BC Grown Ingredients Activity – Part 2

APRIL 24, 2020

Hello! Nice to Eat You ‘er Meet You

BC is blessed with a bounty of good food grown right on our doorstep. We get to enjoy what our farmers grow and producers make throughout the year. Many of these ingredients we recognize right away but others may cause us to pause, look at carefully and do a little research to find out what they are and how can we enjoy eating them.

ACTIVITY INSTRUCTIONS

Have a look at these BC grown goodies to see if you know what they are. We threw in a wild card. One does not grow in BC.

Using your Food Journal, answer these questions and write down your discoveries

QUESTION 1: With a bit of digging around, can you discover what these BC fruits and veggies are? Which one doesn’t grow in BC?

QUESTION 2: Can you eat these ingredients raw or do they have to be cooked?

QUESTION 3: When are they harvested in BC?

QUESTION 4: What can you make with these different ingredients? Choose one or more and see if you can find some recipes to enjoy making when they are in season.

Food has inspired art for centuries. Perhaps you may want to capture the beauty of one of these ingredients with pencil crayon, pastel or paint.

Choose one or two of the ingredients above and sketch them with a pencil.

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