

A World Of Food In Canada



Credits

The 4-H Pledge

I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service,
my Health to better living, for my club, my community,
my country, and my world.

The 4-H Motto

Learn To Do By Doing

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CANADA
4-H Ontario

Original 'A World of Food in Canada' 4-H project released in 1967 for Canada's Centennial year.

A special thank you to the 4-H Associations and Volunteers from Grenville, Grey, Parry Sound, Wellington and York that piloted the Cloverbud Program for 4-H Ontario. Their feedback, dedication and enthusiasm helped in the development of the program materials and was greatly appreciated.

4-H Ontario is pleased to be able to provide project resource reference manuals for use by volunteers in clubs. 4-H Ontario screens and trains volunteers to equip them with the tools to serve as positive role models for youth. With so many topics to choose from, 4-H volunteers are trusted to use these resources to provide safe and quality programming while using their judgement to assess the appropriateness of activities for their particular group of youth. By downloading any 4-H resource, you agree to use it for 4-H purposes and give credit to the original creators. Your provincial 4-H organization may have restrictions on the types of 4-H projects or activities which can be completed in your region.

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4-H Inclusion Statement

4-H in Canada is open to all* without discrimination based on race, national or ethnic origin, colour, religion, sex, age or, mental or physical disability.**

4-H is dedicated to providing a safe and inclusive environment that allows for universal access and participation. Where barriers to participation are identified, 4-H will, with reasonable accommodation, adapt programs, rules, policies, or expectations to reduce or remove the barriers.

Any accommodations, changes or exceptions will be assessed on an individual basis, taking into account the individual experience of the member and their family. The physical safety and emotional well-being of members, leaders, staff and volunteers is 4-H's highest priority, and is the ultimate consideration in final decisions.

4-H Canada and local 4-H organizations consider inclusion a priority. Leaders are encouraged to work with individuals and their families to identify and discuss accommodations as required, and to reach out to provincial or national office staff for help with unresolved concerns.

**This applies to youth members (ages 6 to 21), volunteers, leaders, staff and professionals.*

***Definition of discrimination as per Canadian Charter of Rights and Freedoms.*

Déclaration sur l'inclusion des 4-H

L'adhésion aux 4-H au Canada est ouverte à tous les jeunes* sans discrimination fondée sur la race, l'origine nationale ou ethnique, la couleur de la peau, la religion, le sexe, l'âge ou le handicap mental ou physique. **

Les 4-H ont pour mission d'offrir un environnement sécuritaire et inclusif qui permet l'accès et la participation de tous. Lorsque des obstacles à la participation sont décelés, les 4-H adapteront, à l'aide de mesures d'adaptation raisonnables, les programmes, les règles, les politiques ou les attentes afin de réduire ou d'éliminer ces obstacles.

Toute mesure d'adaptation, modification ou exception sera évaluée au cas par cas, en tenant compte de l'expérience personnelle du membre et de sa famille. La sécurité physique et le bien-être émotionnel des membres, des animateurs et des animatrices, des membres du personnel et des bénévoles sont la priorité absolue des 4-H et constituent le facteur ultime à considérer lors de la prise des décisions définitives.

Les 4-H du Canada et les organisations locales des 4-H considèrent l'inclusion comme étant une priorité. Les animateurs et les animatrices sont encouragés à collaborer avec les personnes et leurs familles afin de définir et d'examiner les mesures d'adaptation, selon les besoins, et de communiquer avec le personnel du bureau provincial ou national pour obtenir de l'aide en cas de préoccupations non résolues.

**Ceci s'applique aux jeunes membres (âgés de 6 à 21 ans), aux bénévoles, aux animateurs, aux membres du personnel et aux professionnels.*

***Selon la définition de discrimination en vertu de la Charte canadienne des droits et libertés*



Community Event Checklist

Community Events refer to activities hosted and organized by an outside party that are attended by a 4-H group.

Examples include, but are not limited to: club members volunteering at a community event or fundraiser, or attending an exhibition or a trade show.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practices to reduce risk. The suggested risk management strategies are considered minimum standards for participating in a community event.

Preparation

- All youth members and their parents/guardians are informed of potential risks involved in the activity, as well as the safety rules and procedures.
- Safety rules and procedures are learned prior to participation.
- Emergency contact and medical information for all participants will be on-hand throughout the event, as well as dedicated phones for emergencies.
- A first aid kit will be available.
- Set a muster point at the event for everyone to gather in case of an emergency, or if separated from the group. Ensure all participants are aware of this emergency plan.

Supervision

- Adheres to Youth Safety Supervision Policy, Rule of Two, and Supervision Ratios.
- At large events, you may partner with other 4-H groups to provide greater supervision coverage.
- Members must stay within supervised areas as explained by leaders.
- At a public event, the overall group may break into smaller groups. Smaller groups may be supervised in public view by one trained leader or screened volunteer. The maximum number of youth per supervisor must follow the supervision ratio.
- There must never be a situation where an adult is one-on-one with a youth. If a member needs individual attention, engage a fellow supervisor or another adult for assistance.
- Ensure all adults communicate a safety plan to youth and everyone knows how to contact the trained leader in charge in case of an emergency.
- If working in conjunction with another volunteer group, members must be supervised by a 4-H trained leader and/or trained volunteer. Volunteers from other organizations have not met our screening requirements.
- Safety rules and procedures are enforced throughout the activity.
- Emergency action plan is in place to deal with accidents/injuries.

Clothing/Footwear

- Appropriate and properly fitted footwear is worn.
- Appropriate clothing is worn.

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CANADA
4-H Ontario

INTRODUCTION TO A WORLD OF FOOD IN CANADA:

Objectives & Goals of the Unit:

- Gain an appreciation for the size and number of provinces and territories within Canada.
- Gain an appreciation for the large number of countries in the world and the various cultures and types of food from each country.
- Try new foods and learn about ingredients that may be new and not used in everyday Canadian cooking.
- Learn about the origins of some of the foods we enjoy here in Canada.

Background:

There are 190 countries in the world and people from all 190 countries can be found in Canada! Learn how our food habits are influenced by Canadians of many different backgrounds and gain respect and appreciation for the traditional food practices of various cultural groups who have made this country their home – all while trying out some great tasting food! In this unit, Cloverbuds will explore the world of food with this project through fun, hands-on activities.

4-H PLEDGE & ROLL CALL

Suggested Roll Calls:

- Name your favourite meal.
- Name a kind of country/province/area you have visited. What did you eat when you were there?
- Have you tried a new food in the last month that you have never ate before? What was it? Did you like it?

Time Frame: Units are to be completed in a two-hour time frame. There is more material here than can be covered in two hours. Please choose activities according to the age and abilities of your clover bud participants.

GETTING STARTED

Provinces and Territories in Canada Wordsearch

Activity Time: 10-15 minutes

Materials Needed:

- “Provinces and Territories in Canada” Wordsearch (found in the Resource section at the end of this unit)
- “Provinces and Territories in Canada” Answer Sheet (found in the Resource section at the end of this unit)
- Writing Utensils

Print enough word searches for every Cloverbud. Distribute word searches and writing utensils and give Cloverbuds at least 5 minutes to work independently on the activity. After the time is up, or once everyone is finished, gather Cloverbuds and go over each of words listed on the word search.

This is the Way

Activity Time: 10-15 minutes (depending on the size of the group)

Materials Needed:

- Small bottle of hand soap
- Water/Access to a sink
- Towels

Provide a small bottle of hand soap and towels. Have access to a hand-washing sink.

Let participants practice washing their hands. Remind them that bakers must wash their hands often. As they wash their hands, have them sing the entire Happy Birthday song. Once they have finished singing, they have then washed their hands for long enough.

LET'S EXPLORE

Kitchen Mystery Box

Activity Time: 15-20 minutes

Materials Needed:

- Kitchen items used to make a variety of recipes in the kitchen
 - Box (to be used as the Mystery Box)
-

In advance, collect items used in the kitchen: cookie cutters, measuring cup, measuring spoons, rolling pin, spatula, whisk, etc.

Place one of the items in the box without the participants seeing what it is. One participant feels in the box, without looking, and guesses what it is. Continue until all participants have had at least one turn.

NOTE: It is helpful to have all the items out and in front of you to show the participants and let them touch them as you all discuss what each one is used for before doing this activity.

Grown in Canada Match Game

Activity Time: 20-30 minutes

Materials Needed:

- Grown in Canada Match Game worksheets (found in the Resource section at the end of this unit)
- Cardstock
- Scissors
- Access to laminating if possible

In advance, print out the Grown in Canada Match Game worksheets. Cut out each square and if possible, laminate each game square.

Have participants sit in a circle (or around a table). Mix up game squares and place them scattered on the table face down.

Player #1 turns over two game squares. If the game squares match, the player keeps those squares, receives a point and gets to have another turn. If the game squares don't match, they squares are turned back over and the next participant can take their turn. Once all of the game squares have been matched, the game is over and points can be added up.

When a match has been made, have participants name what is on the game square.

LOOKING WITHIN

Baker's Hat

Activity Time: 15-20 minutes

Materials Needed:

- White construction paper (enough for one for each participant)
 - Markers
-

- Crayons
- Stamps and stamp pad (optional)
- Tape
- Pink craft foam
- Glue

Provide each participant with a large piece of white construction paper. Let them write on (or stamp or colour) their hats. Do not have them glue on craft supplies as these might fall off when working with food.

When done, roll into a cylinder shape and tape for a baker's hat!

Recipe Time! - Hummus (Saudi Arabia)

The word hummus is actually the Arabic word for chickpea. It is made of softened and pureed chickpeas, garlic, olive oil, and lemon juice. Hummus is one of the most widely eaten and popular foods in the Middle East. In North America it is often served as a dip or appetizer with flatbreads or fresh vegetables.

Activity Time: 15-20 minutes

Materials Needed:

- Blender/food processor
- Liquid and dry measures

Ingredients:

- 1/4 cup (60mL) lemon juice
- 2 cups (500mL) canned chickpeas (garbanzo beans), drained and rinsed
- 1/4 (60mL) cup olive oil
- 2 tsp (10mL) chopped garlic
- 1 tsp (5mL) grated lemon zest, optional
- 1/2 tsp (2mL) salt

Instructions:

Read the recipe completely. Assemble all ingredients and equipment.

1. Place all ingredients in a blender or food processor.
 2. Process until the texture is slightly chunky. Taste and add more lemon juice if desired.
-

3. Serve with pita bread, fresh vegetables, or crackers.

Yield: 2 cups (500mL)

Recipe Time! - Strammer Max (Open Face German Sandwich)

Strammer Max is a German open-faced sandwich that's served warm and has numerous variations. It's usually made with a slice of rye or wheat flour bread that can be toasted and buttered or fried in oil or butter. The bread is seasoned with salt, pepper, and (sometimes) mustard.

It is then topped with slices of cured ham and a fried egg to finish it off. Due to the fact that it's quick and easy to prepare the sandwich, it's popular throughout the country, but it's especially popular in Berlin, where it's an integral part of the city's food culture.

Activity Time: 15-20 minutes

Materials Needed:

- Toaster
- Knife
- Skillet/frying pan

Ingredients:

- Bread
- Butter
- Slices of ham
- Eggs

Instructions:

Read the recipe completely. Assemble all ingredients and equipment.

1. Fry the eggs.
 2. Toast the bread.
 3. Butter the toast.
 4. Assemble the open sandwich with a slice of ham and the fried egg on top. Enjoy!
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WRAPPING THINGS UP

Recipe Time! - Easy Lamingtons (Australia)

Activity Time: 15-20 minutes

Materials Needed:

- Liquid and dry measures
- 9x13 inch (22-33cm) baking pan
- Mixing bowls (4)
- Mixing spoon
- Rubber spatula
- Knife

Ingredients:

- 2 $\frac{1}{4}$ (560mL) cups self-raising flour
- 2 tsp (5mL) baking powder
- $\frac{3}{4}$ cup (185g) butter (or margarine)
- $\frac{3}{4}$ cup (180mL) caster sugar (sometimes called berry sugar) (can substitute with fine granular white sugar)
- 1 tsp (5mL) vanilla extract
- 3 eggs
- 4 cups (1000mL) pure icing sugar
- $\frac{1}{3}$ cup (80mL) drinking chocolate powder
- 4 cups (1000mL) coconut

Instructions:

Read the recipe completely. Assemble all ingredients and equipment.

1. Preheat oven to 350°F (180°C).
 2. Grease a 9x13 inch (22x33cm) baking pan.
 3. Sift flour and baking powder into a bowl and set aside.
 4. Beat margarine and sugar until creamy, then add vanilla essence and eggs and beat until combined
 5. Fold through sifted flour and one third cup (80mL) water, then pour mixture into tray.
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6. Bake for 20 minutes or until firm.
7. Let cool then cut into squares of desired size.
8. Sift icing sugar and drinking chocolate into a bowl and add enough hot water to make a smooth mixture.
9. Place bowl over a hot water bath and stir.
10. Dip squares of cake into icing and roll in coconut.
11. Allow to set on a wire rack.

Recipe Time! - Strawberry Cream Paletas (Mexican Ice Pops)

Activity Time: 15-20 minutes

Materials Needed:

- Liquid and dry measures
- Food processor/blender
- Popsicle holders (paper cups will work as well)

Ingredients:

- 2 cups (500mL) strawberries (fresh or frozen)
- 2 tbsp (30mL) honey (or your sweetener of choice)
- 1 cup (250mL) full fat Greek yogurt
- 1/2 tsp (2mL) vanilla (optional)
- fresh lemon juice (optional)

Instructions:

Read the recipe completely. Assemble all ingredients and equipment.

1. Read the entire recipe and assemble the items needed to make the recipe.
2. Place hulled strawberries in food processor.
3. Add honey, vanilla, and lemon juice.
4. Pulse until pureed.
5. Add strawberry puree to Greek yogurt and stir.
6. Pour into popsicle molds. Place in freezer for at least 3 hours.

Note: either make ahead so that there are popsicles ready to enjoy (but still make the recipe at the meeting so participants have the hands-on experience of making these popsicles) or make these at the meeting and enjoy them at the next meeting

ADJOURNMENT

Additional Activities

- Hold the meeting at a bakery or grocery store and see the various products that are made and sold and the various cultures/countries the items come from
- Invite someone who is from another country/culture to your meeting
- Invite someone who is a baker/chef from another country/culture to your meeting
- Create a judging activity including any 4 samples of the same type of food item
- Watch a video from AgScape and/or Farm & Food Care Ontario about how food is produced in Canada

References

- AgScape <https://agscape.ca/>
 - Australia's Best Recipes <https://www.bestrecipes.com.au/recipes/>
 - Education.com <https://www.education.com/>
 - Farm & Food Care Ontario <https://www.farmfoodcare.org/>
 - Illinois State 4-H Cooking 101 4-H Project <https://4h.extension.illinois.edu/>
 - International Desserts Blog <https://www.internationaldessertsblog.com/>
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Provinces and Territories in Canada

n o r e x j d z l p j r s g i h c r y q
t o c b r i t i s h c o l u m b i a d n
a i r k e a h j g v t d j z j w w s r
q h g t v n s b a u y t a l b e r t a i
u t n n h p p t j b u j y f r g u a s q
e d q o e w e q z h m i n n a n y n k k
b q l o v w e i u p b a t j n d r d a d
e a p a n a f s q y j y n j x u o t t c
c s w d g t s o t x u u s i f d g n c a
i z c h l z a c u t e k x l t r s o h n
l c z q q g d r o n e s o r r o w k e a
y j q p e o v r i t d r k n o k b g w d
v o a t b k f s n o i l r s q g k a a a
s n s n f m d n u h m a a i e g t k n q
u s e g l a l s n w c n w n t e x n f s
k i g n q o d o a n l c t i d o h n u v
z n k l o k j e v v z z i j a k r g j u
x r l i s j m z u b j u x d s s r i b t
n z o u q l b w t n h m j r i y y v e t
i l p y i n e w b r u n s w i c k l b s

Canada

Saskatchewan

PEI

Newfoundland

Nova Scotia

British Columbia

Manitoba

Alberta

Ontario

Yukon

Nunavut

Quebec
















Northwest Territories

New Brunswick

Provinces and Territories in Canada

n o r e x j d z l p j r s g i h c r y q
 t o c b r i t i s h c o l u m b i a d n
 a i r k e a h j g v t d j z j w w w s r
 q h g t v n s b a u y t a l b e r t a i
 u t n n h p p t j b u j y f r g u a s q
 e d q o e w e q z h m i n n a n y n k k
 b q l o v w e i u p b a t j n d r d a d
 e a p a n a f s q y j y n j x u o t t c
 c s w d g t s o t x u u s i f d g n c a
 i z c h l z a c u t e k x l t r s o h n
 l c z q q g d r o n e s o r r o w k e a
 y j q p e o v r i t d r k n o k b g w d
 v o a t b k f s n o i l r s q g k a a a
 s n s n f m d n u h m a a i e g t k n q
 u s e g l a l s n w c n w n t e x n f s
 k i g n q o d o a n l c t i d o h n u v
 z n k l o k j e v v z z i j a k r g j u
 x r l i s j m z u b j u x d s s r i b t
 n z o u q l b w t n h m j r i y y v e t
 i l p y i n e w b r u n s w i c k l b s

Canada	Saskatchewan	PEI
Newfoundland	Nova Scotia	British Columbia
Manitoba	Alberta	Ontario
Yukon	Nunavut	Quebec
Northwest Territories		
New Brunswick		

Apple 	Apple 
Blueberries 	Blueberries 
Corn 	Corn 
Wheat 	Wheat 
Peaches 	Peaches 
Strawberries 	Strawberries 
Asparagus 	Asparagus 
Peppers 	Peppers 