

## Food Activity Planning

Things to consider:

- food systems
- marketing/ads
- local and seasonal
- traditions, family habits
- food security
- nutrition

Age and ability of kids

Food allergies, special dietary needs

- NOT preferences!!

Budget

Time constraints

- how much time do you have for the activity?
- how long will it take to pre-prepare food (e.g. wash veggies, fruit), can this be part of your programming and recipe choice
- factor in clean up time!

Food safety:

- review at first session
- if different kids each time, need to review each time

Local, seasonal choices when possible

- grown in BC, Canada

Nutrition:

- focus on fruits and veggies
- include at least 2 food groups
- lower fat and sugar
- higher fibre, protein

Include food facts:

- nutrition
- interesting facts about 1 or 2 of the foods served:
  - where it's grown
  - what part of plant
  - interactive food game
- what does your family like to eat

- trace where our food comes from

Think about progression over the weeks:

- start with easy activities
- have more complicated recipes later
- plan based on overall program, but with some flexibility!