

..... Barefoot At-Home Activities Kit .....

# Pantry Play

Dive deep into your pantry and discover new things about the food you eat!  
(Note: these activities do not involve food preparation.)

## 1 **Where's Our Food From? Grocery Games**

You'll be amazed to learn where your food came from and which ones traveled the longest distance to you.

## 2 **Cooking Up Connections: Appreciate where food comes from**

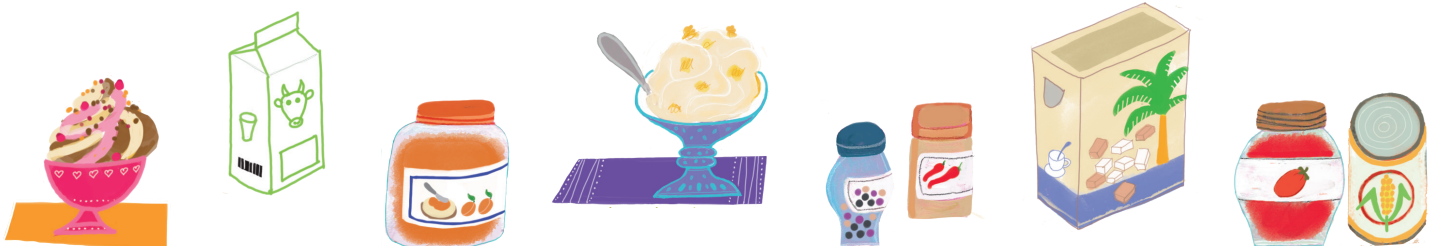
In this mindfulness activity, notice how you are connected to the people, plants and animals that provide the food you eat.

## 3 **Spark Your Senses: Spice Tasting**

Use your senses to play a guessing game with spices.

## 4 **To Market We Will Go: Imaginary Markets**

Set up a pretend global market in your own home!



# Where's Our Food From?

## Grocery Games (*Global*)



Do you know where your dinner has been? Finding out where our food comes from connects us to the people who grow, pick, prepare and transport our food. Do some sleuthing the next time you're in a kitchen or supermarket!

### Grocery Games



#### You'll Need:

- packages of food
- world map

- 1 Gather packages of food to look at. Read the front, back and sides of the packages and see if they list where the food was grown or made. (Not all food packages do.) Make a list of the various locations. How many different countries and cities can you find listed on the food packages?



- 2 Using a world map, find the food that came the longest distance to you. How do you think it got to you? Find the food that came the shortest distance to you. Do you notice any patterns? Do certain types of food often come from the same geographical area?
- 3 Look for any words written in foreign languages. Do you know what languages they are? Do you know what the words say?
- 4 Put the packages back where you found them when you're finished!

**Shop Smart!** Now that you know how to discover where your food comes from, look for labels when your family shops for food. Try to find foods grown and prepared close to where you live. It takes energy — and can cause pollution — to move food from place to place.



# Cooking Up Connections

OPEN YOUR HEART



Appreciate where food comes from

## Cooking Up Connections

- 1 Sit mindfully, with your spine straight and body relaxed. Close your eyes and take three soft, slow, mindful breaths.
- 2 Think about how you are always connected to other people, plants and animals. Let's explore these connections.
- 3 Imagine eating pancakes or waffles. To make them you often need eggs from chickens, milk from cows and flour from grains.

You need farmers to milk the cows, gather the eggs and grow the grains in the ground.

You need drivers to take the milk, eggs and flour to the supermarket.

You need the people who work at the supermarket to sell the food, and your family to help you buy it. And you need somebody to cook!



- 4 Before you open your eyes, take a moment to thank all those people, plants and animals for your tasty food.

It's easy to see how we're all connected when we eat nourishing food.



# Spark Your Senses

## Spice Tasting (Global)



For centuries, people from different countries have traded spices — like saffron from Iran and ginger from Thailand — and used them to change the tastes of the food they eat. Try using your senses to explore a variety of spices.

### Spice Tasting



 **Adult Helper Needed!**


**You'll Need:** • plain cooked rice, eggs or popcorn  
• 5 different spices, in jars. Be careful handling anything spicy!

- 1 Use your senses to explore the spices! First, give the jars a shake and test how they **sound**. Are there any really noisy spices?



- 2 Next, put your nose to work! Take the lid off the jars and **smell** each spice. Do you like the smell?
- 3 Shake a little of each spice out onto a plate for a closer look. Do you recognize any of them just by **sight**?
- 4 Rub a tiny bit of each spice between your fingers. What do they **feel** like when you touch them?
- 5 Ask an adult to help you sprinkle a very small amount of each spice on rice, eggs or popcorn. Make sure you have a glass of water handy and some plain unseasoned food to cleanse your palate! Now **taste** each spice. Which ones do you like?

### Play a Game: Guess That Spice!

 **FOR TWO OR MORE PLAYERS**

Now it's time to put your senses to the test! Players take turns closing their eyes. Can the player with closed eyes identify the spices by their sound alone? How about smell, touch or taste?



# To Market We Will Go Imaginary Markets (*Global*)



Visiting local markets can be a great way to explore a new city anywhere in the world. You'll be amazed by all the treasures, large or small, that you can find. Add a global twist to your pretend play by setting up a market of your own.

## Imaginary Markets



### You'll Need:

- blanket or table
- items to "sell"
- coins or play money

- 1 Spread out a blanket on the ground or set up a table to lay out your objects for sale.
- 2 Choose whether you are going to put prices on your items or just haggle (negotiate) with your customers.
- 3 Find some coins or play money to exchange — or make your own.
- 4 You're ready to play! Sell to imaginary customers or see if a friend would like to pretend to be a customer. They can bring the play money to your market and choose what they would like to buy.

### Flower Market (*Netherlands*)



**Bloemenmarkt** (*BLOO-men-mart*) is a historic floating flower market on one of the canals that run through Amsterdam. Gather (or make!) some flowers to create your own blooming market.



### Spice Market (*United Arab Emirates*)



The Spice **Souk** (*SOOK*) in Dubai overflows with spices from around the world such as cinnamon from Sri Lanka and vanilla from Madagascar. Ask an adult if you can pretend to sell spices from your kitchen.

