
EXPLORE YOUR PLATE!

USE YOUR CREATIVITY TO HELP THE CAMPERS LEARN ABOUT THE WONDERS OF FOOD THROUGH FUN-FILLED ACTIVITIES.

SUMMER 2020



HOW DOES THIS SHEET WORK?

We've developed tricks and tips that will make it easier to adapt the healthy eating activities you offer at camp this summer. Did you know that food cards can be ordered free of charge from the PU portal? Even better, they're laminated to make them easier to wash.

THERE ARE FIVE THEMES TO DISCOVER



ORGANIZE YOUR ENVIRONMENT



A BREATH OF FRESH AIR



IN INDIVIDUAL MODE



WASH-O-THON



POWER UP TRICKS



ORGANIZE YOUR ENVIRONMENT

At camp, make sure that visual markers are clear so that campers know where to place themselves.

Plan the space you need to present your activity:

Use colour to mark off the activity space, for example with foam French fries or coloured tape.

Use your imagination! Consider marking off each camper's space during individual activities, for example with yoga mats, hoops or beach towels.

A BREATH OF FRESH AIR

Take advantage of summer to make new discoveries with your campers while enjoying time spent outdoors.

If you have access to a lawn or a field, ask your coordinator if you can use the space to grow plants with your campers and introduce them to gardening. This would allow your campers to make the connection between the vegetable garden and the food on their plates.

For further information, view the special sheet [Summer 2020: Grow a Garden and Nourish your Curiosity!](#)

Do you have access to an asphalt surface? Set up active courses that challenge the campers to memorize the food cards.

See the activity [Colourful circuit](#) for inspiration.

Nothing beats being outdoors to simulate a visit to the local produce market.

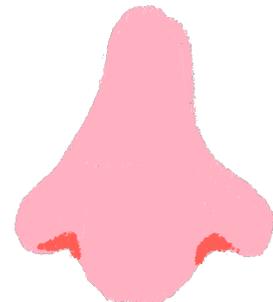
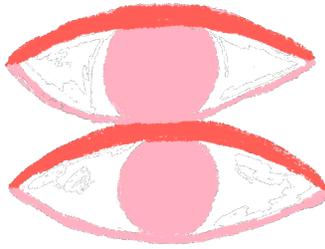
Divide your campers into two groups: clients and merchants. Help them discover foods that are grown near the camp.

That's exactly what the [Market at camp activity](#) is all about.

Yoga is the perfect activity to practice outdoors.

Encourage your campers to use their imaginations to invent food-inspired poses! Ever try apple pose?





IN INDIVIDUAL MODE

In order to avoid physical contact, favour individual activities aimed at discovering food.

Encourage the campers to discover foods using their five senses:

Favour foods that don't require added preparation before being distributed. For example, give each camper a cherry tomato rather than cutting a large tomato into smaller pieces.

View the **Tasting expert activity** for tips on how to present this activity.

Create smell pots. Here, the campers have fun discovering foods solely through smell. Make sure that each camper has a small pot, or disinfect the pot after each use.



Use food cards to create games:

Hand out food cards to your campers and ask them to create a virtual recipe. You can even host a “battle of the chefs” or ask them to present an advertising sketch featuring their new recipe.

For inspiration, check out the **Virtual chef activity**.

Create a giant bingo using food cards. To make it more challenging, use a guessing game or a charade to present the food item.

For interesting ideas, see the **Energy quiz activity**.

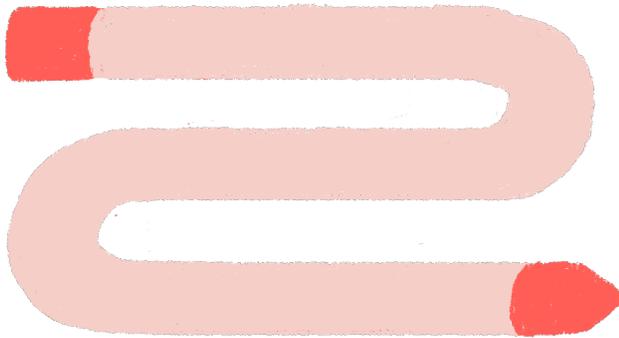
Hold a food card race. Describe a food item and have the campers take turns trying to find the matching food card.

If you like this idea, see the activity entitled **Think & run duathlon**.

Pick a food card and ask a camper to mimic the food item in question to the rest of the group.

See the **Mystery foods activity** for hours of fun and games.

Pick a food card and ask the campers to find another food item that begins with the same letter as the item you picked.

**For artistic campers:**

Carry out the Culinary creation activity with your campers, asking them to draw their favourite food and present it to the other campers.

Drawing on your favourite foods for inspiration, create a new camp theme song with your campers.

PAINTING POTATO

Did you know that you can paint with potatoes?

All you have to do is cut a potato in half, carve out the shape of your choice in one half of the potato, soak it in paint, and that's all there is to it! You can do the same with a vegetable, say a carrot or a radish, and mould it into different shapes.



Create a recipe book with your campers, inspired by the cooking workshops presented at camp or by family recipes shared by each camper. In order to avoid handling paper, favour a virtual book.

Who would have thought that a wooden spoon and a mixing bowl could become musical instruments? Form a culinary orchestra with your group, and use the occasion to teach them the name of each kitchen tool.

Need help? The **What's your Recipe?** guide will help you identify each tool.

Create "chef at camp" video capsules with your campers. Have fun shooting a video and sharing it with parents or on the camp's social media networks.

WASH-O-THON

Make hand - and equipment - washing fun and instructive.

Invite the campers to create posters about hand-washing and place them in strategic locations at camp.

For inspiration, see the activity entitled [Hand-washing is awesome](#).

If you use other types of food images, such as flyers or drawings, consider having them laminated for easier cleaning.

Disinfect materials before and after each activity, clean food items, and make sure everyone washes their hands, including counselors.

POWER UP TRICKS

Revisit a classic game, but with food-related names. Everyone knows tag, but ever hear of spaghetti tag?

Give the campers pool noodles to act as arm extenders and thus reduce direct contact.



✳️ **THANK YOU FOR PURSUING YOUR MISSION AS A COUNSELOR IN THE FIELD THIS SUMMER!** ✳️

Thank you to our loyal partners for re-reading this tool:

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