

# DRAW YOUR FAVOURITE MEAL

Time 15–20 Minutes

## Objective

To give children a chance to be creative, while showing off their favourite meals that they commonly eat or dishes they enjoy at special celebrations or holidays.

## Supplies

- Draw Your Favorite Meal handout for each student (attached)
- Colouring materials

## Location

An area with tables for the children to colour

## Preparation Talking Points:

- 1 The types of foods or meals we eat are impacted by many things. For example, some of us may buy all our food from a store, while others might grow a lot of their own food or maybe hunt, fish, and gather wild food.
- 2 Our culture can impact our favourite foods and dishes. When thinking about your favourite meal, feel free to think about a meal you like to eat often or one that you only get to eat at special celebrations or holidays.
- 3 Remember to be respectful of what others draw as their favourite meal. If you haven't tasted it before, ask kind questions like "can you describe what it tastes like?" or "who in your family normally prepares this dish?" or "when do you get to eat this meal?"

## Directions

- 1 Hand out the Draw Your Favourite Meal handout to each child.
- 2 Give the kids 10–15 minutes to colour their favourite meal.
- 3 Ask for 3 volunteers to share their picture with the class and explain what they drew and why they enjoy eating this meal!

