There is so much to explore in the world of food! Decorate your classroom with a food garland. This learning experience will help students become familiar with a variety of foods.

## **Supplies**

- Construction/heavyweight paper or paper plates for each piece of the garland
- Grocery store flyers (optional)
- String
- Glue (optional)
- Scissors
- Hole punch
- Art supplies (markers, coloured pencils, paint)

## Teacher's note

Provide supplies to the class for creating their own food garland. First ask students to make a template for the shape of their garland (or use the one we provide on next page). Then ask them to create their garland by either drawing directly onto their template or by gluing on cut-outs of foods they find in grocery flyers. To finish their garland, ask them to write the name of the food above or below each image and then tie all the pieces together with a string to form the garland. Once you are finished, hang the garland in your classroom.

Add fun guidelines for what the students choose to put on their garland. For example:

- Have students create a garland of foods grown or produced in your province or in Canada.
- Have students create a garland of new foods they tried recently or would like to try.

While the students create their garland, ask them about the food. Here are a few guiding questions:

- Where does this food come from?
- Have you tasted this food?
- What do you like about this food?
- Have you cooked with or made a recipe with this food?

sandwich



ers of Canada (2020) – TeachNutrition.ca Appendix B / The team of Registered Dietitians at

## Template



