

Food Explorers

Welcome! Today, we're going on a food adventure. We will use our senses to discover some mystery foods, explore how these foods grow, and follow their journey to our plates.

1

Using Your Senses

Our senses help us explore food in fun and exciting ways! Think about the taste, texture, smell and appearance of food as we move through this food journey.



2

Mystery Food #1

Hints: I can be made into many different shapes. People eat me for breakfast in the morning. You can eat me with a spoon. I am made from different grains.



3

Mystery Food #2

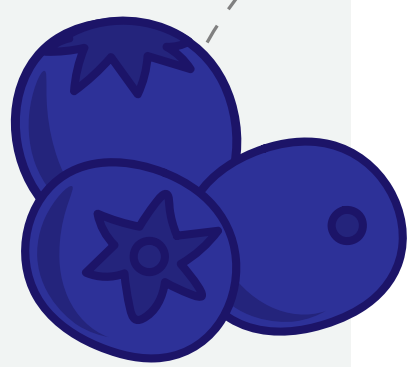
Hints: I grow on a vine. I can be big or small. I often have seeds in my center. I usually get baked in the oven. You can carve me at Halloween!



6

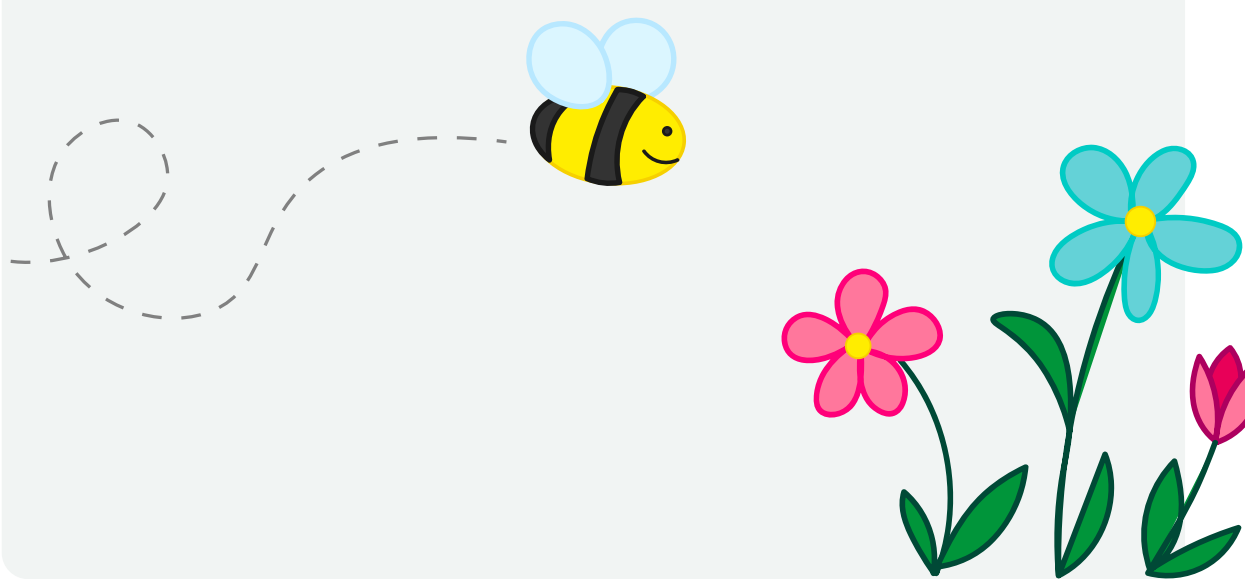
Different Ways to Enjoy Blueberries

- Fresh blueberries
- A blueberry smoothie
- Blueberry jam
- Blueberry pie
- Dried blueberries in a trail mix



5

The Journey of the Blueberry



4

Mystery Food #3

Hints: I am small and round. I usually am sweet. I ripen in the summer. People and animals like to eat me.



7

Mindful Eating

Eating mindfully means paying attention to the food we eat, appreciating where it comes from, and enjoying all the flavors, textures, and smells.

8

Stay Curious

Food is all around us, and every bite has a story.



9

Affirmations

"I can explore food with all of my senses."

"I nourish my body with different kinds of foods."

"I am open to trying new things."

10

Congratulations!

Thank you for joining in on this food adventure!



Reflection Question

Do you know the journey of your favourite food?
How does it get from its source to your table or lunch kit?

Every meal or snack can be an adventure! We challenge you to find a new food this week and explore it with all of your senses.

