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| Materials | Paper, tape, container |
| Learning Outcome | Identify and describe healthy foods. |

Description

Collect, print, or draw pictures of foods and put them in a container. Pick foods that are applicable to the age of the child and provide an appropriate level of challenge for the child. Also consider including foods found in [Canada's Food Guide](#): vegetables and fruits, whole grain foods, and protein foods. Ask the child to close their eyes and pull a picture out of the container. The other participants look at the picture the child pulled from the container and then one person tapes the picture to the child's back without them seeing it. The child opens their eyes and the other participants begin providing clues to the child, one at a time, about the food taped to their back. For example, if the picture is of a carrot, possible clues include:

- The food is orange.
- The food is crunchy.
- The food is long.

The child continues to ask for clues until they guess the food. Players take turns being the person to guess the food until all the foods have been guessed.

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *What different ways did you use to describe the food (e.g., colour, size, texture, etc.)?*
- *Which foods were the easiest to describe? Hardest? Why?*