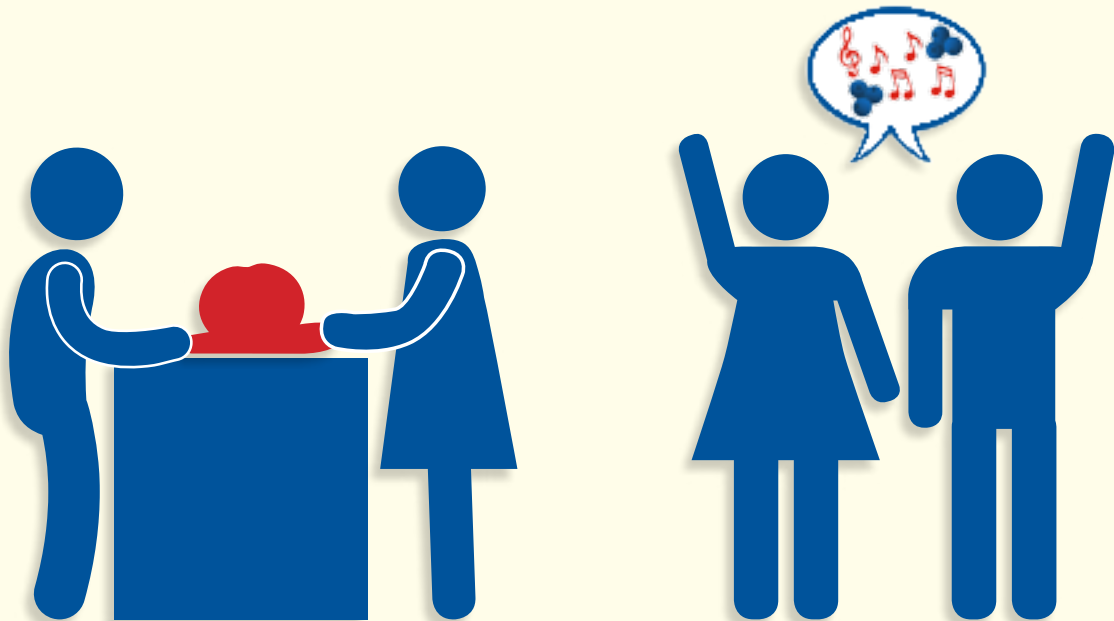


# Games & Activities





# Games and Activities

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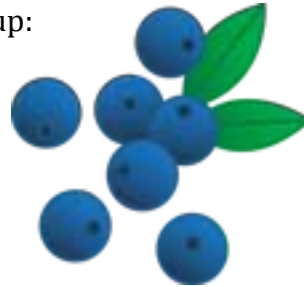
## Colour Days

### Description

This activity introduces children to a wide variety of vegetables or fruits.

### Materials Needed

- Vegetables and fruit from each colour group:
  - o Red
  - o Yellow/orange
  - o Blue/purple
  - o Green
  - o White/brown



### Preparation

1. Organize the snack menu so that each day of the week offers a different colour vegetable or fruit (i.e. Monday: red, Tuesday: yellow/orange, Wednesday: blue/purple, Thursday: green, Friday: white/brown).
2. When serving the snack each day, talk to children about the colour you are eating.

### Modification for children who come with their own snack

1. Children identify the colour of their fruit or vegetables in their lunch bag.
2. When preparing for snack time, children talk about the colours they are eating.

### Craft

- Print a colouring sheet that features various fruits and vegetables.
- Supply children, markers and other various art supplies.
- Children will colour the vegetable or fruit that is the same colour as their snack.
- Use the colouring page for the week until it is complete with all five colours.



### Implementation Ideas

- Below is a list of vegetables and fruit ideas that fit into each of the colour groups:

Red: beets, red apples, watermelon, strawberries, tomatoes, red peppers

Yellow/orange: oranges, apricots, carrots, mangoes, cantaloupes, peppers

Blue/purple: purple cabbage, blueberries, purple grapes, plums, raisins

Green: lettuce, green beans, cucumbers, peas, avocados, spinach, broccoli

White/brown: bananas, cauliflower, mushrooms, brown pears, white grapefruit



**Vegetables and Fruit by Colour Category**

Red	Yellow/Orange	Blue/Purple	Green	White/Brown
Red Apples	Yellow Apples	Purple	Green Apples	Bananas
Beets	Apricots	Asparagus	Artichokes	Bean Sprouts
Blood Oranges	Butternut	Endive	Asparagus	Cauliflower
Red Cabbage	Squash	Blackberries	Avocados	Dates
Cherries	Cantaloupe	Blueberries	Beans	Garlic
Cranberries	Carrots	Boysenberries	Broccoli	Ginger
Red Currants	Cloudberry	Purple Cabbage	Broccoli Rabe	White
Pink/Red	Corn	Black Currants	Brussels	Grapefruit
Grapefruit	Grapefruit	Eggplant	Sprouts Green	Jicama
Red Grapes	Guava	Elderberries	Cabbage	Lychees
Loganberries	Golden Kiwi	Purple Figs	Celery	Mushrooms
Pomegranates	Kumquats	Purple Grapes	Chayote	White
Red Potatoes	Lemons	Huckleberries	Squash Chinese	Nectarines
Radishes	Mangoes	Juniper Berries	Cabbage	Onions
Raspberries	Nectarines	Purple Peppers	Cucumbers	Parsnips
Rhubarb	Oranges	Plums	Endive	White Peaches
Salmonberries	Papayas	Purple Potatoes	Green Grapes	Brown Pears
Strawberries	Peaches	Raisins	Honeydew	White Potatoes
Tayberries	Yellow Pears	Salal Berries	Melon Kiwi	Shallots
Thimbleberries	Yellow And	Saskatoon	Fruit	Turnips
Tomatoes	Orange Peppers	Berries	Leafy Greens	
Watermelon	Pineapples		Leeks	
	Yellow Potatoes		Lettuce	
	Pumpkin		Limes	
	Rutabaga		Okra	
	Yellow Squash		Green Onion	
	Sweet Potatoes		Peas	
	Tangerines		Green Pears	
	Yams		Green Pepper	
	Yellow		Sea Vegetables	
	Tomatoes		Spinach	
	Yellow		Sprouts	
	Watermelon		Zucchini	



This is a list of ideas for vegetables and fruit. Fresh, frozen and canned produce is encouraged. Use vegetables and fruits that are locally available.

*Adapted from Healthy After Schools*



## Pumpkins, Pumpkins

### Description

Children will follow the pumpkin from seed to table. They will learn about the vegetable or fruit by reading a book featuring it, drawing it, talking about where it is grown, what it looks like and eating a dish that uses this vegetable or fruit. Try this activity with several vegetables and fruit such as apples, bananas, beans, peas and zucchinis.

### Materials Needed

- Featured vegetable or fruit
- A library book featuring that vegetable or fruit (see below for a list of ideas)
- Blank construction paper
- Scissors, markers and other various art supplies

### Preparation and How to Play

1. Bring in the featured vegetable or fruit.
2. Read the children a book that mentions the vegetable or fruit.
3. Ask the children to describe the vegetable or fruit using words, or writing a poem.
4. Draw the vegetable or fruit, cut out and decorate using art supplies.
5. Prepare the vegetable or fruit into a soup, muffin or smoothie.



### Implementation Ideas

Below is a list of book ideas that you can borrow from your public library.

- *Pumpkins or Apples* by Ken Robbins
- *Salad People and More Real Recipes* by Mollie Katzen
- *I Will Never Not Ever Eat a Tomato* by Lauren Child
- *A Book of Vegetables* by Harriet Sobol
- *I Do Not Eat the Colour Green* by Lynne Rikards

*Adapted from Healthy After Schools*



## Mystery Box

### Description

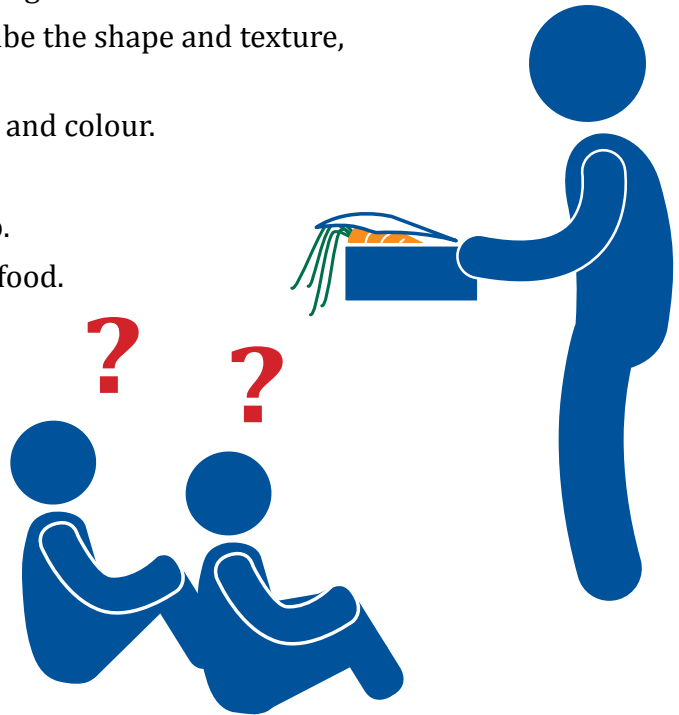
This activity will make children curious about their food and encourage them to try new food.

### Materials Needed

- A cardboard box
- A hand towel to cover the top of the box
- A vegetable or fruit

### Preparation and How to Play

1. Choose any food to put into the box. Vegetables or fruit with a hard peel work best.
2. Make sure children do not see you putting the food in the box.
3. Ask the students to feel the food, describe the shape and texture, and guess what it might be.
4. Remove the food and observe its shape and colour.
5. Ask the children to identify the food.
  - Ask them what food group it belongs to.
  - Ask them what can be made using this food.
6. Cut the food to observe the inside (pits, seeds, core, peel, juicy vs. dry).
7. Prepare the food in a dish, serve and enjoy.



### Implementation Ideas

- Use the mystery food as part of the daily snack.
- Try using these foods:
  - o Kiwi, dried apricot, avocado, zucchini
  - o Dried lentils, kidney beans or chickpeas
  - o Rotini, linguine, rice

*Adapted from Healthy After Schools*



## Who's Your Mama

### Description

This game helps preschoolers learn where their food comes from. Try to focus on local and or foods traditionally eaten in your community.

### Materials Needed

- Food from lunches or photographs of food items (See Appendix A for samples)
  - o Vegetables and fruit
  - o Meats, fish or proteins
  - o Plain milk
  - o Cheeses

### Preparation and How to Play

- One at a time, the teacher will hold up a food or photograph or picture (see appendix B for samples) of a food and ask “Who’s your Mama?”
- Children will call out where the food comes from. If it’s a vegetable or fruit, maybe its mama is the ground or a tree. If it’s cheese, it comes from a cow. Try to use whole foods and no processed foods. Do a few practice rounds to get the language down.



### Implementation Ideas

- Discuss where each food comes from and focus on what makes it healthy.
  - o Look for patterns. Are foods that come from trees or animals healthier than foods that come from factories?
  - o If a child brings up a food choice that is processed, discuss how it can fit into a healthy diet in moderation.
- If the children do not know where a food comes from, try searching for a picture of it in its original state.
- Use food from *Eating Well with Canada’s Food Guide*. Children can match the food into the food groups using *Canada’s Food Guide*.

Adapted by Healthy Beginnings 2-5



## Play Dough Food Choices

### Description

This activity is a great way for kids to be creative and hands on, while learning about the four food groups.

### Materials Needed

- Homemade or bought play dough

### Preparation and How to Play

1. Children work together to sculpt and create different food from all four food groups.
2. Children can guess what the others are making.

### How to make Homemade Play Dough:

#### Ingredients

- 2 cups (500 mL) flour
- 1 cup (250 mL) salt
- 2 cups (500 mL) water
- 2 tbsp. (30 mL) oil
- 4 tsp. (20 mL) Cream of Tartar
- A few drops of food colouring

#### Instructions

1. Place ingredients in a saucepan over medium heat.
2. Stir and cook for three to five minutes until the mixture forms into a ball.
3. It is ready to play with after it cools.
4. Store in a covered container and replace after one to two weeks.







## Healthy Snack Collage

### Description

This activity is a great craft for children to do on a rainy day. While children are working on their collage, you can talk to them about the four food groups. Grocery store flyers to cut out food and make a healthy snack collage. Children can also draw pictures of the animals they eat.

### Materials Needed

- Paper to glue on
- Glue
- Grocery store flyers (lots!)
- Scissors



### Preparation and How to Play

1. Review the four food groups with children. Ask them what their favourite snacks are and where they fit into the food groups.
2. Divide the children into groups or have them do their own craft.
3. Ask children to use the grocery store flyers to cut out food and make a healthy snack collage.
4. Send home with children or display at the care facility.



*Adapted from Healthy After Schools*



## Alphabet Book

### Description

This activity is a great opportunity to incorporate arts and crafts into learning about healthy food.

### Materials Needed

- Paper
- Crayons and markers
- Various art supplies (glue, stickers etc.)



**A**pple



**B**roccoli



**C**aribou

### Preparation and How to Play

1. Children work together to come up with a list of food by the letter. For example, A is for apple.
2. Children work together to create an alphabet book of different food.
3. Younger children can draw the food, while instructors can write the food's name.
4. Instructors can print pre-created sheets and young children can colour them in.

### Implementation Ideas

- Borrow the following books from your local public library.
  - o *An Alphabet Salad* by Sarah L. Shuette
  - o *Eating the Alphabet: Fruits and Vegetables from A to Z* by Lois Ehlert

Adapted from *Healthy After Schools*



## Placemats

### Description

This activity will help the children learn about the four food groups.

### Materials Needed

- Paper
- Crayons and markers
- Various art supplies (glue, stickers etc.)

### Preparation and How to Play

- Children create placemats by using 8.5 by 11 sheets of paper and drawing/writing images and words that describe the four food groups.
- Encourage the children to use their imagination and cover their placemats with a variety of food.
- If resources are available, laminate the placemats.
- Use the placemats in the centre or send them home to be used at the family table.





### Vegetable Show and Tell

#### Description

This activity will expose children to a wide variety of vegetables and fruit and introduce them to what other children in their group are eating.



#### Materials Needed

- Vegetables brought from home
- Several different vegetables
- Vegetable peeler
- Cutting knife
- Cutting board

#### Preparation and How to Play

1. Ask children to bring a vegetable from home. They can also name a vegetable that their family enjoys eating at home.
2. Leaders begin by sharing a vegetable that they have brought from home.
  - Describe what it tastes like.
  - Describe where it comes from in the world.
  - Describe how it can be prepared.
3. Children each take a turn sharing their vegetable.
4. Make and serve the vegetable for snack or lunch.

*Adapted from Healthy After Schools*



## Fruit Salad

### Description

This game is a tag-based game that encourages healthy eating choices.

### Materials Needed

- None

### Preparation and How to Play

- Discuss with children some of their favourite healthy dishes or individual foods.
- Explain the game:
  1. One or two children start in the middle as the chefs.
  2. Other children all line up at the same end of the room.
  3. Chefs call out a favourite healthy food, dish or meal. They can decide on one together or take turns calling.
  4. If other children like this meal, dish or food, they have to run to the other end of the room without getting tagged.
  5. If they get tagged, they become a chef.
  6. Play until almost everyone is tagged and take turns being the chef.



### Implementation Ideas

- After the game discuss foods called with the children.
  - o If there were any unhealthy foods called, discuss why they are not great healthy choices and why they might be “choose sometimes” foods.
  - o Ask if there were any meals/foods called that other kids had never tried before.
  - o See if you can decide on a class favourite healthy food or see what the most popular favourite healthy foods in the class are.

### Modifications

- If space is limited, set this game up in musical chairs style.
  - o The chef is in the middle, calls out a vegetable/fruit/dish and everyone who likes it stands up and finds a new place to sit.
  - o The last child to find a place to sit is now the chef.

*Adapted by Healthy Beginnings 2-5*



### Traditional Food Smiles

#### Description

This game works to encourage preschoolers to become more aware of the local foods available in their community.

#### Materials Needed

- Photographs of local foods available in your area (foods from lunches can also be used)
- Paper cut into smaller squares
- Crayons

#### Preparation and How to Play

- Distribute squares of paper and crayons.
- Hold up pictures of local foods (or the food).
- Have children say what the food is and where it comes from.
  - o i.e. “This is a raspberry. It comes from a plant”
- Have children draw a picture of the food.
- If they like the food, have them draw a smiley face by the food picture. If they dislike the food, have them draw a confused face by the food picture. If they have not tried it, they can draw a question mark.



#### Implementation Ideas

- Ask children why they chose a smiley face or the face they drew.
  - o Encourage them to describe what they like or don't like about certain foods. i.e. Are they crunchy? Mushy? Seedy? Juicy? Sour? Sweet?
- Count how many different faces each food gets.
- Discuss each child's favourite way to eat each food.
  - i.e. “I like to eat whitefish in stew.”

*From Government of the Northwest Territories, Northern food tradition and health*



## Family Food Pictures

### Description

This activity is designed to help preschoolers think about food choices that their families make.

### Materials Needed

- Paper
- Crayons

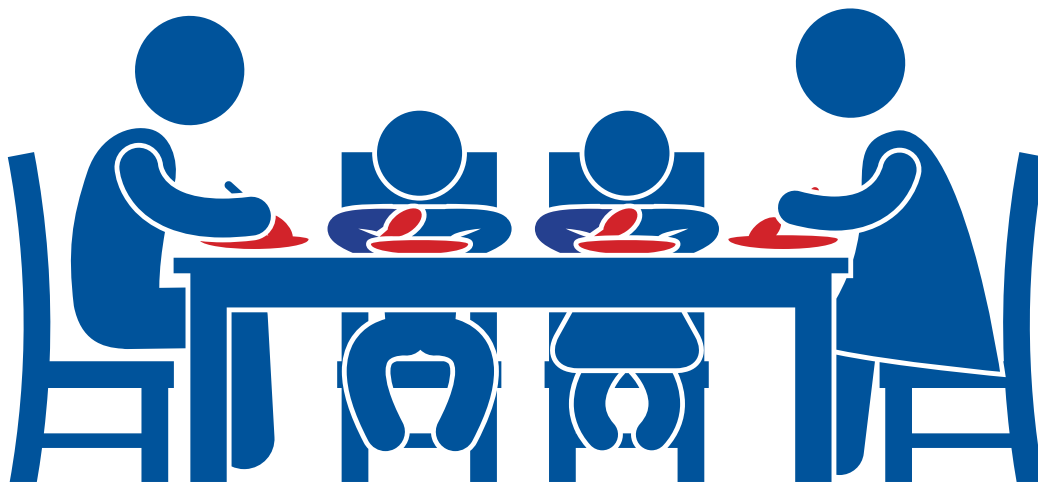
### Preparation and How to Play

- Discuss with children some of their favourite healthy dishes to eat as a family.
- Have children draw a picture of their family eating dinner.
  - o Encourage them to draw the family eating a specific dish.



### Implementation ideas

- Talk about the ingredients in these dishes.
  - o Are these ingredients local? Where do they come from?
  - o Are they healthy?
  - o How do they taste?



*From Government of the Northwest Territories, Northern food tradition and health*



## Traditional Food Songs

### Description

This activity is designed to help preschoolers learn about traditional foods and cooking methods in their community.

### Materials Needed

None

### Preparation and How to Play

- Discuss with children some of their favourite healthy dishes to eat.
  - o What foods are in these dishes?
  - o Where do these foods come from? Are any from really far away?
- How do they get here?
  - o Are there traditional or local ingredients in these meals?
- Brainstorm some traditional or local ingredients.

### Implementation Ideas

- o Make up songs about these foods.  
Try adapting this song by changing the underlined words.

#### I Like To Eat Traditional Food (Tune: London Bridges)

Some people eat boiled food  
Eat boiled food, eat boiled food  
Some people eat boiled food  
I like boiled stew

Some people eat red fruit  
Eat red fruit, eat red fruit  
Some people eat red fruit  
I like red berries



From Government of the Northwest Territories, Northern Food Tradition and Health