

Where Do the Foods I Eat Come From?



TELL ME THE STORY ABOUT THE FOODS ON MY PLATE!



There once was a young explorer named Justin who just loved to harvest delicious foods from the garden: black beans, bell peppers, cucumbers, tomatoes, melons. Justin always looked forward to enjoying the foods he harvested. One day, as he was gently pulling some carrots out of the soil, a rooster began to crow: “Cock-a-doodle-doo!” Justin tiptoed towards the henhouse so he wouldn’t frighten the hens and the rooster. He heard a hen cackling. She seemed to be inviting him to come meet her. Since he had made his way to the henhouse, Justin decided to collect an egg from the straw. Oh no! Ms. Hen had not yet laid an egg! As he was leaving, Justin asked her, “Could you please lay an egg for me tomorrow?”

While Alex was playing on the giant slide, his educator, Ms. Melanie, invited him to visit a dairy farm. At the farm, he heard a cow lowing, “Moo!” Alex greeted the black and white cow by imitating it, “Moo!” He was very surprised when a second cow, which was brown and white, replied “Moo!” That’s when Alex discovered that different breeds of cows give milk. After visiting the farm, Alex stopped to pick some blackberries and blueberries that he later ate at home as he thought about what he had discovered.



Emma was helping her educator, Mr. Julian, pick apples and peaches in the orchard. As she filled her basket, she heard the humming of an engine. Curious, she approached the fence. “What are those golden stalks swaying in the wind?” Emma asked the farmer as he climbed down from his tractor.

He replied, “This is wheat! I’ll show you and your educator how I harvest the wheat grains using my combine harvester, which is hidden behind those stalks of wheat. But first, would you like to try some pita and tortilla breads that my friend the baker prepared? They are delicious! I’ll give you some to take with you and you can use them in your own recipes.”



A FEW POINTS FOR DISCUSSION:

Have you ever harvested foods from a garden?
If so, which ones? How did you harvest them?
Have you ever eaten legumes? Can you remember what they felt like on your tongue? Do you know how to milk a cow? Have you ever seen a wheat field? Or a combine harvester?

NURSERY RHYME



To the tune of *Mary Had a Little Lamb*

Where-do-all-the-foods-come-from
Foods-come-from, foods-come-from?
Where-do-all-the-foods-come-from?
I’d-real-ly-like-to-know

Look-a-round-and-you-will-see,
You-will-see, you-will-see
Look-a-round-and-you-will-see
Where-milk-and-wheat-come-from

It-is-time-to-har-vest-now
Har-vest-now, har-vest-now
It-is-time-to-har-vest-now
To-ma-toes-and-black-beans

I’ve-be-gun-to-un-der-stand
Un-der-stand, un-der-stand
I’ve-be-gun-to-un-der-stand
Where-foods-real-ly-come-from



Get the children moving by encouraging them to do different gestures during each verse.

ACTIVITIES

1 TAKE A GUESS

Encourage interested children to choose a food that appears on the poster and have them invite their friends to guess what they have chosen. To help their friends guess what the food is, children can give clues related to the five senses, such as texture (touch), colour or size (sight), scent (smell), flavour (taste), and the sound it makes in their mouth (hearing). Indicating where the food comes from can also be a fun clue to give!

You too can participate by making the children guess foods from the meal in the photograph!

* Playing the “guessing activity” using ingredients on the pictured pizza can serve as an introduction to a cooking activity in which all the children make their own pizza. Encourage children to be creative and make unique pizzas by substituting the pictured ingredients with ingredients of their choice.

FOODS FROM THE MEAL IN THE PHOTOGRAPH

Pizza*

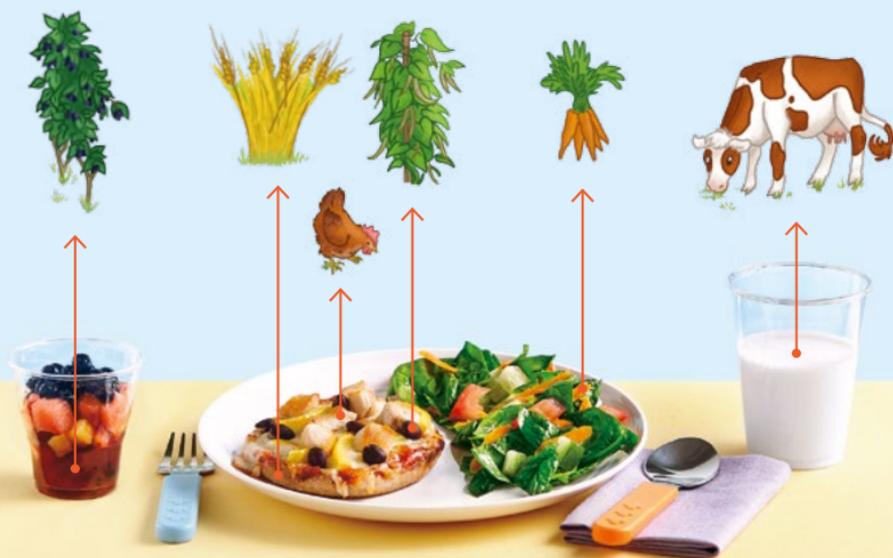
- whole-grain English muffin
- pizza sauce
- Mozzarella cheese
- black beans
- yellow bell pepper
- chicken

Salad

- spinach
- carrots
- cucumbers
- tomatoes
- oil
- vinegar

Fruit cup

- homemade fruit compote made from frozen blackberries and apples
- watermelon cubes
- peach slices
- frozen blueberries



2 LEAPING DISCOVERIES

Either outdoors or in a large indoor space, place images (laminated or not) of various foods (ensure you have several copies of each food item) on the ground to create paths. The educator or a child volunteer can lead the game by calling out names of foods. The participating children leap beside the image of the food named, without touching any of the other foods. The children move based on the leader's instructions.

VARIATIONS: **A)** *Using various food origin images, ask the children to jump to the image that depicts the origin of the food you named.* **B)** *Invite children to jump next to a food that has a specific attribute associated with the five senses (for example, round, yellow, soft).*

3 HARVEST TIME

Place arts and crafts materials such as play dough, paint, paper, crayons, and grocery store flyers on a table. Invite the interested children to use the materials to create food-inspired items to decorate the childcare centre during harvest season. The children can use their imagination and the materials of their choice to make their creations. Once the decorations are completed, collect the creations in a harvest basket and mount them on the walls of the childcare centre or assemble them into a large garland, which you can then hang.

4 I SPY WITH MY LITTLE EYE

Invite any interested children to examine foods using a magnifying glass. In order to not waste foods, ensure that the foods being examined can be used in your centre's recipes. Once your little detectives have observed foods carefully, question them about the foods' textures, colours, shapes, etc.

VARIATION: *Invite any interested children to inspect the poster using a magnifying glass in order to closely examine foods and their origins.*

SILLY SALSA



INGREDIENTS (PER CHILD)

- 15 mL (1 tbsp) plain yogurt, 2% M.F. or higher*
- 1.25 mL (¼ tsp) cider vinegar
- 1.25 mL (¼ tsp) honey**
- 1 small pinch of onion powder
- 1 small pinch of salt
- 1 small pinch of pepper
- 2 strips (approximately ⅛) of a bell pepper
- 1 slice (approximately ⅛) of a plum tomato
- 1 slice of cucumber
- 15 mL (1 tbsp) black beans
- 4 small slices of whole grain tortilla bread

* For a creamier texture, use thick plain yogurt (Greek or Balkan style).

** Avoid giving honey to children younger than one year of age.

BEFORE THE COOKING ACTIVITY

- Wash the bell pepper, the plum tomato and the cucumber.
- Rinse the black beans well and drain them.
- Bake the tortilla slices on a baking sheet in a 350 °F (180 °C) oven for 5 minutes or until they are slightly crispy. Avoid overcooking them to prevent choking.

MAKING THE RECIPE

While the children watch, an adult can:

- Cut the bell pepper into strips. Cut the tomato and cucumber into slices.

Children's steps:

- 1 Measure the yogurt, cider vinegar and honey. Put them in your bowl.
- 2 Add small pinches of onion powder, salt and pepper to your bowl and mix everything together.
- 3 Cut your pieces of bell pepper, tomato and cucumber into small pieces. Add them to your bowl.
- 4 Measure the black beans and add them to your bowl. Mix all the ingredients together.
- 5 Enjoy your salsa with 4 small slices of toasted tortilla bread.

VARIATIONS

- Replace the tortilla bread with pita bread.
- Replace the honey with maple syrup.