

Eating Between The Lines



EBTL Intro - Activity 02

Activity

Making our Passports

Outcomes

Children will be able to create a visual representation of nutrition concepts and ideas.

Teacher Information

The passports are the tool that we decided children would use to track their work over the theme. After participating in an activity, they would receive a stamp (sticker) in their passport.

You Will Need

- Small books stapled together with a black or coloured cover and white pages (see template)
- Hole punch
- Yarn
- Stickers

Procedure

1. Ask the children: Have you ever heard of a passport? When would you use a passport? Have a sample passport available to discuss.
2. Explain to the children that on our "Road to Healthy Eating", they will be using passports to track their journey. Share the types of personal information you would typically find in a passport such as name, age, gender, height, weight, eye colour, and hair colour. The first page in their passports should contain this information. Have someone fill this out with the children. They will also be required to draw a self portrait on the next page. Punch a hole in the corner and tie a piece of yarn through the passports.
3. The children will wear their passports around their necks as they participate in activities. They will earn a stamp (sticker) for each activity in which they participate.

Teacher Tips

As an option to having the children draw a self portrait, you could take a photo of each child. However, the portraits are fun to make!

Country:

Food from here:

Travel Passport

CANADA

Name: _____



Country:

Food from here:

Country:

Food from here:

Country:

Food from here:

Country:

Food from here:

Country:

Food from here:

Country:

Food from here: