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Playing with Food: *Fun Resources for a Better and More Just Food System*

Playing with young Kids (3-6 years old)

Activity	Description	Web Link
The Story of Corn	A storytelling script and list of material for telling the story of corn – its history, and its role in today’s environment and society.	http://usc-canada.org/resources/creative-campaigning/
Trousse A la soupe! - <i>French only</i>	5 hands-on and easy to do food activities to get kids excited about food and where their food comes from. A storybook including a song will soon be added.	http://www.trousseals.com/services-de-garde.php?s=cycle1

Stories, Songs, Game	Description	Web Link
The Everything Seed: A Story of Beginnings (2003)	A wonderful creation story by Carole Martignacco with great illustrations by Joy Troyer to explore how we are all linked through seeds	http://books.google.com/books/about/The_Everything_Seed.html?id=diq_CQseSwMC
A Seed is Sleepy (2007)	A great book by award-winners Dianna Hutts Aston and Sylvia Long to explore the unique world of seeds.	http://www.chroniclebooks.com/a-seed-is-sleepy.html
Kiko et le potager coloré (2010) – <i>French only</i>	A cute book by Equiterre that follows Kiko, a green bean, as he discovers diversity on his farm. Pedagogical tools and short song included at the end.	http://www.equiterre.org/publication/kiko-et-le-potager-colore-2010
Garden Song	A classic!	http://www.youtube.com/watch?v=D3FkaN0HQgs
From the Seed in the Ground	Great song about growing seeds from Connie Kaldor (album: A Duck in New York City).	http://www.theseecretmountain.com/node/351
Harvest Time : A Cooperative Game	A great cooperative game where kids join in to plant their garden. The goal is to harvest before winter comes. Helping each other out is key!	http://familypastimes.com/ Family Pastimes, RR 4 Perth, ON K7H 3C6



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Playing with Kids (6-12 years old)

FREE Resource	Description	Web Link
Go Bananas – Banana Webs	An interactive game where participants trace and compare the paths from field to plate of two different bananas: a conventional banana and an organic fair trade one.	http://usc-canada.org/UserFiles/File/USC_banana_web_final.pdf
Soup's On! Tool Kit - <i>Bilingual</i>	Many wonderful complete and hands-on activities for kids to explore responsible eating. All the material you need to do them is provided (3 activities/age group). Most recommended activities: Inspector Veggie, A Journey Back in Time and Around the World, and The 3N-F's.	http://www.trousseals.com/primaire.php?s=introduction
Where in the World does your Food Come From	An entire tool kit dedicated to food issues. Contact Lifecycles Project Society to get the much upgraded 2 nd edition of this kit or download the previous edition for free. Most recommended activities (2nd edition): Letter from Esmeralda, Vanishing Vitamins, and Banana Split.	http://lifecyclesproject.ca/resources/where_in_the_world.php



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Playing with Teens (12-15 years old)

Resource	Description	Web Link
Rice Web Activity	An interactive game where participants trace the origins of rice from field to fork to learn about where our food really comes from.	http://usc-canada.org/UserFiles/Image/2010/01/USC_riceweb_2.pdf
Soup's On! Tool Kit - <i>Bilingual</i>	Many wonderful complete and hands-on activities for kids to explore responsible eating. All the material you need to do them is provided (3 activities/age group). Most recommended activities: the Lifecycle of food or the 3N-F's and A Pizza for the Planet.	http://www.trousseals.com/primaire.php?s=introduction
Where in the World does your Food Come From	An entire tool kit dedicated to food issues. Contact Lifecycles Project Society to get the much upgraded 2 nd edition of this kit or download the previous edition for free. Most recommended activity (2nd edition): World Hunger Dinner, Gambling with the world and Pest-Aside Banquet.	http://lifecyclesproject.ca/resources/where_in_the_world.php



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Having Fun with Seeds (all ages)

Seed Actions	Description	Link
Become a seed saviour	Plant organic and heirloom seeds, such as those found in USC's Seeds of Survival seed packets.	http://usc-canada.org/what-you-can-do/seed-saviour
Seed Map	A teaching tool that shows the state of global agro-biodiversity today. It identifies key threats to the world's seed and biodiversity systems, particularly the impact of climate change, and highlights regions where institutions and peoples' movements are working to preserve agricultural biodiversity	http://usc-canada.org/UserFiles/File/USC-HowToTeachTheSeedMap.pdf http://www.seedmap.org/downloads/SEEDMAP.pdf
Seeds of Diversity	Buy seeds that were saved by Canadian seed companies and learn how to save your own seeds.	http://www.seeds.ca
"Seed bombs"	Learn to make your own "seed bombs".	http://www.guardian.co.uk/environment/video/2008/apr/25/seedbombing
Newspaper Plant Pots	Learn how to make plant pots out of used newspapers.	http://3.bp.blogspot.com/_5x2MQ_m1F9Y/Sec4tZ_Fws2I/AAAAAAAAAB5U/GgwwHk6c62w/s1600-h/Newspaper+Pot+Tutorial.jpg
Origami Seed Packets	http://hayefield.com/2008/%2008/07/origami-for-seed-savers	

Other Resources for All Ages		Take action
Story of Food	A this 6 min. short animated film produced by USC Canada (2009). It is a great tool to help people to start thinking about what's is wrong with our broken food system and what we can do to rebuild a healthier food system and regain our lost connection with real food and the people who grow it.	http://usc-canada.org/storyoffood/
Cultiver le gout: Guide pour jardiner avec les jeunes (2010)	<i>French only</i>	To order, contact Jeunes Pousses: 819-340-1960