

# FUN WITH FOOD

Cut out the flash card and the 8 activity cards.

Flash card: Read out the clues without showing the food.  
Get the children to guess the food.

Activity cards: Put the cards in a container and ask the children to pick one. Be sure to prepare for the activities beforehand.

## What am I?

I am round.

I am in ketchup and spaghetti sauce.

My skin is bright red.

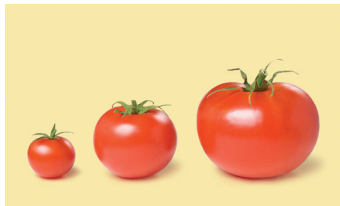


I grow outside in a garden or a field.

My insides look like jelly.

My skin is smooth and shiny.

# TOMATO



### Numbers & shapes

Sort tomatoes from small to big, then count them. Make salsa for a snack after.



### Letters

Learn how to sign the letters of the word "tomato."



### Arts & crafts

Paint a rock like a tomato. Leave it outside to brighten someone's day.



### Movement

Pretend to be a growing tomato plant by standing up and reaching tall.



### Sensory play

Touch a tomato and describe how it feels. Eat it and describe the taste.



### Real-life experience

Plant a tomato seed in a recycled milk carton. Guess how many tomatoes it will produce.



### Pretend play

Pretend to be a scientist and look at tomato slices with a magnifying glass. Enjoy the slices as a snack after.



### Snack time

Try these ladybug cheese and crackers.



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## What am I?

I am beige.

I am oval and flat.

I grow in a field on a tall stalk that looks like wheat.



I have a line in the middle of my flake.

I am creamy when cooked as a breakfast cereal.

# OATS



### Numbers & shapes

Look around you and try to find things that are in the shape of an "O."



### Letters

Sing a song about oats.



### Arts & crafts

Use a cotton swab to paint an oat plant.



### Movement

Spell OAT with your body.



### Sensory play

Put old-fashioned oats and instant oats in clear containers and compare them. Make recipes with these oats after.



### Real-life experience

Make oat flour by blending oats in a food processor. Make oat pancakes after.



### Pretend play

Pretend to make oatmeal cookies or porridge in an outside mud kitchen. Use old kitchen tools.



### Snack time

Make this blueberry parfait.



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## What am I?

I am bright white.

I am liquid.

I come from cows.



You can drink me  
in a glass or eat me  
with cereal.

You can drink me cold.

# MILK



### Numbers & shapes

Help measure milk in a recipe or pour milk into a glass.



### Letters

Enjoy a book about milk or cows.



### Arts & crafts

Make a cow with craft supplies.



### Movement

Do animal yoga poses, like the cat-cow pose.



### Sensory play

Make butter in a jar. See how the liquid changes to a solid.



### Real-life experience

Visit a local dairy farm or ask a dairy farmer to track the growth of a calf.



### Pretend play

Play with a farm-themed sensory bin.



### Snack time

Try this no-blender smoothie.



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## What am I?

I can be made into  
sauce or juice.

I am round.

My core contains  
small brown seeds.

I grow on a tree  
in an orchard.



I am crunchy and juicy.

My skin is red  
and smooth.

Picking me is a  
popular fall activity.

My flesh is white.

# APPLE



### Numbers & shapes

Count the seeds inside an apple and name the shape of the core. Enjoy the apple for a snack after.



### Letters

Find plastic letters out of a sand sensory bin to spell apple.



### Arts & crafts

Make an apple with craft supplies.



### Movement

Play an apple and spoon race. Help bake an apple crisp after the game is done.



### Sensory play

Taste different kinds of apples during snack time.



### Real-life experience

Pick apples at a local orchard.



### Pretend play

Pick apples made of modelling dough.



### Snack time

Help make this apple pie yogurt dip.

