



Level 12: Food That Grows in Canada

- Activity worksheet: Food That Grows in Canada

ICON LEGEND



TEACHER SCRIPT



INDIVIDUAL ACTIVITY



IMPORTANT INFORMATION



CLASS DISCUSSION



PAIRS/SMALL GROUP ACTIVITY



LARGE OPEN SPACE

TEACHER SCRIPT TRANSLATIONS

Throughout these extension activities, you will find teacher scripts written in English to help you guide your lessons. The Inuktitut extension activity is available for download.



EXTENSION ACTIVITY

BOOK TITLE

Food That Grows in Canada

TOPIC

Nutrition and Life Skills

LENGTH

1 lesson
(1 hour)



Essential Question

Where does the food we eat come from?



Lesson Overview

In this lesson, the teacher will help students understand where in Canada certain foods grow and are produced. The teacher will also give students an opportunity to classify foods into food groups.

REQUIRED MATERIALS

- *Food That Grows in Canada*
- **Food That Grows in Canada** activity worksheet
- Map of Canada
- Nunavut Food Guide
- Drawing utensils (pencil crayons, markers) (Make sure that you have enough so that each pair of students can have five different coloured pencil crayons or markers.)
- Chart paper

LEARNING ACTIVITIES



Class discussion about the book.



Class discussion about food groups.



Completing the worksheet in pairs.

LEARNING CONNECTION

This activity helps students think about how the food that they eat grows, and where. It builds on the students' understanding of the book, *Food That Grows in Canada*, which teaches students about some foods that are grown in Canada, and how they grow. This activity will encourage students to think beyond the foods in this book, and also to classify some of these foods into food groups.

READING VOCABULARY

crops, nutrients, climate, vitamins, minerals, food groups

PRE-LESSON PREPARATION

- Photocopy the worksheet, so that there is one for each student.
- Print out a copy of the Nunavut Food Guide, if you do not have a copy in your classroom
- Make sure you have a map of Canada to display for students. If you have a Smart Board, you can display the map for students.

LESSON PLAN: FOOD THAT GROWS IN CANADA

BEFORE READING

1. As a class, discuss where food comes from. Ask students where they get their food from. Encourage students to think about how food gets to the North, and how people harvest their own food through hunting and fishing.
2. Ask students where they think store-bought food comes from. Encourage students to think about where vegetables, fruits, and meats come from, as well processed foods like dairy products (milk, cheese, or yogurt), or wheat products (bread, cereal, or crackers).
3. Review a map of Canada with the class. (If you have a Smart Board in your classroom, display the map on the Smart Board.) Have student volunteers come to the front of the class to point out each province and territory.

DURING READING

1. Introduce the book *Food that Grows in Canada* to students. Tell students that this book is about different foods that are grown, raised, or produced in Canada.
2. Read the book out loud to students. Encourage students to comment on what they see and hear as you read. Explain or clarify students' understanding of any challenging or unfamiliar vocabulary, such as the words identified in the Reading Vocabulary section of this lesson.

AFTER READING

1. After reading the book, ask students if they were surprised by anything they learned in the book. Give them an opportunity to discuss this as a class.
2. Tell students that they are going to do an activity that involves the Nunavut Food Guide, so you are going to review the guide together as a class. (If you do not have a copy of the food guide in your classroom, you can find it here: <https://livehealthy.gov.nu.ca/en/healthy-eating/nunavut-food-guide>.) If you have a Smart Board, display the Food Guide for the class.
3. Ask students what the five food groups are listed on the guide. Then, ask students to list some foods from each group.



“What are the five food groups? Can you name some foods that belong to each group?”

4. Organize students into pairs. Hand out one **Food that Grows in Canada** activity worksheet to each pair of students. Make sure each pair of students has five different coloured pencils or markers.

LESSON PLAN: FOOD THAT GROWS IN CANADA

5. Have students select a different coloured pencil to represent each of the five food groups. Tell students that they will be creating a legend on their map. Tell students that a legend explains different parts of a map. They will colour each box in the map legend with a coloured pencil, and then write the name of the food group next to the coloured box.



“A legend gives you information about what different parts of a map mean. You will create a legend on your map by colouring in each box and writing the name of the food group next to each box in that colour. For example, if you colour one box in red, write next to it “Meats and alternatives” to show that is what the colour red means on your map.”

6. As a class, name all of the foods that are mentioned in the book. As students give these answers, write them on the chart paper. Tell students that they are going to label the provinces and territories on the map with the foods that grow there. Students will use the book as a reference. For example, they can write “apples” in red on British Columbia, and “milk” in blue on Quebec.

Here is a list of foods and the provinces they are found in included in the book:

British Columbia: apples, berries, corn, peaches, Brussels sprouts, cabbage, squash

Alberta, Saskatchewan, Manitoba: wheat (bread, pasta, cereal, crackers)

Ontario: poultry (chicken, turkey, eggs)

Quebec: dairy (milk, cheese, yogurt, butter, ice cream)

Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland and Labrador: fish, seafood

Yukon and Northwest Territories: hay, reindeer, fish, berries

Nunavut: berries, ptarmigan, Arctic hare, Arctic char, caribou, seals, narwhals, belugas

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

- ☛ Students can display their completed maps somewhere in the classroom.

Name: _____

Food that Grows in Canada

Write the names of different kinds of food in the provinces and territories where they are grown, raised, or hunted.

Legend



