Meet Samuel. Samuel is a very curious little bike. Adventure is his middle name and he loves discovering new things. His mission: to find out where vegetables, fruits, whole grains, milk, eggs, legumes, fish and other foods are grown and bought at the farmer’s market and grocery store come from. Samuel took a ride past the harbour, the grain fields, the dairy farm, the henhouse and the vegetable garden, and even found time to visit the grocer store and the childcare centre. Samuel would love for you to join him on a journey of flavours. Let’s go for a ride and learn more about where food comes from! Who knows, you might even discover new foods!

A Journey of Flavours

Safety on board
Help the children find the letter “S” on the poster. Choose three foods, one for each colour of a traffic light: red, yellow and green. Ask the children to move around in a specific area while imitating a mode of transportation, beginning with a fishing boat. When you lift up the red food, the children should stop; the yellow, walk very slowly; and the green, walk very quickly. The mode of transportation and the foods chosen to represent the traffic light colours can change multiple times throughout the game. Once the game is over, discover and taste the red, yellow and green foods as part of a meal or snack.

At the grocery store
Help the children find the letter “A” on the poster. Ask them to name foods shown in the Journey of Flavours grocery store. Then, have them point to where each food comes from on the poster. Remember that Samuel the bike is always there to lend the children a helping hand!

Moo! Buzz! Clack!
Help the children find the letter “M” on the poster. Imitate the sound of one of the illustrations (e.g., cow, bee, hen, turkey, truck, train) or ask one of the children to do it. Then, see if the other children can find that illustration on the poster. They can also act out some of the things shown on the poster, like someone driving the school bus, growing vegetables, etc.

Up and up they grow
Help the children find the letter “U” on the poster. Ask one of the children to look around the vegetable garden and choose a food item they can use to tell a story, starting with the line “This morning, in my vegetable garden, I found…” Then, get another child to continue the story, looking at the different illustrations on the poster for inspiration. Encourage them to keep the story going!

Explore-stations
Help the children find the letter “E” on the poster. Create several stations by placing four or five hula-hoops on the ground. In the centre of each station, place a bowl containing a food or a picture of a food from different origins. Ask the children to form one or two small trains, and get them to wander around the hoops as you play some music. Then, stop the music and name one of the foods, the small train(s) should head over to the hoop containing that food. Invite the children to discover the food’s shape, colour, taste, etc. and ask them to point it out on the poster. Then, restart the music and continue playing until the children have visited all of the stations.

Little Samuel’s Fruity Delight
Help the children find the letter “L” on the poster. Invite them to create their own serving of little Samuel’s fruity delight with the following recipe.

Preparation

EDUCATOR

• Cook the cream of wheat with milk according to the package instructions, taking care to make enough for all of the children. Refrigerate for about an hour.

CHILD

• Measure the cream of wheat and spoon it into the bottom of a small, clear glass.
• Measure the honey and add it to the cream of wheat; mix well.
• Measure the berry-flavoured apple sauce and spoon it on top of the cream of wheat.
• Measure the yogurt and spoon it on top of the berry-flavoured apple sauce.
• Cut the peach into small pieces.
• Add the raspberries and peaches on top of the apple sauce.

Variation: Replace the cream of wheat with oatmeal, or replace raspberries and peaches with other seasonal fruits.

Ingredients

For a 125 mL (½ cup) serving (approx.):
• 45 mL (3 tbsp) cream of wheat, cooked with whole or 2% milk, cooled
• 2.5 mL (½ tsp) pasteurized honey
• 30 mL (2 tbsp) unsweetened berry-flavoured apple sauce
• 30 mL (2 tbsp) vanilla yogurt (about 2% M.F.)
• 5 fresh raspberries, washed
• ½ small peach, washed and peeled
• 1 mint leaf, washed (optional)

Variation: Replace the cream of wheat with oatmeal, or replace raspberries and peaches with other seasonal fruits.
Samuel’s wheels go round and round, round and round, round and round
Samuel’s wheels go round and round
All through the town

Seafood and fish come from the sea, from the sea, from the sea
Seafood and fish come from the sea
All the world around

Rows of whole grains grow in fields, grow in fields, grow in fields
Rows of whole grains grow in fields
From sunrise to sundown

Milk comes from cows on dairy farms, dairy farms, dairy farms
Milk comes from cows on dairy farms
We love to drink it down

The eggs in the nests are white and brown, white and brown, white and brown
The eggs in the nests are white and brown
Hens lay them sitting down

Cabbage and tomatoes sprout from seeds, sprout from seeds, sprout from seeds
Cabbage and tomatoes sprout from seeds
Planted in the ground

The pears and the apples grow on trees, grow on trees, grow on trees
The pears and the apples grow on trees
From orchards all around

Oh what fun it is to cook and bake, cook and bake, cook and bake
Oh what fun it is to move and shake
Our bodies up and down!

Get the children involved in singing and doing actions to the tune of “The Wheels on the Bus”.

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