

# What Are My Foods Made Of?

## Age/Grade Range

- 5-8

## Group Size

- No max or minimum
- Individual activity

## Time

- Set-up: 5 minutes
- Activity: 20 minutes

## Materials

- Pencil crayons, markers, crayons for colouring
- Activity sheet (one per youth)

## Pairs Well With

- Distilling Birch Syrup
- Tapping Birch Trees



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## Topic

- Local Food Production

## Objective

- Identify where processed foods come from.



### Match Me

Connect the plants and animals of the left to the corresponding foods on the right. Colour me too!

