



ages
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TIPS for an engaging reading session

BEFORE

- Introduce the book's theme to the group.
- Draw out the campers' prior knowledge on the theme.
- Use elements like the title, cover, and images to make predictions about the book.

DURING


- Vary your voice and intonation
- Ask the campers questions. (E.g. Do you know this vegetable? Did you know the color of this fruit?)
- Connect the story to their own experiences. (E.g. Have you ever been in the same situation? Have you ever tasted this food?)


AFTER


- Asks questions and prompts discussion (E.g. Would you have done the same thing? Why do you think he acted that way?)
- Play a game with your group on the theme of fruit and vegetables to make a link with their reading and take further in the exploration and development of knowledge.


Suggestion On the following pages, you'll find some ideas for games, according to your age group. The important thing is to have fun!


5 QUICK WAYS to introduce reading to a camp

 Build a fort and do the reading inside.

 Turn out the lights and use a flashlight to read.

Bring the story to life by assigning the campers characters from the story and having them act it out. 

 Build a reading nook during a trip to the park or over the lunch break.

Use reference books during camp activities (e.g., experiments, sports rules, nature guides). 

GAME 1

Mystery Food Item



Materials

Food cards – Available to download and print from the [Power Up portal](#).

Suggestion If you don't have food cards, you can cut out pictures of fruits and vegetables from grocery flyers. Or do an art workshop to draw fruits and vegetables before the activity.

Preparation

Sort the fruit and vegetable cards from the pack of food cards.

Goal

Learn to recognize fruits and vegetables by their various characteristics (e.g., colour, texture, flavour)



Game description

1. Select a player to be the person who guesses and have them come to the front.
2. Have another member of the group draw a food card and, without showing it to the guesser, place it on their forehead.
3. The guesser holds the card against their forehead and asks the other players questions to learn the name of the mystery fruit or vegetable. They can ask either closed questions (yes or no) or open questions.
4. You can assist by suggesting questions that might help them guess.
5. Once the food has been guessed, you can provide more information and even ask questions (e.g., Have you ever tasted this food? What colour is this fruit?). This will teach the campers more about the food and arouse their curiosity.



Look for this icon for reading suggestions.

Variations

- ▶ To learn other aspects of healthy nutrition and explore other food groups, this activity can be done with all available food cards.
- ▶ If possible, consider doing the activity near a garden. This will help the campers make direct connections between the soil and their plate.
- ▶ Use foods that are harder or easier to guess according to the level of your group.
- ▶ Set a time limit to guess the food.



GAME 2

Food Invention



Materials

Paper and coloured pencils

Goal

Develop food-related vocabulary (e.g., tastes, textures, flavours, etc.)



Game description

1. Ask the campers to invent a new fruit or vegetable.
2. Have them draw their invention, name it, and determine its characteristics (e.g., taste, texture, colour, novelty, use, how it is cooked and eaten, etc).
3. Have them introduce their new fruit or vegetable to the group.
4. Afterward, have the campers react to the presentations (e.g., Which is the most original food? Which one would you like to taste? etc.).

Variations

- ▶ Do the activity using various arts-and-crafts materials (cardboard, coloured pencils, felt, etc.).
- ▶ Use the drawings of foods invented by the campers to make a mural.
- ▶ Have campers create a play, a radio announcement, or a television advertisement to present their foods.
- ▶ Introduce an extra challenge (e.g., the invented food must be red, it must be eaten cold, etc.)



Look for this icon for reading suggestions.

