



## TIPS for an engaging reading session

### BEFORE

- Introduce the book's theme to the group.
- Draw out the campers' prior knowledge on the theme.
- Use elements like the title, cover, and images to make predictions about the book.

### DURING

- Vary your voice and intonation
- Ask the campers questions. (E.g. Do you know this vegetable? Did you know the color of this fruit?)
- Connect the story to their own experiences. (E.g. Have you ever been in the same situation? Have you ever tasted this food?)

### AFTER

- Asks questions and prompts discussion (E.g. Would you have done the same thing? Why do you think he acted that way?)
- Play a game with your group on the theme of fruit and vegetables to make a link with their reading and take further in the exploration and development of knowledge.

**Suggestion** On the following pages, you'll find some ideas for games, according to your age group. The important thing is to have fun!

## 5 QUICK WAYS to introduce reading to a camp



Read outside, lying on the grass or a blanket.

Act out the story using charades and miming – no speaking.

Have campers act out the roles in the story.



Use a book as a reference (e.g., sports rules).

Introduce new words into your activities: have the campers read things like recipes or experiments.



# GAME 1

## What am I ?



### Materials

**Food cards** – Available to download and print from the [Power Up portal](#).

**Suggestion** If you don't have food cards, you can cut out pictures of fruits and vegetables from grocery flyers. Or do an art workshop to draw fruits and vegetables before the activity.

### Preparation

Sort the fruit and vegetable cards from the pack of food cards.

### Goal

Develop campers knowledge of fruit and vegetables.



### Game description

1. Divide the campers into two or three teams and have them come up with a team name related to fruit or vegetables.
2. Place the food cards (about 20) in front of the campers. The cards are used as answer options.
3. Provide a clue about a fruit or vegetable among the options available to the campers.
4. Have the teams provide an answer.
5. A team that provides a correct answer gets one point, and a new clue is given.
6. If no team can provide a correct answer, give additional clues until the campers can correctly identify the food.
7. The winner is the team with the most points.
8. Ask the campers if they recognize the foods identified in the game and if they know about them (taste, origin, use, storage, etc.).



**Look for this icon for reading suggestions.**

## Variations

- ▶ Hide the food cards to do a food hunt. Once the cards have been hidden, provide clues so the campers guess which food they should find.
- ▶ Have the campers taste the foods they find. This enables campers to explore new foods.

## EXAMPLES of fruits and vegetables to discover

### **Blackcurrant:**

1-I grow on a shrub. 2-I am a berry that grows in bunches. 3-I am very dark in colour, almost black. 4-My first letter is the same as the first letter in the word "berry."

### **Carambola (star fruit):**

1-I am an exotic fruit. 2-I am a refreshing food; I have a fragrant aroma and a sweet taste with a bit of tang. 3-I am yellow. 4-When you cut me cross-wise, I make a star shape.

### **Red currant:**

1-I am a berry. 2-I can be white or red. 3-I grow in bunches. 4-My first letter is the same as the first letter of the word "rosemary."

### **Jackfruit:**

1-I am a large fruit originally from India. 2-My flesh is yellow. 3-I am sweet and taste similar to mango and pineapple. 4-My name rhymes with "root."

### **Manioc:**

1-I have a long shape. 2-I am a root vegetable. 3-My flesh is a little like a potato's. 4-I have to be cooked before eating.

### **Bok choy:**

1-I am a vegetable originally from China. 2-I am in the cabbage family. 3-The ends of my stalks are green. 4-I am also known as "pak choy."

### **Daikon:**

1-I am a vegetable originally from Japan. 2-My flesh is white. 3-I taste slightly peppery. 4-I have the same shape as a carrot.

### **Alfalfa:**

1-I am a plant. 2-My sprouts are edible. 3-I can replace lettuce in a salad or a sandwich. 4-I am green in colour.

### **Mung bean sprout:**

1-I am an Asian vegetable. 2-I am known for being eaten in chop suey. 3-My name has three words. 4-I am in the bean family.

### **Edamame:**

1-I am a legume. 2-I am a form of soybean. 3-Only my beans are eaten. 4-My beans are green.

## GAME 2

# Find the connections



### Materials

**Food cards** – Available to download and print from the [Power Up portal](#).

**Suggestion** If you don't have food cards, you can cut out pictures of fruits and vegetables from grocery flyers. Or do an art workshop to draw fruits and vegetables before the activity.

### Goal

Develop campers' knowledge of fruit and vegetables.

### Game description

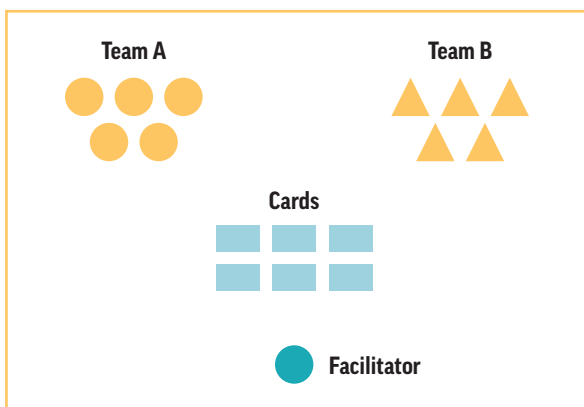
1. Divide the campers into two teams and have them come up with a team name related to fruit or vegetables.
2. Have each team choose a spokesperson.
3. Select 5 or 6 fruits or vegetables that have something in common (see the table on the connections between foods on the next page).
4. Place the selected food cards face down on the ground in front of the campers.
5. Turn over two of the food cards.
6. Give the teams 30 seconds to discuss and find the common feature between the two fruits or vegetables.
7. Have the teams shout their team name if they have found an answer.
8. Ask the first team that shouts its name to give their answer.
9. If their answer is correct, give the team a point and turn over two other food cards.



Look for this icon for reading suggestions.

10. If their answer is incorrect, give the other team a chance to answer. If their response is correct, give them a point and turn over two other food cards.
11. If their answer is incorrect, turn over another food card.
12. Proceed with steps 6 through 11 until one of the teams has found the connection among the foods or until all the food cards have been turned over.
13. If all the foods are visible and neither team has found the connection, provide the correct answer.
14. Ask the campers if they know of other fruits or vegetables with the same characteristic.

**Suggestion** Give a bonus point for each food named.



Points summary – **1 point per correct answer**

## Variations

- ▶ Vary the fruits and vegetables and the connections among them (e.g., colour, texture, taste, origin, etc.).
- ▶ Incorporate physical activity (e.g., have the campers run up to you to provide the answer, have the campers perform 10 jumping jacks before giving their answer, etc.).
- ▶ Introduce the campers to new fruits and vegetables. Incorporate less-common fruits and vegetables among those that are more usual.



**CONNECTIONS between foods**

Connection	Fruits and vegetables
Local fruits and vegetables	Apple, cranberry, carrot, cucumber, tomato, garlic, haskap, squash, strawberry, blueberry, raspberry, broad bean
Vegetables that grow underground	Carrot, radish, potato, parsnip, rutabaga, daikon, beet, celeriac, onion, fennel, manioc, Jerusalem artichoke
Fruits that grow on trees	Banana, avocado, sea buckthorn berry, plantain, carambola (star fruit), cherry, lemon, clementine, date, fig, dragon fruit, jackfruit, guava, kiwi, passionfruit, lime, litchi, mangosteen, mango, nectarine, coconut, orange, grapefruit, papaya, peach, pear, apple, pomegranate, plum, prune
Fruits and vegetables that grow on top of the soil	Cantaloupe, mushroom, cabbage, red cabbage, pumpkin, cucumber, squash, lettuce, watermelon, honeydew melon, pattypan squash
Citrus fruits	Grapefruit, lemon, lime, orange, clementine
Exotic fruits	Pomegranate, papaya, mango, mangosteen, litchi, guava, jackfruit, dragon fruit, passionfruit, fig, date, carambola (star fruit), pineapple, sea buckthorn berry
Pitted fruits	Cherry, date, peach, nectarine, plum, mango, prune
Fruits with seeds	Blueberry, haskap, raspberry, strawberry, cantaloupe, honeydew melon, watermelon, lemon, apple, pear, fig, orange, papaya
Berries	Blueberry, blackberry, strawberry, raspberry, sea buckthorn berry, cranberry
Soft fruits	Banana, plantain, raspberry, passionfruit
Crunchy vegetables	Carrot, rutabaga, radish, parsnip, fennel, endive, daikon, squash, celeriac, celery

## Connection

## Fruits and vegetables

Soft vegetables

Tomato, mushroom, avocado, eggplant

Fruits or vegetables starting with the letter C

Cabbage, carrots, cauliflower, celery, cherry, chili peppers, citrus, clementine, corn, coconut, cucumber, cranberry

**Suggestion** you can use any letter.

Red fruits or vegetables

Beet, cranberry, cherry, red cabbage, strawberry, raspberry, red currant, mango, nectarine, chili pepper, bell pepper, apple, pomegranate, radish, rhubarb, tomato

**Suggestion** you can use any colour.

