



Access English Centre
Immigrant Centre Manitoba
High Beginner Level: Work-out Activity
Food Trade Game
60 minutes



Objective/Goal:

Gives participants the opportunity to practice "likes" an "dislikes" and identify common foods

Materials:

Participants need:

- a paper bag per participant
- 10 food pictures per bag (pre-cut from food flyers) or use plastic food substitutes(ex. plastic apple) or real food items(ex. soup can)

Facilitator needs:

- whiteboard
- whiteboard markers
- Optional: timer
- Optional(Extension Activity)
 - computer(with internet access)
 - projector
 - screen

Procedure:

**Before the activity: Prepare each paper bag for each participant. Pre-cut food pictures from food flyers or you can have real or fake vegetables or "light" food items.*

PART A: (25 minutes)

1) **Write** prompts on the whiteboard:

- "Do you like...."
- "Yes, I do...."
- "No, I don't...."

2) **Gather** the participants together. Have them facing the whiteboard.

3) **Instruct** the participants that they will be playing a game in which each participant will ask each other questions and try to trade their food items.

4) **Review** the food items used for the game. Hold up the food pictures or food items and go over the vocabulary. If needed write the food vocabulary on the whiteboard.

5) **Demonstrate.**

6) **Ask** for a volunteer to help you demonstrate. **Explain** the term, "trade"(to exchange/switch items together to something that you want-show them).



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- 7) **Take** a food picture out of your bag. **Look** at it and **show** the volunteer. **Ask** your volunteer: "Do you like....ex. apples?"
- 8) The volunteer **responds** either "Yes, I like apples." If he/she **says** a positive response. **Give** the volunteer the picture of apples. The volunteer **adds** it to his/her bag.
- 9). Next, the volunteer **takes** a food picture out of his/her bag. He/she **asks**, " Do you like...ex. oranges?"
- 10). The facilitator **responds**, "No, I don't like oranges.". The volunteer would then ask a classmate.
11. The object is to have as many food pictures in your bag before the time is up.
12. **Find out** which participant was successful in filling their grocery bag.

PART B:(15 minutes)

13. **Play** the game again but this time, the participant with the least amount of food pictures is the "winner"!

PART C: (20 minutes)

14. **Gather** the participants together.
15. **Go over** the Four Food groups: Milk and Alternatives
Meat and Alternatives
Vegetables and Fruits
Grain Products
16. Have the participants **take** their food pictures and sort them. Have them **classify** them into the 4 Food Groups.
17. Participants will **share** their results with their classmates.
18. They will see which food group that they prefer.



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Extension Activity:

- *An Extension Activity is an alternative or extra activity that can be done to supplement the main activity when there is extra time. It can also be done in the next class as a review of previous vocabulary or conversation.*

A. If there is any time, display and go over the following websites:

“Canada’s Food Guide”

www.healthcanada.gc.ca/foodguide

"Provides the number of daily servings recommended by the Canada Food Guide and nutritional suggestions"

<http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Canada-s-Food-Guide.aspx>