



CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN

Virtual Fête du soleil

Nutrition/Nutrition

Do-It-Yourself Activity Guide

Vocabulaire/Vocabulary

1. Les fruits- Fruits
2. Les légumes - Vegetables
3. La santé - Health
4. Le sucre - Sugar
5. Exercice - Exercise
6. La santé mentale - Mental health
7. Corps - Body
8. Le guide alimentaire - The food guide
9. Les portions - Portions
10. Les vitamines - Vitamins

Bricolage/Craft

Signet de melon d'eau/Watermelon Corner Bookmark

Materials: coloured paper (white, pink and green for a watermelon), scissors, glue

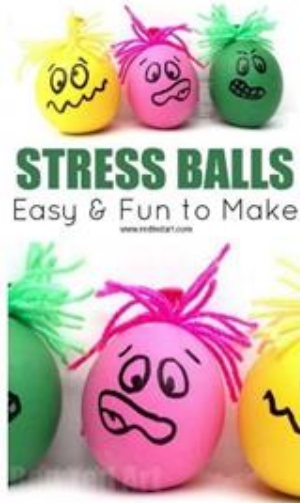
Instructions:

1. Take a square paper (8 inches x 8 inches at least).
2. Fold the square paper into half diagonally. This will form a 2 layers of triangle shapes on the folded paper.
3. Grab the top corner of the top layer triangle and fold it into half, towards the bottom edge of the triangle. This will form a pocket between the 2 layers of the fold.
4. Fold up the left corner of the triangle and matching it with the top corner.
5. Similarly fold up the right corner of the triangle, once again, matching it with the top corner.
6. Now fold in half of the folded-up parts into the pocket created in step 3.
7. Fold both sides similarly to complete the origami corner bookmark.
8. Using the coloured paper, draw and cut out pieces to make a watermelon.
9. Attach the seed cutouts on the pink paper cutout.
10. Attach the pink cutout on the white cutout by levelling the straight ends of both patterns.
11. Attach the white cutout on the green cutout, once again make sure to level the straight ends of both patterns.
12. Take the bookmark and attach the watermelon on the triangle side of the bookmark. Match the straight ends of the paper fruit and the bookmark.



Ballons de stress/Stress Balls

Materials: balloons, flour, small plastic water bottle (empty), sharpie, funnel



Instructions:

1. Using a funnel, fill the plastic bottle with flour – not an exact amount, however big you want your stress ball to be!

2. Blow up the balloon and pop over the top of the plastic bottle (do not let the air out).

3. Turn the balloon and bottle over and shake the flour into the balloon.

4. Once all in, carefully remove the balloon (do not let go!) and let the air out SLOWLY. If you do it too quickly

the flour will come out.

5. Once all the air is out, tie a knot.

6. Decorate!

NOTE: The balloons will wear out over time and will pop – leaving you with a pile of flour... so don't keep them in drawers or bedrooms! Maybe reinforce with a second balloon!

Cuisine/Cooking

Les pommes de cannelle/Cinnamon Apples

Ingredients: 3 chopped apples, 2 tbsp water, 1 tbsp coconut oil or butter, 1 tbsp maple syrup, ½ tsp ground cinnamon, ⅛ tsp salt, ¼ tsp vanilla extract

Instructions:

1. Cut apples into same-sized pieces (about ½-1" cubes).

2. Put apples pieces into a skillet with 2 TBS water. Cover the pan and cook over medium heat for about 5 minutes, stirring occasionally, until the apples become slightly soft and water is absorbed.

3. Add coconut oil or butter to the skillet. Stir apples until



healthy & easy stovetop
CINNAMON APPLES
refined sugar-free | gluten-free | dairy-free | vegan | paleo



all the apples are coated. Cook for 5 minutes, stirring every minute or so, until the apples become soft (you may need to cover them for the last 2 minutes).

4. Add Maple syrup, cinnamon, salt and vanilla. Stir until well mixed.

5. Cook for about 5 more minutes, stirring every minute until the apples reach your desired softness!

6. Remove from heat and serve!



Une pizza de fruits/Fruit Pizza

Ingredients: 1 (16 oz) tube refrigerated sugar cookie dough, 1 (8 oz) package softened cream cheese, 2 tbsp softened butter, ½ tsp vanilla extract, ½ tsp almond extract, 2 cups powdered sugar, 1 - 1½ cups sliced strawberries, 1 kiwi (skinned and sliced on halves), ½ cup blueberries, and any other fruit you enjoy

Instructions:

1. Preheat oven to 350.
2. On pizza pan or cookie sheet press your cookie dough into about a 12" circle.
3. Bake for about 10-15 minutes or until slightly golden, remove and let cool completely.
4. Meanwhile in bowl mix together your cream cheese, butter, extracts and powdered sugar until combined.
5. Spread over cooled cookie crust.
6. Top with fruit in your favorite designs.

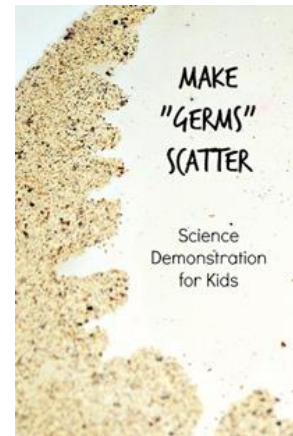
Science/Science

Les bactéries/Germs

Materials: water, a bowl, soap, pepper

Instructions:

Fill the bowl with water and sprinkle pepper over the water so that it floats. Put a dab of soap on your finger and put your finger in the water and watch what happens to the pepper.



Jeux/Games

Je m'en vais au marché.../I'm going grocery shopping...

Instructions:

The first person begins by saying "Quand je vais au marché, je mets dans mon petit panier... » and they name a food item. The next person says the item that the first person said and they add another items. If someone messes up the order of items or misses one, they are out of the game.

Réaction des fruits et légumes/Fruit and Vegetable Reactions

Instructions:

Everyone sits in a circle and picks the name of a fruit or vegetable. One person sits in the center of the circle. To get out of the middle they have to call out a fruit of vegetable and say it three times before the person that is that fruit or vegetable interrupts them. If the person in the middle says that fruit or vegetable three times, they change places with that person. If they get interrupted, they remain in the middle and have to try another fruit or vegetable.

Orange, citron, lime/Orange, Lemon, Lime

Instructions:

One person says the commands, orange = walk quickly, lemon = walk slowly, and lime = freeze.

Salade de fruits/Fruit Salad

Equipment: a ball or other item

Instructions:

Two teams are made with the participants and each team stands in a line facing the other team with the ball or other item in the middle. Each person is given the name of a fruit, use the same fruits and do the same for the other team. When a fruit is named, those two players must run a try to collect the ball and return and sit with their team. The team that collects the ball wins a point.

Exercice/Exercise

Simon dit/Simon Says

Equipment: Simon Says Cards in French

Instructions:

For each card read out, do the activity.