



Fun stuff for food literacy: **Food fun for Kids!**

Downloadable resources designed with healthy eating for youth in mind.

Food-themed fun for kids

Puzzles, games & colouring pages

Go to: <http://www.breakfastforlearning.ca/en/alberta/for-kids-only> and scroll down to the **Activities** section to select and download some great resources for kids, or explore the links at the top of the page.

Veggie Mania play & learn cards

Cards that combine food facts and fun, along with game and teaching ideas. Go to: <http://www.freshvegetablesontario.com/index.php?action=display&cat=12>

Ontario Farm Fresh colouring sheets

A dozen colouring sheets from **Ontario Farm Fresh**: <http://ontariofarmfresh.com/consumers/colouring-for-kids/>

Foodland seasonal colouring pages

Seasonal colouring pages featuring Aggie, the **Foodland Ontario** mascot: <http://www.foodland.gov.on.ca/english/kids.html>

Kid-friendly recipes: for mom

Breakfast For Learning menus & recipes

Complete menu plans and recipes for breakfast, lunch and snack time: <http://www.breakfastforlearning.ca/en/services-a-information/resources/menu-plans>

Doling out breakfasts for SuperKids

Tried and true breakfast recipes for kids on the **Dole** website: <http://www.dole.com/SuperKids/Recipe/tabid/715/Default.aspx>

Proof that eating healthy can be cool

Healthy recipes for every meal to capture the interest of kids 9–12 (and the rest of the family too)! <http://www.kidnetic.com/recipes/>

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Online farm resources

Going to the farm without leaving home

Virtual farm tours for every type of farm imaginable from the Ontario Farm Animal Council. <http://www.farmissues.com/virtualTour/en/index.html>

Weird and wonderful farm facts

Explore the **Farmz on Wheels** exhibit virtually and learn about poop power, weird things, the Canada Food Guide and the impact of food choices: <http://www.ofac.org/farmz/tour.php>

Farm animal videos

Video library of everything you ever wanted to know or ask about farm animals. <http://www.farmissues.com/vidLibrary/>

Agri-Education: for teachers

OAFE posters and more

Explore the resources at the Ontario Agri-Food Education website. Resources indicate the target age group, and while most are intended for the classroom, there are posters and food facts that might be suited for your stall or a display area. <http://www.oafe.org/Default.aspx?tabid=7>

OFAC dishes the dirt on farming

Download “The Real Dirt on Farming”: 44 pages of facts from this link: <http://www.ofac.org/pdf/DirtEng2011.pdf>

Dieticians on teaching nutrition

A website for teachers wanting to teach about nutrition created by dieticians: <http://www.teachnutrition.org/>

Online Games & Activities

Who knew mushrooms could be such fun?

Learn all about mushrooms in adventures with the Cap Crew at the Mushrooms Canada website: <http://thecapcrew.ca/>

Chicken lover facts and amusements

Games, chicken facts, virtual chicken farm tour, word puzzles, colouring pages and more at a link from **Chicken Farmers of Ontario**. http://www.chickenlover.ca/cfo_barn/barns.htm

Farmers just want to have fun

The **Farmers Feed Cities** website offers a downloadable game called Chatterbox, plus a beautiful full-colour poster with puzzles and word games on the back, activity pages and links to other resources: <http://www.farmersfeedcities.com/RESOURCES.aspx>

Doling out funnies

Enjoy comics, music and multi-media adventures at the Superkids section of the **Dole** website: <http://www.dole.com/DoleHTMLSuperKids/tabid/1173/Default.aspx>

Fruit and veggie fun

Fruit & veggie fun at Freggie Tales: <http://freggietales.ca/>

Kids + energetic = Kidnetic

On and offline activities to get kids eating better, moving more, and learning about food and the human body: <http://www.kidnetic.com/>

Dream up your perfect sandwich

Build your dream sandwich and take a virtual tour of a virtual butcher shop at **Homegrown Ontario**: <http://homegrownontario.ca/virtual-butcher-shop/>

Worth ordering

To order fabulous 32- and 72-page colouring books on different kinds of farming at <http://www.ontariomapple.com/promotion-store/colouring-books.html>

