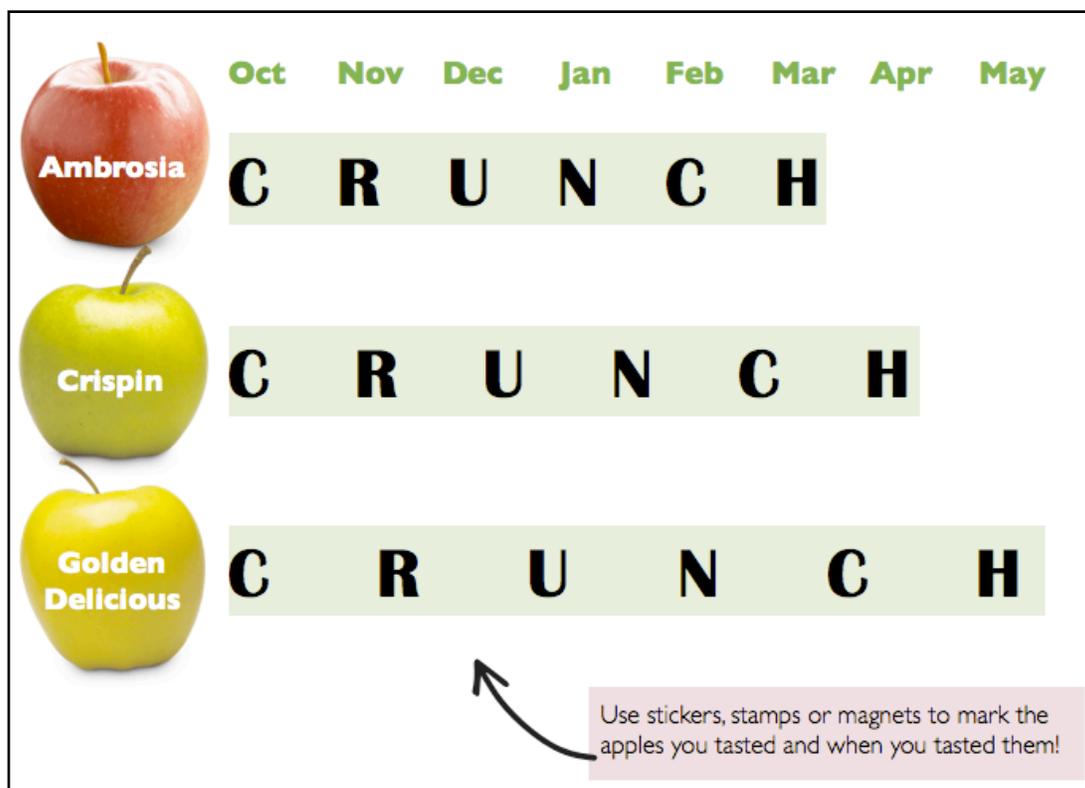


Fun FoodShare Activities For Your Local Food Week!

Make Your Own Ontario Availability Chart:

Ontario has so many wonderful fruits and vegetables to enjoy. Encourage your students to learn about them by creating a chart showing each item as well as the month/s it's available. Availability guides open great discussions around seasonality, growing conditions and the importance of biodiversity in agriculture. You can see FoodLand Ontario's availability guide here: <https://www.ontario.ca/foodland/page/availability-guide>.

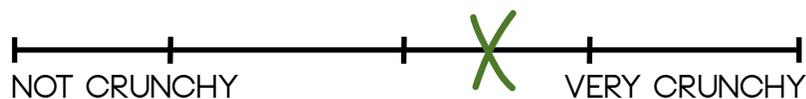
See below for an easy example we created for the [Great Big Crunch](#) back in March!



Harvest of the Day

It's always a fun, fail-proof idea to introduce **structured taste testing** when exploring food. Time and time again we find this activity to be a real hit with students - even when we've tried facilitating it as a quick "time-filler", taste testing can easily become the main event. Learners of all ages will love investigating the flavours and textures available locally in Ontario!

1. Choose an Ontario-grown item to taste and/or feature that day. Use your classroom's Ontario Availability Chart to guide your tastings.
2. Decide on different criteria to judge on a simple linear scale, drawn on the board or chart paper. For example, crunchiness, sweetness, bitterness, juiciness...
3. You can either come to a class consensus for each criteria (one "X") or add one per student, before estimating the class "average".
4. Compare and contrast the items if you're tasting more than one.



Make your Harvest of the Day a real event by featuring 5 different fruit or vegetables (one for each day of local food week) by:

- Showing how and where it grows
- Highlighting some different varieties or colours it's available in
- Profiling a local producer or farmer growing it in Ontario
- Reading a story about it
- Using it in equations, fractions and to help counting that day
- Creating a list of adjectives describing it's appearance, colour, texture, taste...
- Planting some seeds to try and grow your own (or try sprouting parts of it, for example carrot tops will sprout greens if kept moist!)
- Creating a local food "asset" map of your neighbourhood, marking where that item is available to purchase or where it's growing (e.g. supermarket, farmers' market, corner store, food bank, community garden)