

# ★ Food ★ Mission:

Conquer  
the Galaxy of  
the 5 Senses

Stories, cooking activities,  
a nursery rhyme and other  
fun activities for kids, as well  
as images and descriptions  
of foods and their origins  
available free online!



On board a rocket ship, the children will embark on a journey to discover a variety of nutritious foods using their 5 senses. Conquer the Galaxy of the 5 Senses and explore the textures, colours, shapes, smells and tastes of different foods and the sounds they make when we eat them.

On planet Touch-it-all, the children will discover different foods through touch, on Did-you-see they will discover them through sight, on Listen-up through hearing, on It-smells-good through smell and on Taste-buds through taste.

Get ready!—the journey will be full of short missions promoting the development of healthy eating habits. Your job is to have fun helping the children discover them!



### New this year!

This poster can either be hung on the wall for children aged 1 to 5 or used as a board game for children aged 4 and 5.



### The rocket ship

The rocket ship can be used as a visual marker when reading a story or as a game piece. Feel free to stick it on the poster with tape or adhesive putty.



### The mission stars

There are two activities you can do with the stars:

- 1 Reading the stories (pages 3 to 8):** Between each story, invite children to go on a space mission so that the rocket ship continues on its adventure to land on the base of all the planets. These very short and spontaneous activities give children a chance to move.
- 2 Board game (page 10):** With the children aged 4 and 5, the detachable mission cards can be used as board game elements and the rocket ship as a game piece.

# Funny short stories



## Planet Go-Go

Welcome to the Galaxy of the 5 Senses! Your mission is to travel from planet to planet in your rocket ship, discovering fun new foods while using your five senses. Are you ready for an exciting food adventure? Take off in 1, 2, 3... GO!



### Mission star

Look out the porthole of your rocket ship. Raise your hands in the air and wave hello to your friends!

## Planet Touch-It-All



Who can find the most unusual texture on planet Touch-It-All?

"Look! The surface of this planet is bumpy. It feels like a cantaloupe!"

"I found a mushroom. It feels rubbery. And it's covered in warm, stretchy melted Mozzarella cheese."

"I found peanuts. The shell is rough, but the inside is smooth."

Some of the adventurous astronauts go for a hike. The uneven surface of Mount Pineapple makes it easy to climb.

"I'm almost at the top!"

Climbing Mount Eggplant is more difficult though.

"It's too smooth and slippery. Oh! I'm sliding!"

Near Mount Pineapple, one of the astronauts discovers something strange.

"It's a space animal. It's soft and fuzzy."

The others burst out laughing:

"That's not an animal. It's a kiwi!"

"I've found something soft and fuzzy too. It's a peach!"



The last astronaut climbs onto the big slice of bread. It's springy and fluffy. It's the perfect place for a nap.

After naptime, all the astronauts go back to the rocket ship. Who found the most interesting texture?

"I did!" says the last astronaut.

"Really? What was the texture?"

"It was the rough texture... of the cat's tongue when he kissed me goodbye!"



### Mission star

Pretend you're the astronaut climbing up the pineapple and try touching the stars and saying hi to the little alien.



### Activity idea for exploring textures

Put foods or food containers with interesting textures and shapes in empty tissue boxes or opaque bags. Ask the children to describe and guess what they are touching (e.g., kiwi, slice of bread, egg, empty yogurt container, broccoli floret).

**Variation for older children:** Same as above, but ask children to also try to name foods with a similar texture.

## Planet Did-You-See



The astronauts hurry to explore planet Did-You-See. Their eyes are wide open. There are so many beautiful things to see here! Let's go!

Standing tall on a slice of watermelon, one astronaut explores the sky with a telescope.

"Look! I can see our friends."

"Who? Who?" asks the owl.

But the others are too busy exploring. They are running, building and playing.

"It's my turn to hold the tortilla," says one.

"Careful not to topple my towers. I built them out of green peas, beige tofu cubes and orange carrot sticks," says another.

"You'll scare the fish," whispers the calmest one.

Looking through the big, round portholes to the heart of the planet, the astronauts watch the beautiful array of small, medium and large sea creatures.



"I see a lobster!"

"I see clams and shrimp!"

The astronauts continue to explore, while behind the giant asparagus, two rabbits are playing hide-and-seek. Their long ears make hiding hard.

"1, 2, 3... 10! I see you!"

"Oh peppers!" huffs the bunny after he is found.

"Rabbits that talk? Now we've seen it all!" say the astronauts.



### Mission star

Oh no! The engine stopped. Hop on one foot like the astronaut who jumps on fresh cheese curds that go "squeak-squeak" to refuel the rocket ship.



## Activity idea for exploring sight

Explore the sense of sight with a "**search and find**" game for different shapes and colours (e.g., red, green and white triangle = slice of watermelon; white triangle = Swiss cheese; beige square = cube of tofu; grey circle = porthole; orange rectangle = carrot sticks).



## Planet Listen-Up

Today, there's a concert on planet Listen-Up. But first, everybody is rehearsing.

Cover your ears. It might get loud!

Two astronauts are shaking their hips on the broccoli.

*Tchik-tchik-tchik!* go the maracas.

*Tchok-tchok-tchok!* go the dried beans.

"We're ready!"

On the giant piano, an astronaut jumps from key to key, inventing a song that makes her friends dance.

*Pling-plong-pling!* goes the piano.

"I'm ready too!"

Next, the techy-astronaut records some funny sounds with his microphone.

*Crackle-crackle!* go the flying almonds.

*Crunch-crunch!* goes the cereal in the milk.

"All set here!"

*Squeak-squeak!* What's that sound? It's another astronaut rehearsing her act.



"This fresh cheese adds interesting notes," she says while jumping on a delicious pile of Cheddar cheese curds.

"I'm ready when you are!"

Spoon in hand, the chef-astronaut keeps the beat.

*Pok! Pok! Pok!* goes the shell of the hard-boiled egg.

"I'm ready for the concert!"

Even the animals are rehearsing. The barnyard trio is making quite a ruckus.

"Mooooo!" goes the cow.

"Cock-a-doodle-doo!" goes the rooster.

"Oink! Oink! Oink!" goes the pig.

The last act to rehearse is the family of chickens, when suddenly... *Zoom! Boom! Bam!*

"Oops! We may need to practise a little bit more," cluck the baby chicks.



### Mission star

Dance for a few minutes to the imaginary music coming from the planet.



## Activity idea for exploring sounds

Invite children to sample various foods. Rather than ask what the foods taste like, ask the children what sounds they make when they chew them. Try to find funny onomatopoeias (e.g., raw apples go "crunch-crunch," yogurt goes "slurp," toast goes "crackle"). To liven up the activity, get a puppet with a mouth and demonstrate how the jaw moves while chewing.

## Planet It-Smells-Good



As soon as they land on planet It-Smells-Good, the astronauts begin to sniff around. Their mission: to find the delightful scent of vanilla. This will be challenging because the planet is full of wonderful smells.

"Mmmmm... Here, my nose smells roast chicken."

"Mmmmm... Here, my nose smells oatmeal muffins."

"Mmmmm... Here, my nose smells basil, rosemary and chives. The scent of herbs makes me want to whip up a tasty yogurt dip."

But where is the scent of vanilla? The astronauts sniff and sniff.



"I can smell flowers... but not vanilla."

"I can smell pasta with tomatoes and melted cheese... but not vanilla."

"I can smell strawberries... but not vanilla."

Will the mission fail? The astronauts are discouraged.

Luckily, the wind changes direction and a familiar smell tickles their nostrils.

"I can smell cinnamon and... and... VANILLA!"

The astronauts quickly run in the direction of the new aroma. But as they get closer, another smell starts to emerge. And this new smell is... well... strange.

"It's vanilla and... old socks?"

"It's vanilla and... garbage?"

"It's vanilla and... SKUNK!"

"Congratulations," says the little skunk. "You have found the scent of vanilla!"



### Mission star

Run in place. You're trying to find another scent.



### Mission star

The rocket ship is slowing down—it's running out of fuel. Lie on your back and pretend to ride a bike to restart the engine.



## Activity ideas for exploring scents

Put various herbs and spices in small, empty spice jars. Make two identical sets of jars. Put the first set on a table and present the second set to the children. Then ask them to find the corresponding jars on the table. If the children would like to explore herbs and spices even more, ask them to draw a dish or snack that makes them think of a certain herb or spice. Sprinkle a small amount of that herb or spice in the corner of their drawing. Put a piece of transparent tape over the herb or spice to lock in the scent. Assemble all the drawings to make a collection of scents!

## Planet Taste-Buds



Space travel makes you hungry! The astronauts decided to have the biggest picnic in the galaxy when they land on planet Taste-Buds.

One by one, the astronauts set their favourite foods on a huge picnic blanket.

"I brought milk and yogurt!"

"I brought fruit. I have strawberries, raspberries and blueberries. Yum!"

"I brought vegetables. I have a delicious pepper and a juicy tomato."

"That's great! Let's wash and cut everything up so we can all share."

"We can dip the veggie slices and the pita bread in the hummus."

"Yes! That will be delicious!"

The crew is really looking forward to eating together at the picnic. But once the picnic is set, the astronaut with the white-and-yellow suit is missing. The picnic can't start without him. Where can he be? His friends go looking for him.

"He's not behind the glass of milk."

"He's not below the bowl of yogourt."

"He's not in front of the big spoon."

"He's not under the picnic blanket."

"He's not on the yellow pepper."

"He's not near the bowl of hummus."

"He's not next to the big fork."

Suddenly, a little voice makes them look up.

"Ha! Ha! Ha! I'm here, floating above you!  
I went to get the plates. Now the picnic can start! Let's eat!"



### Mission star

Swim quickly in space to help the rocket ship reach planet Touch-down.



## Activity idea for exploring flavours

Invite the children to do a sampling activity featuring plain yogurt. Ask them to guess the flavour when various ingredients are added to the yogurt.

Try adding ingredients such as strawberries, apples, bananas, lemon zest, cinnamon, vanilla, etc.

## Planet Touch-Down

Our food exploration in the Galaxy of the 5 Senses is almost over. Which food did you find the most exciting? Would you like to discover other foods? At meal and snack times, have fun looking, listening, smelling, touching and tasting the wonderful world of foods around you. Landing in 1, 2, 3... Happy eating!



## Cooking activity



### Crunchy Galactic Rainbow

#### Ingredients for each child:

- ✓ 1 thin slice of each of the following bell peppers: red, orange, yellow and green
- ✓ 2 cauliflower florets, blanched
- ✓ 3 tbsp (45 mL) plain Greek or Balkan-style yogurt, 2% M.F. or higher
- ✓ ½ tsp (2.5 mL) curry powder
- ✓ A pinch of garlic powder
- ✓ A pinch of salt (optional)

#### Variation:

Replace the dip's curry powder with chives and the garlic powder with onion powder.

#### Steps for adults:

- 1 Wash and cut the vegetables.

#### Steps for children:

- 1 Place the bell pepper slices on your plate in the shape of a rainbow.
- 2 Place the cauliflower florets at the ends of the bell pepper slices so that they look like clouds.
- 3 Measure 3 tbsp (45 mL) yogurt and put it in your bowl.
- 4 Measure and add curry powder, garlic powder and salt. Mix well.

## Did you know...

**Children need fat for brain development. Fat is also a source of energy and it helps the body to absorb certain vitamins. That's why it's a good idea to offer children nutritious foods that contain fat, such as avocados and cheese. Before the age of 2, children should be given whole milk (3.25% M.F.). For children aged 2 to 5, you can offer them 2% or 3.25% M.F. milk.**

**As soy beverages, even fortified versions, contain less fat, they are not recommended before the age of 2, unless advised by a medical professional. Other plant-based beverages (e.g., rice, almond, etc.), even if they are fortified, are also to be avoided as a toddler's main beverage, in part due to their low protein and fat content.**

# Nursery Rhyme

## Galaxy of the 5 Senses

To the tune of  
Twinkle, Twinkle, Little Star  
Won't you join us on a trip  
In our flying rocket ship  
Berries, carrots and tofu  
Cereal with milk for you  
Which foods would you like to try  
As we fly across the sky

This adventure has begun  
Let's explore and have some fun  
Listen, look, feel, hear and smell  
These are senses you know well  
Five planets to discover  
Five senses to uncover

As we land our rocket ship  
After this exciting trip  
Berries, carrots and tofu  
Cereal with milk for you  
Learning about foods we eat  
Made this adventure complete



Get the children moving by encouraging them to invent different gestures during the nursery rhyme.

## Board game for children aged 4 and 5

**Separate and cut out the 16 mission cards.** The poster doubles as a board game and the rocket ship as a game piece. The objective of the game is to leave planet Go-Go and travel to planet Touch-down. On its journey, the rocket ship encounters mission stars. When the rocket ship stops on a mission star, ask a child to pick a card. The rocket ship can only continue on its journey once the group has completed the mission!



Creativity



Guessing  
game



Yoga



Mime

# Free Online Tools

Pictures of foods  
and their origins  
are available at:



## Teach **Nutrition**.ca/poster2018



**Pictures you can print and use for fun  
and educational activities with children!**

### Lunch and learn

Using printable pictures available online, take a few minutes before the snack break or lunchtime to explore the foods on the menu with the children. Exploring with the 5 senses is a great way to get children to embrace new foods!

### Matching game

Design a course for the children. At one end of the course, place the "characteristics" pictures or the "origin" pictures (or both, depending on the desired challenge level based on the age of the children). At the other end of the course, hang the poster on the wall or lay it on the floor. Taking turns or as a team, the children pick a picture and follow the course to the poster. Once they reach the poster, they try to find the food in question.

### Giant memory game

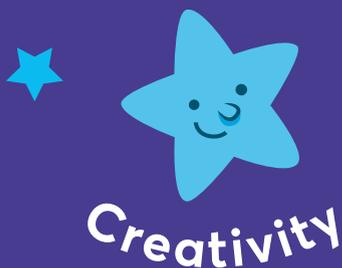
Print two sets of pictures in large format. Lay them on the floor facing upward so that the children can memorize the pictures. Then flip the pictures over, face down. The children have to find the matching pictures. To make the activity more challenging, print just one set of "characteristics" pictures and one set of "origin" pictures. Invite the children to find the origin picture that corresponds to the food picture. Then ask the children to find the food on the poster. Ask them to describe the food using their 5 senses.



Creativity



Guessing game



Creativity



Guessing game



Creativity



Guessing game



Creativity



Guessing game



Yoga



Mime



Yoga



Mime



Yoga



Mime



Yoga



Mime



## Mime

**I'm... eating an apple.** Without speaking, mime the action and try to get your friends to guess what you're doing.

## Yoga

**Rocket ship pose:** Stand on one foot and bend your other leg at the knee. Raise your arms and bring your hands together over your head.  
1, 2, 3—Take off!



## Mime

**I'm... spreading something on a slice of bread.** Without speaking, mime the action and try to get your friends to guess what you're doing.

## Yoga

**Astronaut moving through space pose:** Lie on the floor on your belly. Raise your feet to the sky. Stretch your arms forward and lift your head. Wow!



## Mime

**I'm... drinking a glass of milk.** Without speaking, mime the action and try to get your friends to guess what you're doing.

## Yoga

**Cow pose:** On hands and knees, inhale, raising your bum and stretching out your chest like a cow. Look up at the ceiling and exhale with a long *mooooo!*



## Mime

**I'm... cracking an egg into a bowl.** Without speaking, mime the action and try to get your friends to guess what you're doing.

## Yoga

**Rabbit pose:** Crouch on the ground. Place your hands between your legs and hop like a bunny!  
1, 2, 3, 4, ..., 10.



## Guessing game

Who am I? I'm orange, I grow in the ground, rabbits love me, and I make a "crunch" sound when I'm eaten.

Answer: A carrot

## Creativity

Using play dough, make a fruit or vegetable from the poster (e.g., green peas, blueberries, carrot, pumpkin). Invite others to guess what your food item is and find which planet it is on.

## Guessing game

Who am I? I'm wet, I'm white, I taste good served cold, and you can drink me because I'm a liquid.

Answer: Milk

## Creativity

With pencils and paper, draw a dairy product (e.g., milk, yogurt or cheese). Invite others to guess what your food item is and find which planet it is on.

## Guessing game

Who am I? I'm hard yet very fragile. I'm brown or white on the outside and white and yellow on the inside. People like to eat me hard-boiled, sunny-side-up or scrambled.

Answer: An egg

## Creativity

Using paper and scissors, cut out the shape of a fish. Invite others to guess what your food item is and find which planet it is on.

## Guessing game

Who am I? I'm brown and soft. I'm often eaten in the morning, toasted, with butter, peanut or peabutter. I can also turn into a sandwich when there are two of me.

Answer: Bread

## Creativity

With pencils and paper, draw a food that helps you grow. Have others guess what your food item is and find which planet it is on.

