

Food Matching Game - Printable Kit

What's included

1 BIG CIRCLE

with some of the main food sources in Canada.

20 SMALL CIRCLES

that show foods grown, harvested, or produced in Canada.

How to play

Print and cut out the big circle quarters and the small food circles.

Assemble the parts of the big circle as shown.

Match the small food circles to their sections on the big circle.



Extra activities

After you have played the matching game, try the other fun activities provided at the end of this kit.

Answer key



Game pieces - 1 of 4 (big circle)

Cut out along the edge of the illustration.



Game pieces - 2 of 4 (big circle)

Cut out along the edge of the illustration.



Game pieces - 3 of 4 (big circle)

Cut out along the edge of the illustration.



Game pieces - 4 of 4 (big circle)

Cut out along the edge of the illustration.



Game pieces - small circles

Cut out along the edge of the circles.

Naan



Copyright © 2023 Dairy Farmers of Canada.

Blueberry



Copyright © 2023 Dairy Farmers of Canada.

Mussel



Copyright © 2023 Dairy Farmers of Canada.

Pear



Copyright © 2023 Dairy Farmers of Canada.

Haddock



Copyright © 2023 Dairy Farmers of Canada.

Scallop



Copyright © 2023 Dairy Farmers of Canada.

Broccoli



Copyright © 2023 Dairy Farmers of Canada.

Milk



Copyright © 2023 Dairy Farmers of Canada.

Cheese



Copyright © 2023 Dairy Farmers of Canada.

Egg

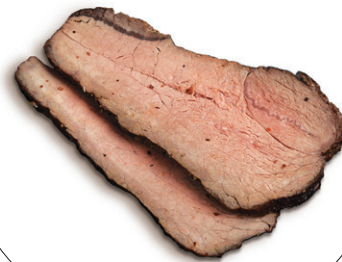


Copyright © 2023 Dairy Farmers of Canada.

Game pieces - small circles

Cut out along the edge of the circles.

Moose



Copyright © 2023 Dairy Farmers of Canada.

Oats



Copyright © 2023 Dairy Farmers of Canada.

O-shaped cereal



Copyright © 2023 Dairy Farmers of Canada.

Lobster



Copyright © 2023 Dairy Farmers of Canada.

Carrot



Copyright © 2023 Dairy Farmers of Canada.

Pasta



Copyright © 2023 Dairy Farmers of Canada.

Chickpea



Copyright © 2023 Dairy Farmers of Canada.

Salmon



Copyright © 2023 Dairy Farmers of Canada.

Tomato



Copyright © 2023 Dairy Farmers of Canada.

Yogurt



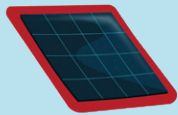
Copyright © 2023 Dairy Farmers of Canada.

Extra activities

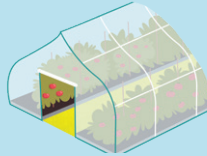
ACTIVITY 1

Circle time

Choose an object from the big circle and encourage children to share what they know about it.



Solar panel



Greenhouse



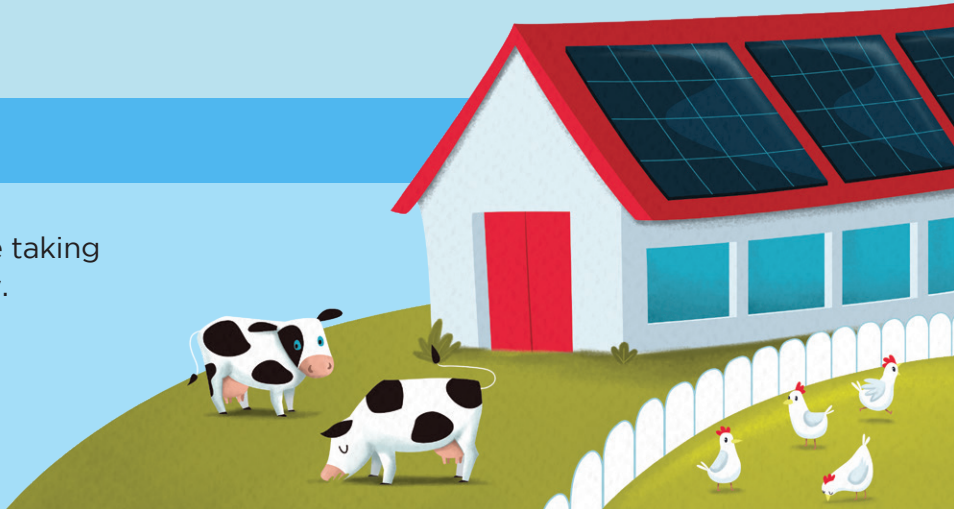
Fishing boat



Combine harvester

DID YOU KNOW?

More and more farmers are taking advantage of green energy. For example, they can install solar panels on their farms.



ACTIVITY 2

This or that taste test

Try serving foods prepared in different ways. This can help children explore and accept new foods. Try these for a start.

Fresh
tomato
OR
Salsa

Plain
yogurt
OR
Flavoured
yogurt

Hard-
boiled egg
OR
Scrambled
eggs

Naan
OR
Toasted
naan

Milk
OR
Smoothie

ACTIVITY 3

Pick and cook

Pick foods from the small food circles and use them in a recipe. Try this no-blender smoothie.

1 serving

Add these ingredients to a cup:

¼ cup (60 mL) vanilla yogurt

2 tbsp (30 mL) strawberry applesauce

¼ cup (60 mL) milk

Stir until smooth. Enjoy!



Tips to stay hydrated!

Drink water or milk with meals. Have a smoothie for a snack.

Extra activities

ACTIVITY 4

Pretend and move

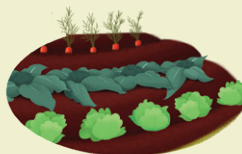
Invite children to pick an item shown on the big circle and pretend to move like it. Start with these.



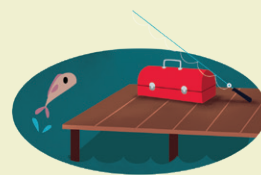
Climb up into a tractor and drive around a field.



Move like a cow or milk a cow.



Plant seeds, pull carrots or rake the soil.



Put on a life jacket and row a boat or catch a fish.

ACTIVITY 5

Guess and move

Make up questions for the small food circles. Give each child a food circle. Get them to move if their food matches the question. Try these examples.

If your food is made from milk, run on the spot.



If your food comes from water, pretend to swim.



If your food is eaten with a spoon, hop like a frog.



Teach
Nutrition.ca™

By Dairy Farmers of Canada's
Registered Dietitians

