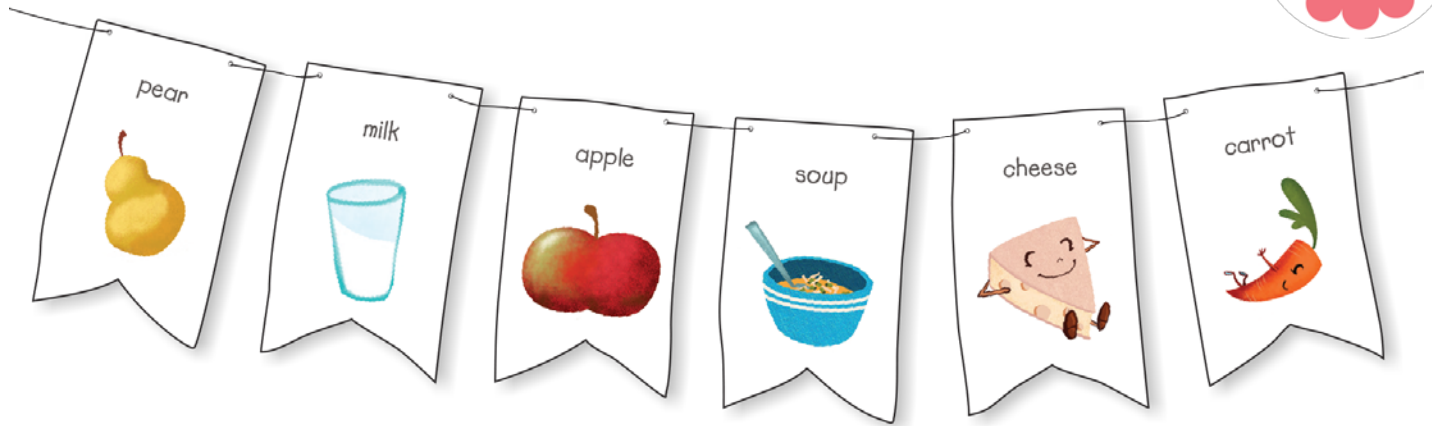


Canadian Food Garland

EASY TO MAKE, EASY TO LOVE


 AGES
5 to 9


This craft is a fun activity to do at home with your kids. Your child will become familiar with foods grown in Canada, or even in your own backyard. It is also a way for them to learn about local farmers and processors and the foods they produce right across the country.

Supplies:

- White paper
- White poster board
- Scissors
- Hole punch
- Ruler
- Coarse yarn
- Markers or coloured pencils

Instructions:

1. Print a blank flag on white paper using the template provided on page 3. Ask your child to trace the outline of their flag onto poster board and use scissors to cut it out. The number of flags will depend on how long you want the garland to be.
2. Think of foods that are grown or produced in Canada. You will need one food for every flag in the garland. Get food ideas by downloading the *Bingo game to use at home* kit located on TeachNutrition.ca.
3. Get your child to draw a picture of the food on the flag and write the name of the food above.
4. Use a hole punch to make holes in the top corners of each flag. Do this by measuring with a ruler and marking 1 cm from the edge of the flag. You could also refer to the template on page 3 to see where the holes should be punched (indicated with a black circle).
5. Cut one long piece of yarn to the length you want your garland to be.
6. Tie all the flags together with yarn to form the garland. Hang the garland in your house or your kid's bedroom.

Expand Learnings at Home

Connect Through Conversation

Talk about the foods as your child makes the garland. You can ask about where the food comes from, how it's grown or produced, etc.

Ask different questions starting with the phrase "who can name"?

- A food that is made from milk (e.g., cheese, yogurt)
- A fruit that grows on a tree (e.g., apple, pear)
- A food that you can drink (e.g., milk)
- A vegetable that grows in a garden (e.g., lettuce)
- A food that is crunchy when you eat it (e.g., carrot, crackers)

Activities for Extra Fun!

Play a describing game to help build your child's vocabulary.

- Pick one food highlighted on the garland. Give children slips of paper and ask them to write down words to describe the food (shape, texture, color or taste). The child who uses the most words wins.

Looking for another activity about Canadian foods?

- Try our *Bingo game to use at home* on Teach Nutrition.ca. Get ready for fun and laughter with this unique bingo kit showcasing Canadian foods.

Plan a family outing to get kids involved in supporting the community.

- Visit a farm to learn more about how foods are grown or how animals are raised.
- Go to a farmer's market to shop locally.
- Participate in a local community garden and teach children how to grow their own foods.

Looking for an activity for a child ages 3-5?

- Try our *Food-Themed Nursery Rhymes* located on TeachNutrition.ca. You will get four songs with lyrics and printable stick puppets. This activity is great for a child who is interested in food and music!

CRAFT ACTIVITY

Garland Template

