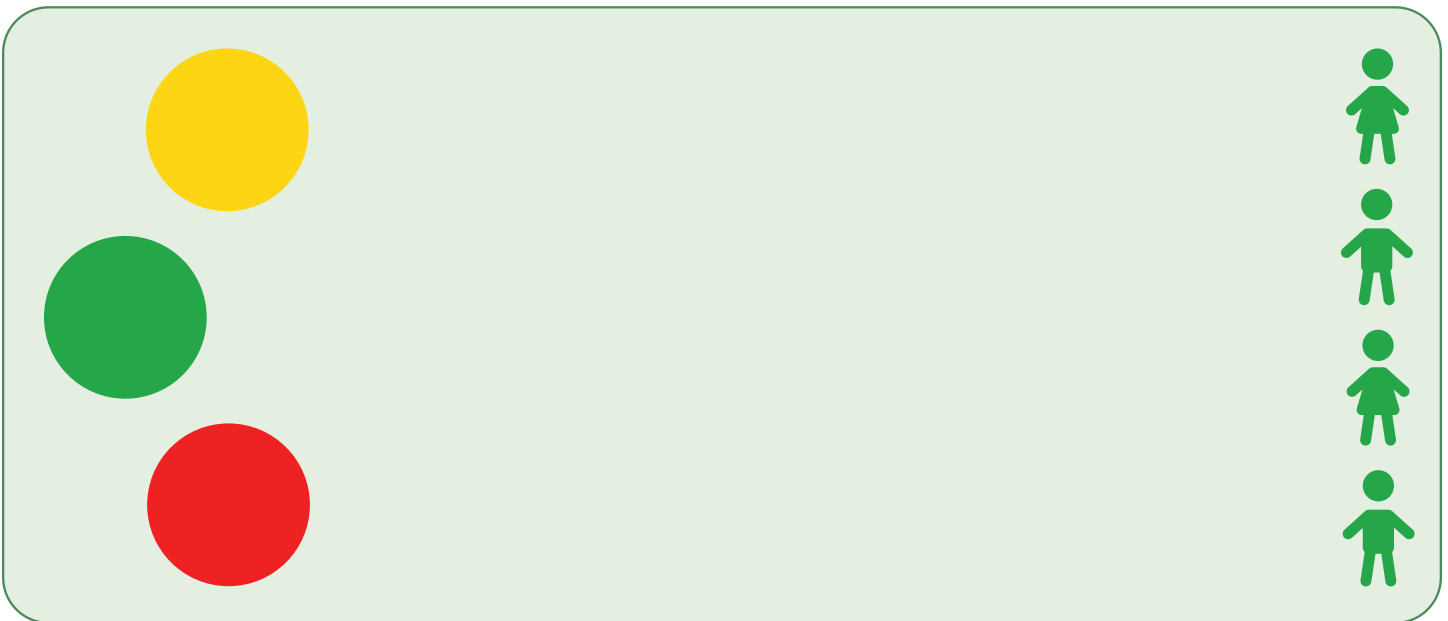
#### 2. Keep the food sheets (see the appendix) available to show the campers.

#### 3. Have the campers line up at the opposite end of the activity space.

*Trick!* 

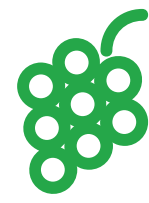
Provide active instructions to hold the attention of the campers (ex. arms in the air or balancing on one leg).

### EXAMPLE OF HOW TO ORGANIZE THE SPACE



# ACTIVITY

## Let's go Peter!



### INTRODUCE THE ACTIVITY

#### I. Present the theme to the campers:

- Explain the key concepts behind eco-responsible nutrition (source, processing, and waste). Refer to the glossary for help.
- Ask the campers questions to get them thinking!

**Source:** Have you visited a farm close to home? If so, what foods did you find there? Can you name any foods that are grown far from here?

**Processing:** Can someone tell me what processed food is? Can you name examples of processed foods? How are apples processed?

**Waste:** Have you noticed that certain grocery store products are more packaged than others? Can you name a few products that are over-packaged? What foods are available for purchase without packaging?

2. Explain to the campers how to count the points and choose the correct coloured zone. The foods with the most points are the most eco-responsible.

3. If the campers collect three points, they must go to the **green zone**.

If the campers collect **two points**, they must go to the **yellow zone**.

If the campers collect no points or **one point**, they must go to the **red zone**.

### Attention!

Just because a food item belongs to the red category does not mean that it should not be consumed, but only that it should be consumed less frequently for the sake of the environment.

4. Make sure that getting to the opposite end of the activity space is active and fun. The fewer points you collect, the more frequent your movements will be.

#### For example:

- If the food item was grown locally, take five steps.
- If the food item was grown in Canada, take 10 steps.
- If the food item was grown in the United States, take 15 steps.
- If the food item was grown elsewhere in the world, take 20 steps.
- If the food item is ultra-processed, perform 10 jumping jacks.
- If the food item generates waste, perform 10 frog jumps.

### PETER THE PEPPER'S POINTS:

#### Source of the

**fruit/vegetable:** Where does it come from?  
Close to where I live = **+1 POINT**

**Processing:** Is the food item ultra-processed?  
Unprocessed product = **+1 POINT**

**Zero-waste:** Is the food item sold with packaging?  
No packaging = **+1 POINT**

### Tip!



Adapt the movements to the age group. You can even let the campers choose their movements.

**ACTIVITY** 😊  
Let's go Peter!



## DESCRIPTION OF THE ACTIVITY

1. Present a food item to the campers.
2. Evaluate each aspect of the food item with your group :
  - Where does it come from ? Perform the movement associated with the answer (ex. move forward 10 steps).
  - Is the food item ultra-processed ? Perform the movement associated with the answer (ex. perform 10 jumping jacks).
  - Does the food item generate waste ? Perform the movement associated with the answer (ex. perform 10 frog jumps).
3. Count the number of points associated with the food item based on the campers' answers. If the campers are older, let them do the counting.
4. At your signal, the campers run towards the coloured zone corresponding to the number of points. Three points = green, two points = yellow, zero or one point = red.
5. Ask the campers why the food item is in the zone they have chosen and provide the correct answer.
6. Ask the campers to return to the starting line and repeat the activity with other food items.

## REVIEW THE ACTIVITY

Have the campers interact by asking them questions about the activity.

- What did you retain about the activity ?
- Can you explain the difference between a fruit or a vegetable from here or from elsewhere ?
- Can you give me an example of an ultra-processed food item ?
- What does "zero-waste" mean ?



### Variations

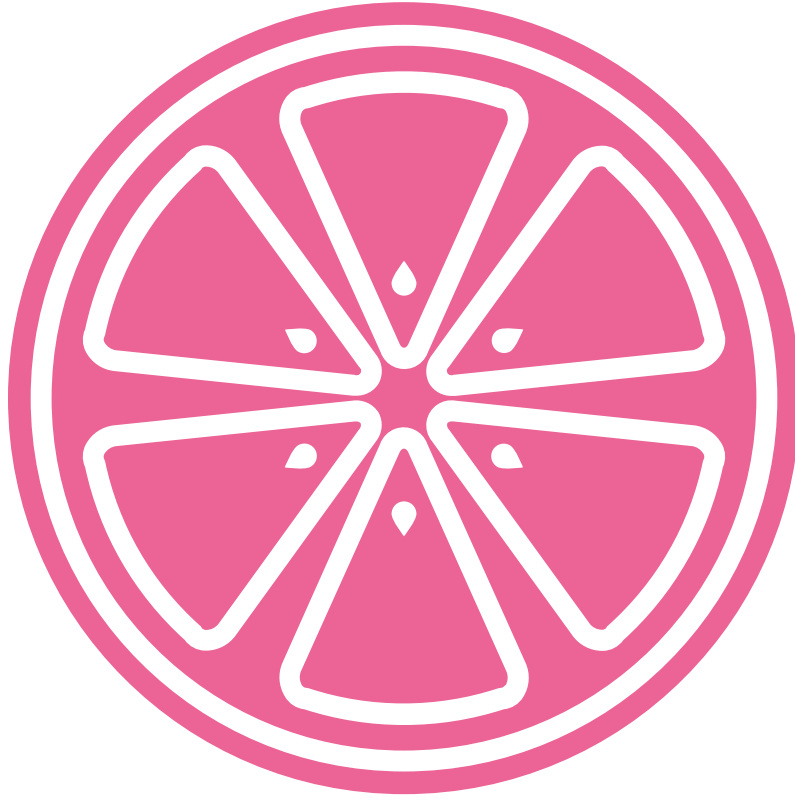
- Use fresh produce or pictures of other foods.
- Ask the campers to locate the source country on a world map.
- Use a larger space and perform more complex movements, or use a path.
- If your campers are older, have them present the activity to a younger group of campers.

# ACTIVITY

Let's go Peter!



Grapefruit



Fold here

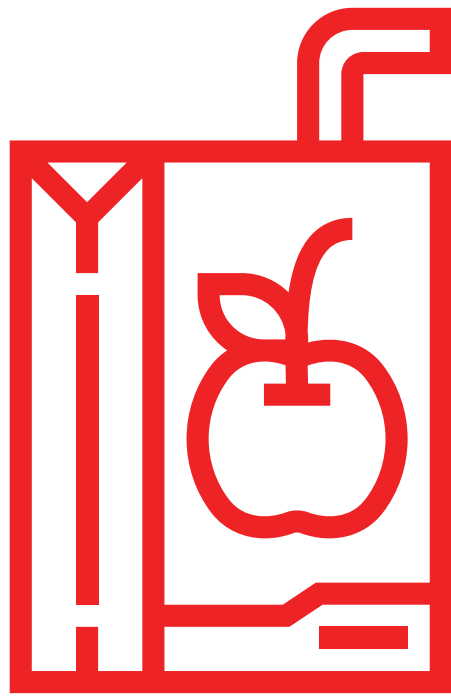
COLOUR	MOVEMENTS	GRAPEFRUIT	CRITERIA
YELLOW	Move forward 10 steps	United States	Source of the fruit/vegetable
	-	Unprocessed product	Processing
	-	No packaging	Zero-waste

# ACTIVITY

Let's go Peter!



Apple juice



APPENDIX - FOOD SHEET

Fold here

COLOUR	MOVEMENTS	APPLE JUICE	CRITERIA
RED	Move forward five steps	Local	Source of the fruit/vegetable
	Perform 10 jumping jacks	Ultra-processed product	Processing
	Perform 10 frog jumps	Carton and plastic box (Tetra Pac)	Zero-waste

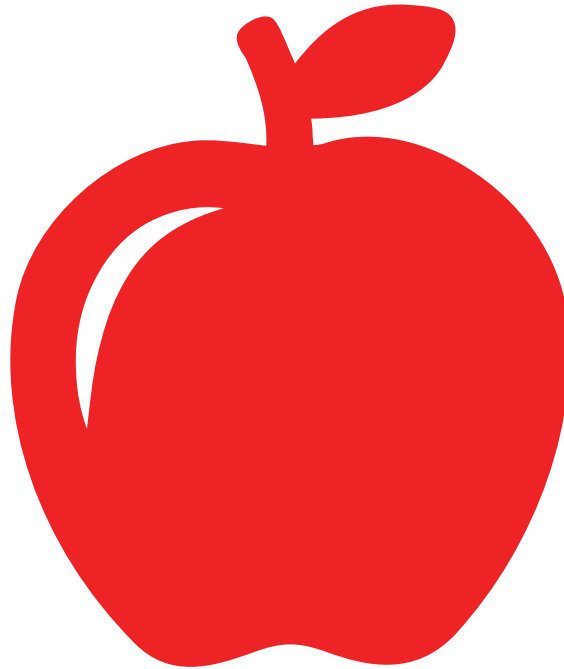


# ACTIVITY

Let's go Peter!



Apple



APPENDIX - FOOD SHEET

Fold here

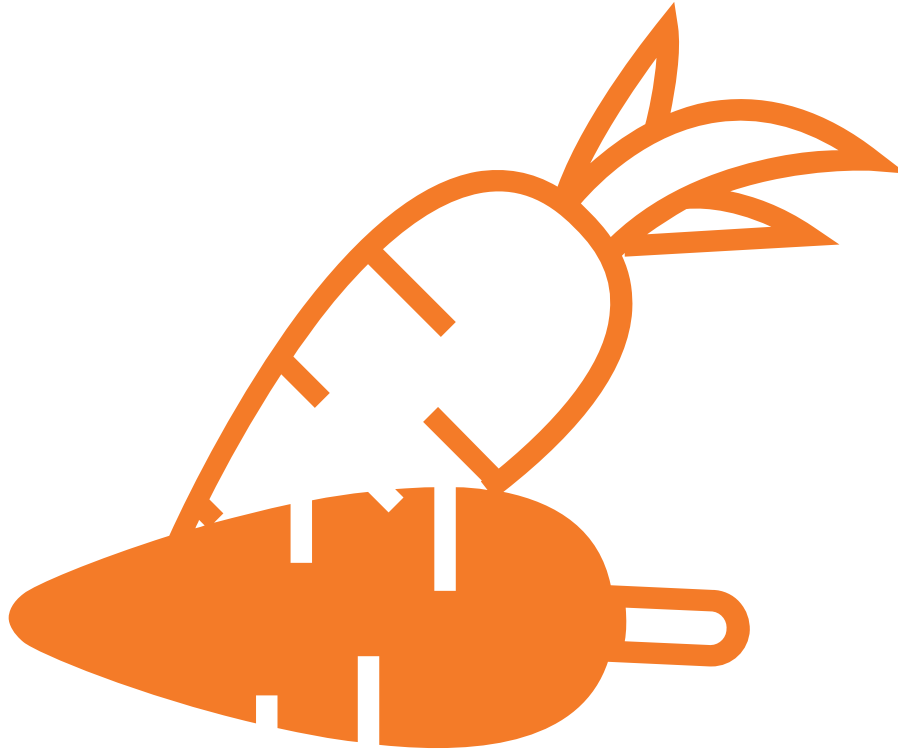
GREEN	-	No packaging	Zero-waste
	-	Unprocessed product	Processing
	Move forward five steps	Local	Source of the fruit/vegetable
COLOUR	MOVEMENTS	APPLE	CRITERIA

# ACTIVITY

Let's go Peter!



Carrot



Fold here

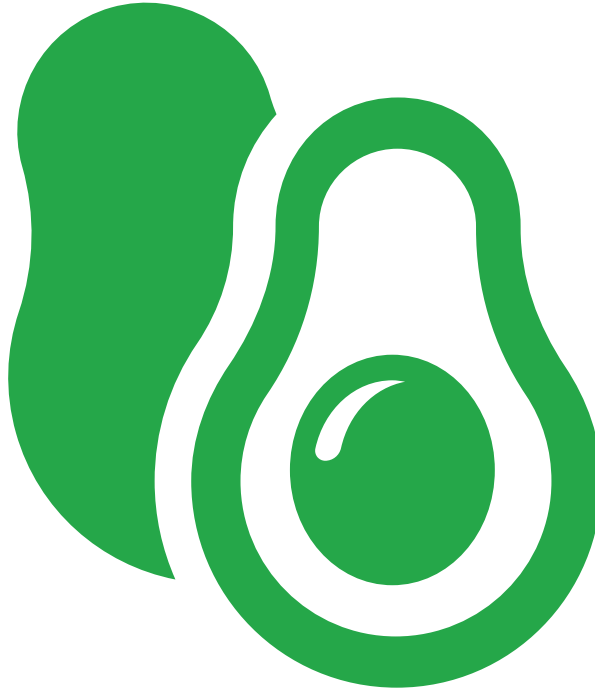
GREEN	-	No packaging	Zero-waste
	-	Unprocessed product	Processing
	Move forward five steps	Local	Source of the fruit/vegetable
COLOUR	MOVEMENTS	CARROT	CRITERIA

# ACTIVITY

Let's go Peter!



## Avocado



APPENDIX - FOOD SHEET

Fold here

COLOUR	MOVEMENTS	AVOCADO	CRITERIA
YELLOW	Move forward 15 steps	Mexico	Source of the fruit/vegetable
	-	Unprocessed product	Processing
	-	No packaging	Zero-waste

# ACTIVITY

Let's go Peter!



*Canned tomato soup*



APPENDIX - FOOD SHEET

Fold here

COLOUR	MOVEMENTS	CANNED TOMATO SOUP	CRITERIA
YELLOW	Move forward five steps	Local	Source of the fruit/vegetable
	Perform 10 jumping jacks	Processed product	Processing
	Perform 10 frog jumps	Can	Zero-waste

# ACTIVITY

## Let's go Peter!



Store-bought cranberry and chocolate cookies



APPENDIX – FOOD SHEET

Fold here

COLOUR	MOVEMENTS	STORE-BOUGHT CRANBERRY AND CHOCOLATE COOKIES	CRITERIA
		Local	Source of the fruit/vegetable
		Processed product	Processing
RED	Perform 10 jumping jacks	Carton box	Zero-waste
	Move forward five steps		
	Perform 10 frog jumps		

# ACTIVITY

Let's go Peter!



Corn



Fold here

COLOUR	MOVEMENTS	CORN	CRITERIA
GREEN	Move forward five steps	Local	Source of the fruit/vegetable
	-	Unprocessed product	Processing
	-	No packaging	Zero-waste

# ACTIVITY

## Let's go Peter!



*Store-bought  
orange-flavoured cookies*



Fold here

RED	Perform 10 frog jumps	Carton box	Zero-waste
	Perform 10 jumping jacks	Processed product	Processing
	Move forward 10 steps	United States	Source of the fruit/vegetable
COLOUR	MOVEMENTS	STORE-BOUGHT ORANGE-FLAVOURED COOKIES	CRITERIA

# ACTIVITY

## Let's go Peter!



### Store-bought banana muffins



Fold here

COLOUR	MOVEMENTS	STORE-BOUGHT BANANA MUFFINS	CRITERIA
RED	Move forward 15 steps	Ecuador	Source of the fruit/vegetable
	Perform 10 jumping jacks	Processed product	Processing
	Perform 10 frog jumps	Individual packaging	Zero-waste