

FOOD EXPLORERS

3 Steps for Running K1 Food Explorers During COVID-19.

Help your students become curious food explorers, while incorporating core curriculum in a fun and engaging way!

The Manitoba K-12 Guidelines for September 2020¹ and COVID-19 K-12 School Settings Practice Guidance and Protocols² state that:

- all foods should be individually wrapped or packaged.
- no family-style, buffet-style or potluck meal service.
- no food sharing.
- staff should serve all food items directly to students; students are not to prepare foods.

What does this mean to teachers?

You can still help children explore a variety of foods. With safety in mind, use these three steps and the division of responsibility to explore any of the tasting opportunities outlined in the Food Explorers manual.

STEP 1 — INTRODUCE THE FOOD

Introduce each food with a 'Who Am I' activity instead of the Mystery Food Can. Once the mystery is solved, you can continue discussing the food using books, poems or songs as suggested in the teacher manual.

Example 'Who Am I' format:

Apples

- I am a fruit that is eaten in many ways.
- On a tree is where I stay.
- Have me in a pie served with ice cream.
- Or you can take a big bite out of me as it may seem.
- Who am I?



STEP 2 — PROVIDE A TASTING OPPORTUNITY*

For safe food handling, adults preparing food must:

1. Wash hands before preparing and distributing foods
2. Portion and individually wrap, cover, or package a serving for each child
3. Distribute food directly to each child (i.e., no self serving) using utensils to serve or portion food items, not hands.

EXAMPLES OF PACKAGING INCLUDE:

Food grade paper; paper bags; napkin with twist tie or tape; bowl or plate with a napkin or plastic wrap to cover; or single-use plastic bag or wrap.

INSTEAD OF THIS



Self-serve of family-style eating is not recommended.

Instead, an adult (teacher or helper) should prepare all food samples individually. Now they are ready to explore!

DO THIS



Once you have introduced the food, provide an opportunity to explore it using the ideas in your manual. Remember, food exploration is all about using our senses and talking about foods in a non-evaluative, simple and factual way. Keep children engaged by asking them how the food looks, tastes, or smells as they explore new foods. Encourage students to share their experiences as you discuss the food.

***Apply for Nüton's Mini Food Grant to help cover the costs of food and supplies!**

nuton.ca/program/food-explorers-mini-food-grant-2/

The bottom line? With safety in mind, you can explore a variety of foods with your classroom cohorts so long as foods are directly served to students by an adult. Food sharing and family-style serving is not recommended.

STEP 3 — LINK TO FAMILY & HOME

After you have explored a variety of foods suggested in your K1 Food Explorers manual, send home the program's recipe cards so students can make the full recipe at home with their caregivers. Students can also practice their writing skills by journaling their experience with each food and decorating their entries with the stickers provided.

Consult your school division and school specific plan for details related to food in your school during COVID-19. Adapting to meet guidelines will be an ongoing process. Take steps to ensure your school is following the most up-to-date information by visiting Manitoba Education's Latest COVID-19 Education News www.edu.gov.mb.ca/k12/covid/

References:

1. Government of Manitoba. (July 30, 2020). Welcoming Our Students Back: Restoring Safe Schools - K-12 Guidelines for September 2020. Retrieved September 16, 2020, from https://manitoba.ca/asset_library/en/covid/k-12-reopeningplan-stage-2.pdf
2. Government of Manitoba. (August 24, 2020). Welcoming Our Students Back: Restoring Safe Schools - COVID-19 K-12 School Settings Practice Guidance and Protocols. Retrieved September 16, 2020, from https://manitoba.ca/asset_library/en/covid/k-12-reopeningplan-guidance.pdf