

PROGRAM ACTIVITIES



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Program activities

YTC program activities

Consider enhancing the learning beyond what is involved in preparing the recipes. Be sure to consider the learning needs, pace of learning and interests of your participants. It is always best to offer opportunities for learning that are experiential or 'hands on' rather than 'lecture style'. Remember to keep the focus on the food and the food skills involved in the recipe instead of delving into nutrition which is outside the scope of YTC leaders. For example, you could include an activity, craft, challenge, etc. from the list below or from your imagination!

Activity ideas

- Have participants look up interesting facts about the recipes and/or ingredients and have them share with the group.
- Have a recipe challenge where you provide a selection of ingredients and participants work in groups to make something new (e.g. soup, salad or pasta).

Games

Capture the vegetable or fruit

If you have enough space to allow participants to freely run (indoors or outdoors), play capture the flag with a piece of fake fruit or vegetable you purchase from a dollar store.

Food groups

Select one participant to be “it.” They will stand in the middle of a circle. Divide the remaining players into four groups; fruits, vegetables, protein foods, and whole grains. The player in the middle will call out a type of food. All players in that group must run around the circle and return to their original place. The person who is last to return to their spot becomes “it.”

Over under

Spilt the participants into two groups. Participants will pass a fake piece of fruit or vegetable (purchased from a dollar store) under and over each other as fast as they can. The first group to pass the fruit or vegetable through all players wins.

Follow the leader

Pick a leader who will choose a food item and type of exercise that they will yell out to the other participants. For example, if you ate a piece of fruit today do five jumping jacks. The leader may call out as many food items and exercises as they like. You can change the leader throughout the game.

True or false

Ask participants true and false questions. The questions can be from the discussion questions or the fun facts about ingredients. If the answer is true, participants perform 10 jumping jacks. If the answer is false, participants run on the spot for 10 seconds.

Toss the vegetable or fruit

Play toss the chicken using a piece of fake fruit or vegetable (purchased from a dollar store). Divide participants into pairs and have pairs face each other. Partners will play catch with the vegetable or fruit until someone drops it. When this happens, partners must take a step back from each other.

Forward and backwards

Sitting in a circle, assign each player one of three fruits: apple, orange or banana. Call out one of the three fruits at a time. Once called, the players will run around the circle. At any time the leader can call “reverse” and the players must turn around and run in the opposite direction. Once players have circled the group three times they return to their spot and another fruit is called.

Pass the vegetable or fruit

Have participants stand in a circle with their legs together and knees bent. Give one person a piece of fake fruit or vegetable (purchased from a dollar store) to place on top of their feet. Without using their hands, participants will pass the fruit or vegetable to someone else. Participants can kick, roll or pass it. Continue passing for five minutes.

Veggie and fruit guess who

Split the participants into two groups and have them partner up. Write names of different vegetables and fruit on a ‘sticky note’ and have one partner place it on the other partner’s back or forehead without them seeing the name. Have participants face each other. The partner with the ‘sticky note’ on their back will have to ask questions to their partner to help them identify the food. Questions may include:

- “What does the veggie or fruit taste like?”
- “Does it have a peel?”
- “Can it be eaten on the go?”



Games

Going on a picnic

Have participants sit in a circle. The first participant starts by stating a vegetable or fruit that they are bringing to the picnic. The next participant will have to remember the previous vegetable or fruit as well as state their own. The game continues until everyone has stated a vegetable or fruit.

One minute of fame

This game allows one participant to talk for one minute about a specific healthy eating subject. You will announce the topic question and will select the participants. You can pick participants by having them draw numbers, line up alphabetically, etc. Once you ask the participant the question, they will be able to talk for one minute. The questions can include:

- "What is your favourite memory involving food?"
- "What is your all-time favourite food?"
- "What kinds of foods do you eat at a holiday meal?"

Going to grocery store

Have participants sit in a circle. The first participant says:

- "I went to the grocery store to buy an _____" (something beginning with the letter A).

The next player repeats the sentence with a food starting with the letter "B." The game continues until the alphabet is completed.

Spice scents

Sitting or standing in a circle, have each participant blindfold themselves. Place fresh herbs or spices (fresh basil, lemon zest, orange zest, cumin, cloves, cinnamon, garlic powder, etc.) in a small container. Have the participants pass around the containers and smell the herbs and spices. Ask them what the container smells like? Start a discussion about the herb or spice. Is it a sweet or savoury smell? What foods could they add this spice to? Does it remind them of a certain food?

Shopping on a budget

Collect this week's local grocery store flyers. Tell the participants that they will need to select and plan one meal for dinner. They must use only the items in the flyers (other than spices and/or herbs). The total cost of the meal must be under \$15.

You're the Chef passport

Fold a sheet of white paper in half. Draw gridlines on one side of the paper make boxes (the number of boxes should represent the number of recipes that will be made throughout the YTC program). The opposite side of the page can be decorated to say "My YTC Passport." Participants can write the names of the recipes (or draw them) in the boxes. The leader will then "stamp" them with a rubber stamp, or sign their initials after each recipe is completed.

Fun placemats

Decorate a large piece of coloured paper using craft supplies, paint or markers. Participants can draw or bring in pictures of foods from grocery store flyers, magazines or websites to add to the placemat. Collect the placemats and have them laminated if possible.

Grow your own mini herb greenhouse

Sprinkle herb seeds (e.g. parsley, chives, basil, etc.) in a small paper cup or pot filled with potting soil and lightly cover them. Mist the soil with water from a spray bottle or small watering can, and then cover the top with some cling film and place in a sunny location, such as a windowsill. Remove the plastic wrap once the sprouts begin popping up (within a few days) and remove any weak or crowded seedlings as necessary. Once the herbs are large enough, have the participants take them home to transplant to an outdoor garden. Place them in a sunny location in well-drained soil.

Rice maracas

Make rice maracas by filling a paper cup half full with uncooked rice. Place a second paper cup on top and tape together well. Shake the maracas to make rhythms. This activity can also be done with paper towel rolls for "rain sticks." Try filling the maracas with other dried foods such as lentils to see what different sounds are made.

You're the Chef hat

Make a head band by folding newspapers or grocery store flyers, and staple the ends together. Be sure it fits around the participant's head. Use three sheets of tissue paper to make the top part of the hat by taping the edges to the inside of the headband. Try to make the tissue paper sheets overlap and be sure to give the hat a lot of height. Place a crumpled up sheet of tissue paper to sit inside the hat to keep the hat tall.



Crafts

Veggie and fruit prints

Cut up a variety of vegetables and fruits (can be purchased from the reduced produce section). Allow participants to dip the produce in paint and make prints on paper.

Where are you from?

Begin a discussion about where our food comes from. Ask participants where they think our food comes from before it gets to the grocery store? How far does it travel? Before the next session, have them go home and check one label or produce sticker to see where it was grown. At the next session, have everyone share their findings and map out where the food came from on a map. Discuss that many vegetables and fruits can be grown in our own backyard.

Veggie and fruit portraits

Spilt the group into pairs. Tell one partner a vegetable or fruit without the other one hearing. Ask them to describe the vegetable or fruit without naming it to their partner by giving hints about its colour, what it tastes like or how it might be cooked. The other partner will then draw it using the hints. See how close the drawing looks to the actual vegetable or fruit. Partners can switch and take turns.

Personalized apron

Provide each participant with a plain white apron. Provide fabric paint and markers and have participants decorate their own YTC apron.

Seedy artwork

Collect a mix of seeds, rice and legumes. Using glue and coloured paper, allow participants to glue the seeds onto the paper in a design, shape, etc. Depending on the seed, you can also plant the seeds in cups and use in a future recipe.