

Materials	Paper, markers, scissors, hat or container
Learning Outcome	Identify a variety of foods and describe characteristics about these foods.

## Description

Divide a piece of paper into a table with 4 columns and 4 rows with a total of 16 squares. Above each column write one of the following words:

- Shape
- Colour
- Texture
- Flavour

For each column, ask the child to draw a food for the following food characteristics:

- Shape - circle, triangle, square, rectangle
- Colour - green, red, orange, yellow
- Texture - bumpy, smooth, sticky, fuzzy
- Flavour - salt, sweet, bitter, sour

If the child needs support with ideas of what to draw, visit [Canada's Food Guide](#) and look at the different foods on the plate. Encourage the child to draw 16 different foods. While they are completing their drawing, write the 16 different food characteristics on smaller pieces of paper to use to call out during the game. Place these call cards into a hat or container.

If there is more than one player, each player creates a card but should draw foods in different orders in each column. The foods do not have to be the same as the foods on the other player's card.

## Description

One person acts as the caller and pulls a card out of the hat or container. The caller reads out the food characteristic they chose (e.g., sweet) and the player finds the food they drew for that characteristic and places a marker on that food on their card. The player names the food they drew for this characteristic. Older children can describe the food using additional characteristics (e.g., I drew a pear because it's sweet but it is also green and smooth).

The first player to make a row on their cards calls out “Food Bingo”. If the answers are correct, players clear their BINGO card and start a new round.

## 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 meals could you make out of the foods you drew on your card?
- Where do the foods on your card come from (e.g., underground, tree, plant, animal, etc.)?