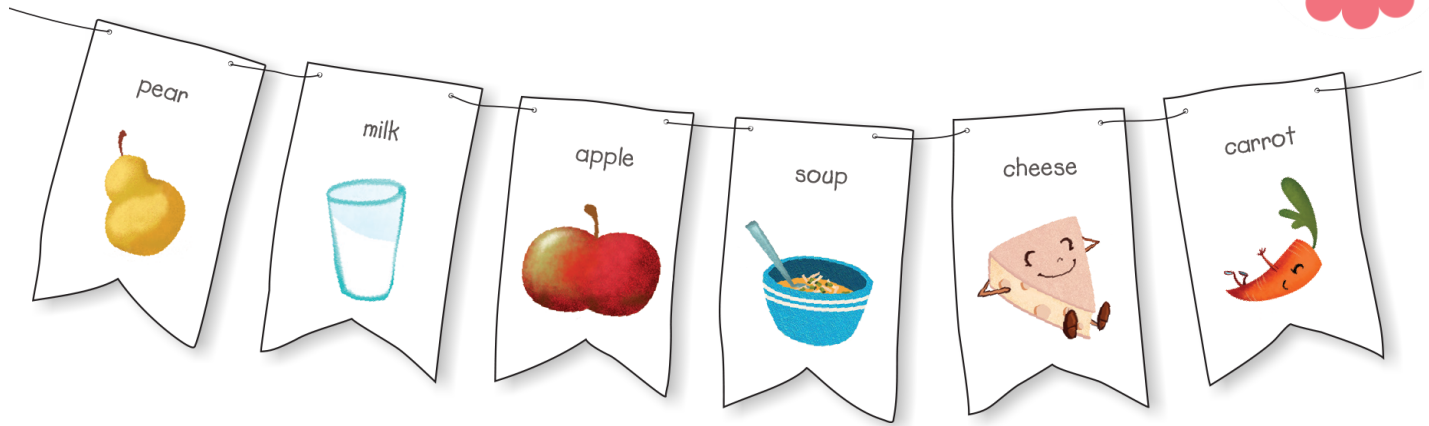


Canadian Food Garland

AGES
4 to 9



Decorate your space with this Canadian Food Garland. It is a fun craft activity that helps children become familiar with foods grown and produced in Canada

Supplies:

- White paper (for a sturdier flag, use a thicker paper or back the flag with poster board)
- Scissors
- Hole punch
- Ruler
- Coarse yarn or string
- Markers or coloured pencils

Instructions:

1. Print the number of flag templates on page three needed for your garland. Have the children cut out the flag.
2. Think of foods that are grown or produced in Canada. You will need one food for every flag in the garland. Use the *Bingo Game* located on TeachNutrition.ca for food ideas.
3. Decorate the flags with foods grown or produced in Canada. Get children to draw a picture of the foods on the flags. Write the name of the food on the flag.
4. Use a hole punch to make holes in the top corners of each flag where the black dots appear on the template.
5. Cut the yarn or string to the length you want your garland to be. Adding a little extra length is helpful for hanging the garland.
6. Thread the yarn or string through the holes on the flags to create your garland.
7. Hang the garland.

EXTRA ACTIVITIES

Connect Through Conversation

Talk about the foods as children make the garland. Ask about where the food comes from, how it's grown or produced, why they chose that food, have they tasted it, how they like to eat it etc.

Ask different questions starting with the phrase "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 children'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). Whoever uses the most words wins.

Looking for another activity about Canadian foods?

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

Plan outings to get children involved in supporting the community.

- Visit a farm to learn more about how foods are grown or how animals are raised.
- Participate in a local community garden and teach children how to grow their own foods.



CRAFT ACTIVITY

Flag Template

