



Language Arts Social Studies Visual Arts Media Literacy Mathematics

Food and Belonging in Canada



Grades 4 - 8 Bundle

FOOD and BELONGING in CANADA

SKILL DEVELOPMENT - Language Arts, Social Studies, Visual Arts, Media Literacy, Mathematics

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LEARNING STANDARDS

Learning Standards describe what students should know, be able to do, and understand by the end of each grade. Learning standards frame the important competencies/expectations and big ideas for each grade. Lessons in this bundle address the following standards:

VISUAL ARTS

- Apply the creative process to produce works of art using the elements, principles and techniques of visual arts to communicate feelings, ideas, and understandings.
- Use the critical analysis process to describe, interpret and respond to works of art.

LANGUAGE ARTS

- Listen to understand and respond appropriately.
- Use speaking skills and strategies appropriately to communicate.
- Read and demonstrate an understanding of texts including media texts.
- Write for an intended purpose.

SOCIAL STUDIES

- Develop an understanding of cultural and national identities and how they contribute to Canadian heritage.
- Develop a sense of personal identity.

MATHEMATICS

- Use spatial reasoning to construct shapes and objects.

LOOKING AT ART

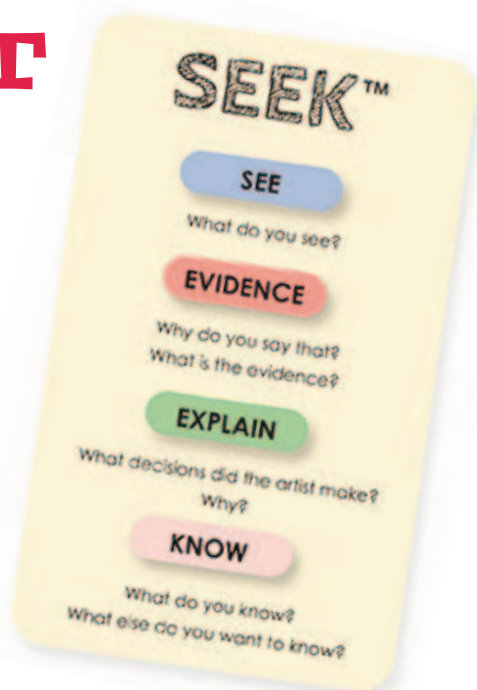
Have students use SEEK™ to help organize their thinking and build their observational skills. Guide them to support their ideas with evidence they see in the artwork.

SEE – Look closely at the image for about a minute. What do you see?

EVIDENCE – What do you see that makes you say that?

EXPLAIN – What choices did the artist make? How did those choices help communicate the message?

KNOW – What do you know about the artist's intent? What else do you want to know?





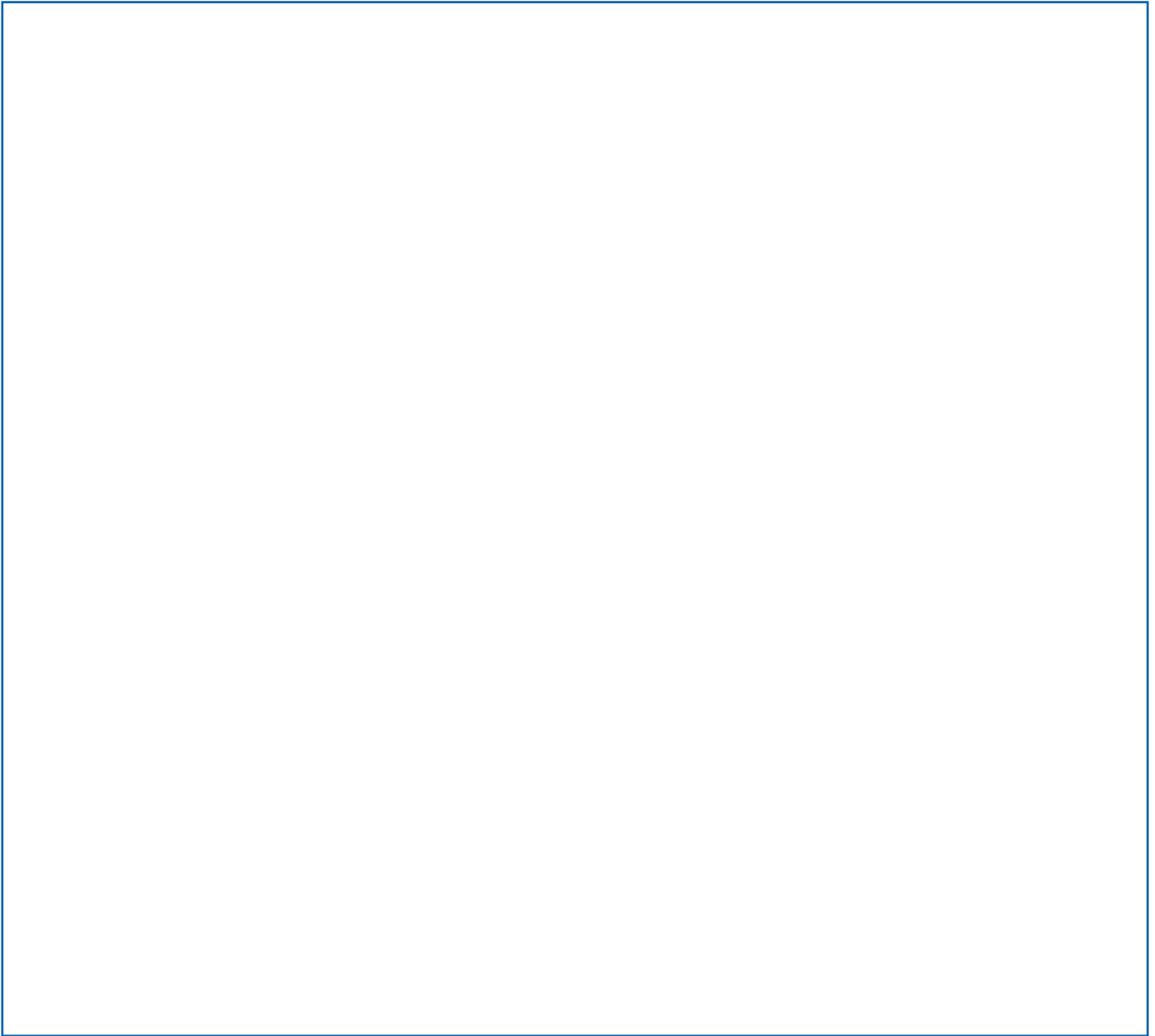
Boy with Bread, by Ozias Leduc, 1892

Image: By Ozias Leduc - National Gallery of Canada, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=5990879>

‘Boy With Bread’

by Ozias Leduc, 1892

Make a sketch of the painting in the space below. Use coloured pencils to colour it.



'Boy With Bread' by Ozias Leduc

WORK WITH A PARTNER

1. What Do You See? Take a quiet moment to look at the painting.

- What's happening in this picture?
- What do you see that makes you say that?
- Would you say this is a complicated or simple composition? Why?
- What choices did the artist make? Describe what you see.
- How did those choices help communicate the message?

2. Why do you think Leduc chose to paint something as simple as a boy playing a harmonica?

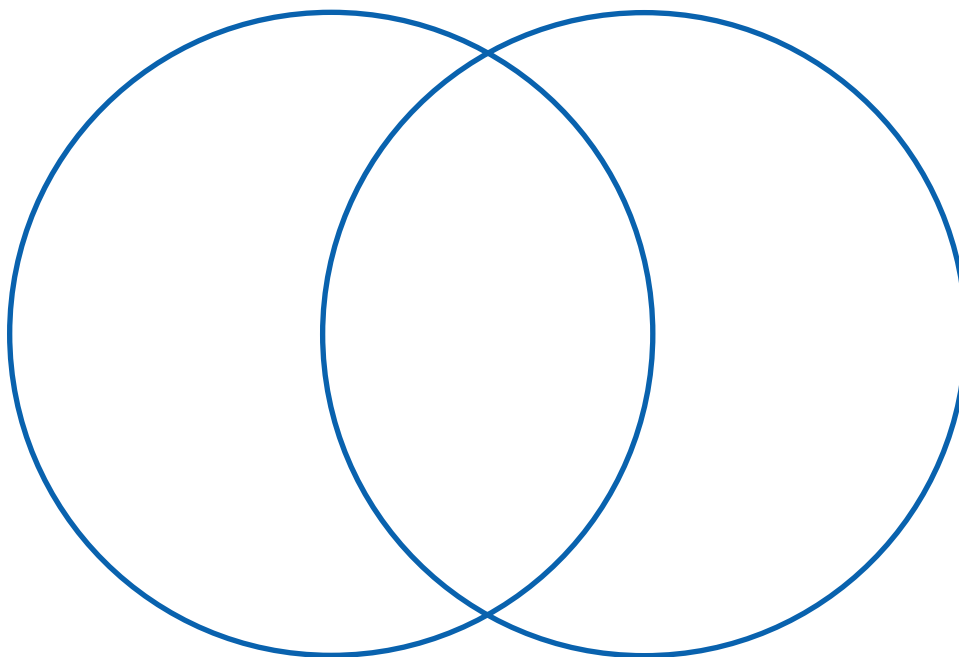
3. What might the painting mean? What do you see that makes you say that?

5. If you could step into the scene, what do you think you would hear?

6. What might the boy be thinking?

7. How does the image make you feel? What do you see that makes you say that?

8. Compare this scene to a scene where you are eating your lunch at school.



Names: _____

Date: _____

Self-Taught Canadian Artist – Ozias Leduc

A CANADIAN WHO TAUGHT HIMSELF TO PAINT

Ozias Leduc was one of Quebec's most famous painters. He was born in 1864 in Saint Hilaire, a tiny village outside Montreal. He often painted quiet, thoughtful scenes of people, nature, and everyday life. He is especially well known for painting the interiors of churches with beautiful, detailed murals. Leduc believed art could connect the spiritual and natural worlds. He felt that paintings could be a powerful way of expressing inner feelings. Two things you will often see in Leduc's portraits are an accessory, and the subject being lost in thought.

He painted many things from his own life and surroundings, often using soft light and gentle colours. He also taught a future art star, Paul-Émile Borduas, who became a famous abstract artist in Canada.

[Learn more about Ozias Leduc at Musée des beaux-arts.](#)

He started painting
at age **16!**

Ozias began as a young apprentice painting church interiors – he learned by watching and doing.

He painted over
30 churches!

His murals can be found in churches all across Quebec, often high up on ceilings and walls.

He was nicknamed
"The Poet of Painting."

People said his artwork was gentle and thoughtful, like poetry in colour.

Self-Taught Canadian Artist – Ozias Leduc

Fill in the missing information.

1. Ozias Leduc was a famous _____.
2. He painted over _____.
3. He believed art could express _____.
4. He painted things from his _____.
5. He was nicknamed the _____.
6. He started painting at _____.
7. He learned by _____.
8. He painted using soft light and _____.
9. His portraits often show the subject with an _____.
10. His paintings were _____.

age 16

gentle and thoughtful

own life

gentle colours

inner feelings

Canadian painter

accessory

30 churches

Poet of Painting

watching and doing

Name: _____

Date: _____

What is a Self-Taught Artist?

Ozias Leduc said he was a self-taught artist. His parents helped to make this possible. They taught him the value of good habits and perseverance. He got used to meticulous, organized, and constant work while helping his father in the family orchard. He carried these good work habits to his studio practice – studying, drawing, and painting in a meticulous, organized and constant way. He learned by being curious, looking carefully at what was around him and how others painted things, and then doing what he thought would work – practising until he got it right.

What did you learn from Ozias Leduc by looking carefully at the painting, *Boy With Bread*, and then drawing it?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Names: _____

Date: _____

Why do artists make art about food?

Food is something we all need, but it also tells stories about who we are. Why do you think artists choose to create art about food, and what can it tell us about people, cultures, or communities?

1. If you were to make art about a food from your life, what would you choose and why?

2. How can food art help us understand other cultures or traditions?

3. Do you think food can tell a story without words? Give an example.

4. How is food used to bring people together in your family or community?

Name: _____

Date: _____

Sharing Food – Building Community

Food is more than just something we eat. It can tell stories about who we are, where we come from, and what we believe. Family recipes are like special treasures that are passed down from one generation to the next. When we cook and eat these foods, we remember people, places, and traditions.

A recipe might remind someone of their grandmother's kitchen, a special holiday, or a family celebration.

Sharing recipes with friends or neighbours is a way of showing kindness and building community.

Food Tells a Story

Some recipes have been in families for hundreds of years. They tell us about our culture, our history, and even the land we come from.

For example, bannock is a traditional Indigenous food in Canada that has been shared for generations.

Food Brings People Together

Cooking and eating with others helps us feel connected. Families gather at the table to share meals and talk about their day.

Celebrations like Thanksgiving, Eid, Diwali, or Lunar New Year often include special foods that everyone looks forward to.

Learning

From Food

When we learn a recipe from someone in our family, we are also learning about their life and experiences.

We might learn where a dish came from, why it's important, or how it has changed over time. Food helps us understand each other's cultures and makes us feel like we belong.

Cool Facts

He made
faces out of
food!



He was
born almost
500 years
ago!

His art
was like a
puzzle.

**Giuseppe
Arcimboldo
(1526–1593)**

He was
forgotten,
then famous
again.

He worked
for kings and
emperors.

He made
reversible art!

Learn more about Arcimboldo at the following links:

[Arcimboldo - More Than Meets the Eye](#)

[Arcimboldo - Nature and Fantasy](#)

[Image: The Vegetable Gardener - by Giuseppe Arcimboldo](#)

Giuseppe Arcimboldo

The Artist Who Painted Food Puzzles!

Name _____ Date _____

Read the cool facts below and answer the questions that follow.

Cool Fact Recap

1. Arcimboldo made faces out of fruits, vegetables, and everyday objects.
2. He was born in Italy in 1526.
3. His portraits were like puzzles – you saw food up close and faces from far away!
4. He painted for emperors and kings in Vienna and Prague.
5. Some of his art looks different when you flip it upside down!
6. His work became popular again in the 1900s.
7. He used art to tell stories, celebrate the seasons, and make people smile.

Part 1: Quick Questions

1. What country was Arcimboldo from?

 2. What made his art different from other artists?

 3. Who did he paint for?

 4. What happens when you flip some of his paintings upside down?

- _____

Part 2: Imagine and Draw!

Draw your own face using fruits or vegetables! Choose 3 - 5 foods to make your eyes, nose, mouth, or hair.



Part 3: Think and Write

Why do you think Arcimboldo used food and objects to make faces instead of painting people the usual way? Write 2–3 sentences below:

Food Face

What if someone painted a face made out of fruits, vegetables, and flowers... and it looked totally real? Would you think it's funny, weird, or amazing? Giuseppe Arcimboldo was an artist who actually did that – over 400 years ago!

He was a very creative and imaginative Italian artist who created portraits out of food, plants, and everyday objects. Up close, they look like apples, onions, and carrots – but step back, and they become a human face!

Think about the vegetables in your grandma's soup, the fruit in your dad's pie, or the herbs in a dish your family loves to cook. Imagine making a portrait of foods that are meaningful to your family. Think of dishes that are served for special occasions. What wonderful stories those foods tell!



CREATE a fun and imaginative portrait using fruits, vegetables, and other foods – just like artist Giuseppe Arcimboldo! Include ingredients from one of your own family's favourite recipes in your food face. Use Model Magic to create the food for your portrait. Include a mini recipe card sharing the story behind your chosen ingredients, and a title for your portrait that reflects the dish.



PRESENT your portrait to the class. Explain what food you chose and why. Describe how it connects to your life or family. Share what your portrait says about you. Tell how you came up with the title for your portrait and how it reflects the dish that inspired the food choices.



RESPOND to the your peers' portraits in a curious and respectful way. What foods do you notice in the portraits? Comment on how they are arranged to make the face. Point out details that catch your eye. Think about what the kinds of foods chosen might say about the person who made it. Ask a question about something you are curious about.



CONNECT your own portrait to those of your classmates. Does your family use some of the same ingredients? Have you tasted or seen that food in your own home? Does your family celebrate similar holidays or family traditions? Is there a food or tradition you didn't know about before? Did it remind you of a smell, taste, or memory? What more do you want to learn about food traditions?

Food Face

You will need:

- Crayola Model Magic - Primary Colours + White
- Crayola Construction Paper - 22.9 cm x 30.5 cm (9" x 12")
- Crayola Scissors
- Crayola Washable No-Run Glue
- Card Stock Paper - 22.9 cm x 30.5 cm (9" x 12")
- Pictures of Food and/or Real Food

1



Look closely at the details.

What do you notice?

What kinds of plants do you see?

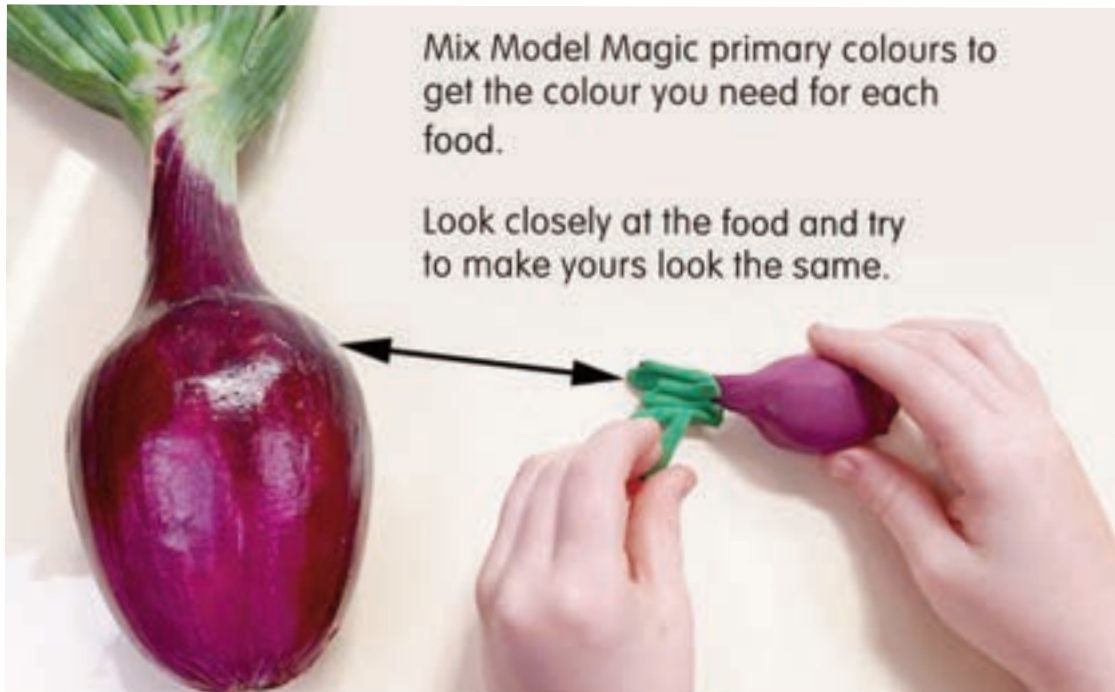
How has he used them?

The Vegetable Gardener - by Giuseppe Arcimboldo

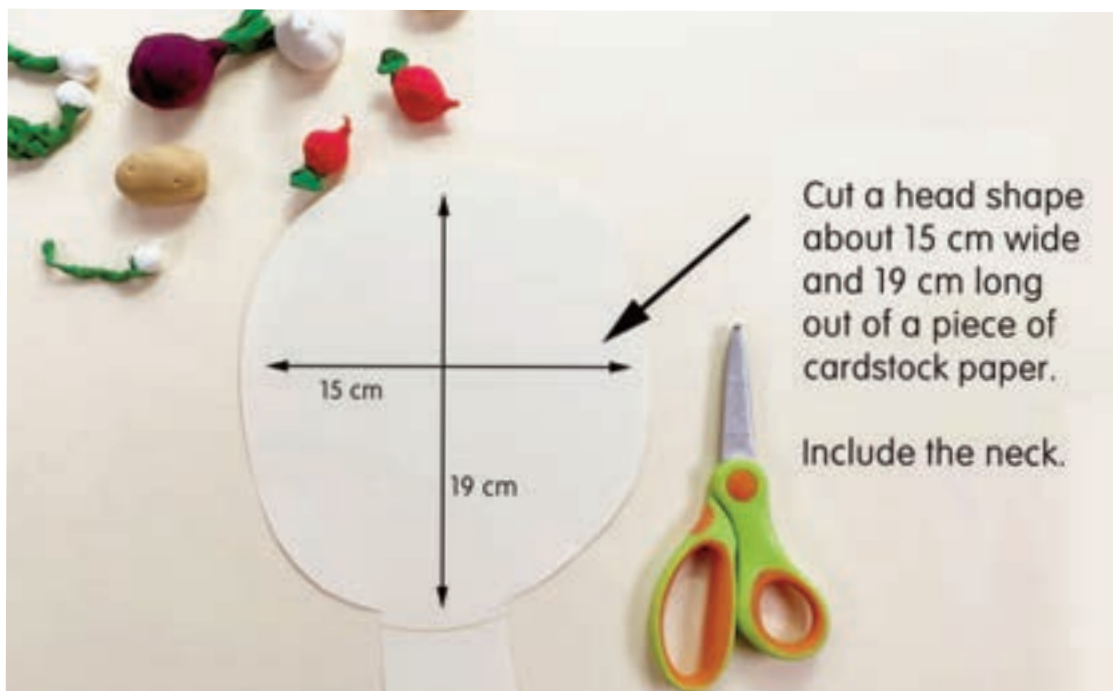
Food Face

Ask your family about a recipe that's meaningful to you. It could be a dish from your culture, a holiday favourite, or something you love to cook together. Who makes this recipe in your family? When do you eat it? Why is it important to you? Make a piece of art inspired by your recipe.

2



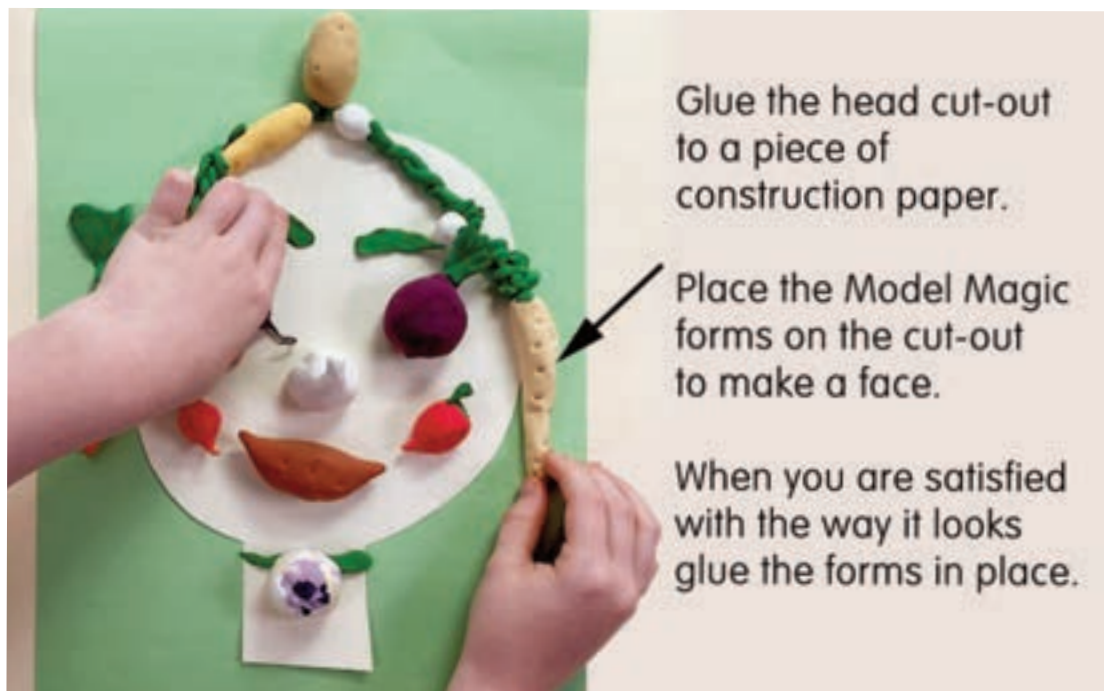
3



Food Face

Food helps tell the story of who we are and where we come from. It brings people together, and every dish has a history. By sharing recipes from our families, we learn more about each other – and celebrate the delicious ways we're connected.

4



5

Write a short paragraph.

Title - A title that reflects the dish.

What foods you used and why.

How they connect to your life or family.

What your portrait says about you.

Gathie Falk

Canadian Artist • Born 1928 • Still creating today!

Gathie Falk is a Canadian artist who is known for turning everyday things – like fruit, bread, and shoes – into amazing art. She was born in Manitoba and started out as a teacher before becoming a full-time artist.

Gathie uses materials like clay, paint, and papier-mâché to make fun and thoughtful sculptures. Some of her most famous artworks are piles of apples, rows of loaves of bread, and even floating cabbages! Her work turns ordinary food into playful and meaningful sculptures.

She says she makes art about the beauty in ordinary life – things we see every day but don't always notice.

Why Does Gathie Falk Make Art About Food?

Because Gathie believes:

- Everyday life is important
- Even simple things, like breakfast, can be beautiful or thoughtful
- Art can help us slow down and pay attention to the world around us
- Food connects people – just like art does!

How Does She Choose What Food to Use?

She picks food that:

- She sees and uses in daily life
- Reminds her of home, comfort, and routine
- Makes her think about repetition, like how we eat the same things over and over
- Has shapes and textures that are interesting to look at and recreate

Her sculptures make people smile, think, and remember that art doesn't have to be fancy – it just has to come from something that matters.

Learn more about Gathie Falk at the following link:

[Meet Vancouver Artist Gathie Falk - The Things in My Head](#)

Floating Cabbages

by Gathie falk



[Image - Calgary Herald - Floating Cabbages](#)

Exploring Gathie Falk's Floating Cabbages

Name: _____

Date: _____

Gathie Falk is a

Canadian artist who loves to turn everyday foods into amazing sculptures.

One of her famous works is called **Floating Cabbages**. In this sculpture, she made cabbages that look like they are floating in mid-air, hanging at different heights, as if they're magically suspended or drifting like balloons.

Falk used sculpting materials to carefully shape each cabbage. She painted them green and gave them realistic textures, making them look fresh, natural, and almost good enough to eat!

Share Your Thoughts

What do you think the Floating Cabbages sculpture means? Why?

What might it mean?

By making them float she makes us pause and notice something we might not think about – a simple cabbage. It could be about:

- The beauty in everyday life
- How food connects to home, care, and routines
- Seeing ordinary things from a new perspective
- Surprise and imagination – who expects floating vegetables?

Think and Answer

Why do you think Gathie Falk chose cabbages for this sculpture?

How do you think it feels to see food 'floating' instead of sitting on a table?

Sculpting Food Memories

What if a loaf of bread could be a work of art? Or a pile of apples could tell a story? Canadian artist Gathie Falk takes ordinary foods – like oranges, cupcakes, and cabbages – and turns them into amazing sculptures! She makes things you’d find on your kitchen table and turns them into something playful, surprising, and full of imagination.

Gathie Falk’s food sculptures show us she is someone who loves small, daily moments, remembers her childhood, and makes art that’s both fun and meaningful. Her work teaches us that even simple kitchen foods can have stories, memories, and magic all their own.



CREATE a clay food sculpture that shows more than just texture and shape – it should share something about you – your culture, your family, and what makes your home feel like home. Write an artist’s statement explaining why this food is special to you and your family, and how it connects you to your heritage or traditions.



PRESENT your work to the class in a group display. Work in small groups to arrange place settings of your food sculptures on tables for 4 or 6 people. Place the artist statement beside each place setting as if it is a menu. Make the arrangement inviting and special.



RESPOND to your classmate’s place settings using sticky notes. Visit each display viewing the work carefully and reading the artists’ statements. Choose 3 sculptures to respond to in a respectful way. If there are already 3 sticky notes at an artwork, choose a different one to respond to. Comment on details that interest you and say why. Share what you learned that you didn’t know before. Describe something the work reminded you of. Place your sticky note beside the artwork.



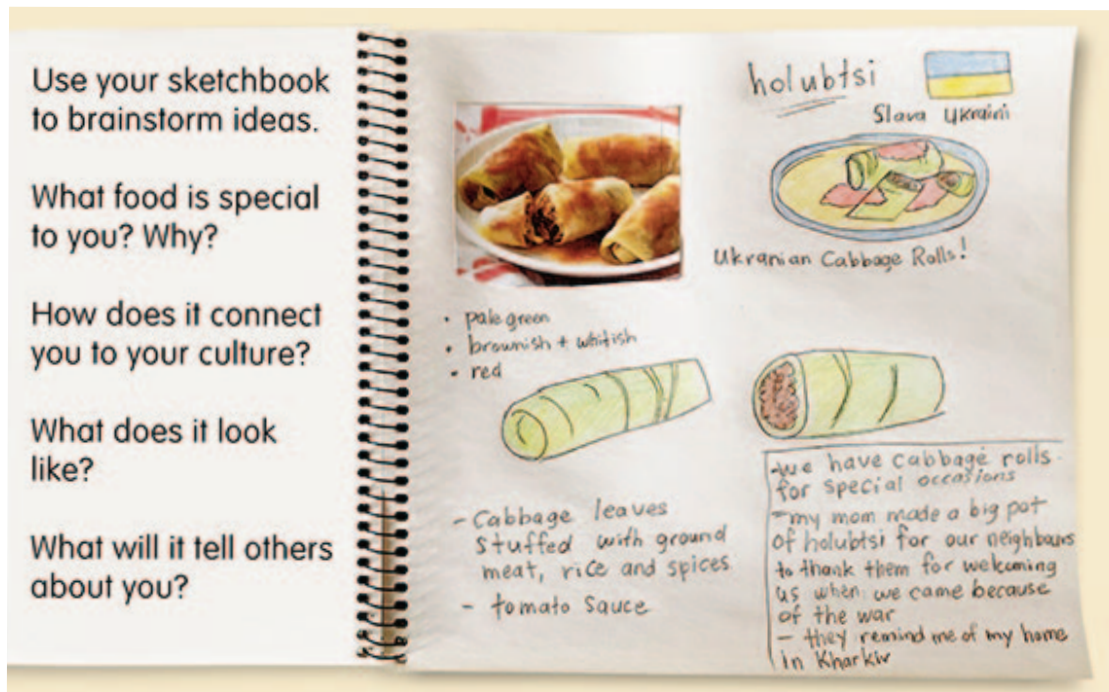
CONNECT your own sculpture to those of your classmates. Have you tasted or seen that food in your own home? Does your family have similar ways of passing on favourite recipes? Is there one special person who seems to have the best recipes in a family? Are there traditional foods that almost everyone is familiar with? Are there spices and foods you have never heard of before? What are you curious about when it comes to family recipes?

Sculpting Food Memories

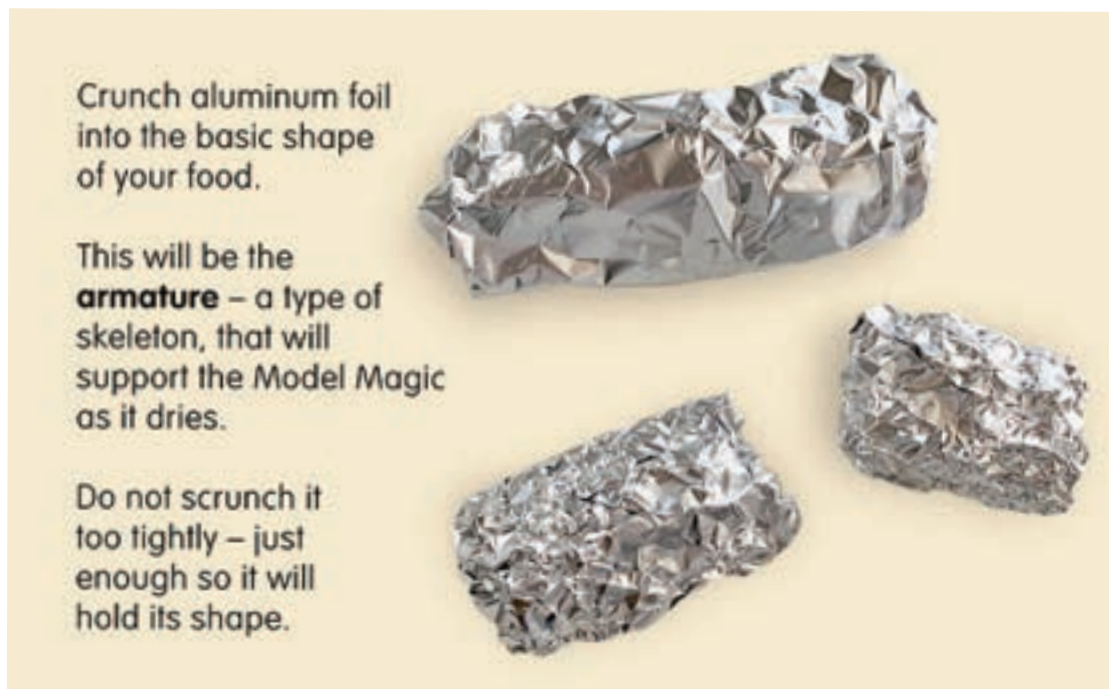
You will need:

- Crayola Sketchbooks
- Crayola Model Magic
- Crayola Scissors
- Crayola Tempera Paints
- Crayola Paintbrushes
- Aluminum Foil
- Paper Plates
- Water Containers
- Paper Towels

1



2



Sculpting Food Memories

When picking a food to sculpt, think about more than just what tastes good – choose something that tells a story about you, your family, or your culture! What does this food mean to you? Is it your favourite food to eat? Remember, you're not just sculpting food – you're sculpting a memory, a story, and a piece of you!

3



4



Sculpting Food Memories

Your artist statement is a chance to tell others about your artwork and the story behind it. Think of it as sharing a piece of your heart along with your art! Share why you chose your food. Talk about your feelings, memories, or traditions connected to it. Write the way you talk. Don't worry about being perfect – just be real.

5



6



Holubtsi (Cabbage Rolls)

by _____

I chose to make a sculpture of holubtsi because it's my favourite food from home in Kharkiv, Ukraine. My mom used to make it all the time for special dinners. It reminds me of being around our kitchen table with my family before we had to leave because of the war.

Holubtsi are made by boiling cabbage leaves until they're soft, then wrapping them around a filling of rice, ground meat, onions, and spices. My mom places them in a big pan, covers them with tomato sauce, and bakes them until everything is warm and soft. They smell amazing when they're cooking!

When we moved to Canada, everything felt new and different. But one day, my mom made holubtsi for our Canadian neighbours. She said it was a way to say thank you and to share something from our culture. They loved it!

Making this sculpture helps me remember where I come from, and how food helped us feel more at home in a new place. It's not just about the cabbage rolls – it's about comfort, memories, and how food brings people together.

Artist Statement Guide

Name: _____ Date: _____

Sculpture Title: _____

1. What food did you choose to sculpt? _____

2. Why is this food special to you? (Think about memories, feelings, or moments connected to this food.)

3. Who do you enjoy this food with? (Mention family members or friends.)

4. Is this food part of a celebration or tradition? How does it bring people together?

5. How did you show the unique look of the food in your sculpture? (Talk about shape, texture, extra details.)

Now Put It All Together! Use your answers to write your artist statement in full sentences.

Artist Statement Example

I made a sculpture of dumplings because they are an important food in my family and culture. We make them every year for Lunar New Year, and it's one of my favourite traditions. My family and neighbours come together to help fold the dumplings, tell stories, and celebrate. It's fun and brings us all closer. I tried to show the shape and texture of the dumplings with folds in the clay, just like we do when we make real ones. This sculpture shows how food can bring people together and carry on traditions.

Artist Statement

Sculpture Title: _____

Name: _____ Date: _____

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What is a Potluck?

A potluck is a special kind of meal where everyone brings a different dish to share with the group. Instead of one person cooking all the food, everyone helps by bringing something they like or a recipe from their family. This way, there are lots of different kinds of food to enjoy! They are a fun way to share food, try new dishes, and spend time with family and friends. Potlucks are a great way to welcome newcomers to your neighbourhood!

Potlucks are usually held during celebrations, holidays, school events, or community gatherings.

Everyone Shares!

Potlucks are all about sharing. When everyone brings a dish, it means there's always a big variety of tasty food to try.

A Taste of Many Cultures

Potlucks often include foods from different cultures, so you get to try new flavours and recipes from around the world.

The word 'potluck' started a long time ago and means getting whatever food is in the pot – sometimes a surprise!

Potluck Parties Are Social!

They're a great way for people to come together, chat, and enjoy each other's company while eating.

No One Has to Cook It All

Because everyone brings something, no one feels overwhelmed cooking a huge meal alone.

Potlucks Can Happen Anywhere

At schools, parks, homes, or even at work – potlucks can happen anywhere people want to share a meal.



Image: By Nehrams2020

Popular Canadian Potluck Dishes



Poutine – Fries topped with cheese curds and gravy.



Butter Tarts – Sweet, gooey tarts – a favourite Canadian dessert.



Bannock – A type of flatbread that comes from Indigenous traditions.



Nanaimo Bars – A no-bake dessert bar from British Columbia.



Maple-Glazed Treats – Anything made with Canadian maple syrup.



Tourtière – A meat pie that comes from French-Canadian culture.



Fresh Fruit or Vegetable Platters – healthy and colourful additions.



Chinese-Canadian Dishes – Like dumplings or fried rice.



Sushi – A tasty Japanese food made with rice wrapped in seaweed.



Seasonal Salads – Using fresh, local ingredients.

Play the Canadian Potluck Matching Game!

How to Play – Match each Canadian dish on the left with its description on the right. Write the letter next to the correct dish.

Dish	Description
<input type="radio"/> 1. Poutine	<input type="radio"/> A Sweet, gooey dessert with chocolate, custard, and coconut layers.
<input type="radio"/> 2. Butter Tarts	<input type="radio"/> B Seasonal salads with fresh local ingredients.
<input type="radio"/> 3. Bannock	<input type="radio"/> C Fries topped with cheese curds and gravy.
<input type="radio"/> 4. Nanaimo Bars	<input type="radio"/> D Healthy platters of fresh fruits.
<input type="radio"/> 5. Tourtière	<input type="radio"/> E A tasty Japanese food made with rice wrapped in seaweed.
<input type="radio"/> 6. Maple-Glazed Treats	<input type="radio"/> F Dumplings or fried rice from Chinese-Canadian cuisine.
<input type="radio"/> 7. Fresh Fruit Platters	<input type="radio"/> G A meat pie from French-Canadian tradition.
<input type="radio"/> 8. Sushi	<input type="radio"/> H Flatbread from Indigenous traditions.
<input type="radio"/> 9. Chinese-Canadian Food	<input type="radio"/> I Treats made with Canada's famous maple syrup.
<input type="radio"/> 10. Salad Platters	<input type="radio"/> J Small, round pastries with a flaky crust and a sweet, sticky buttery filling.

Answer Key: 1-C, 2-J, 3-H, 4-A, 5-G, 6-I, 7-D, 8-E, 9-F, 10-B

Drawing a Shared Feast

Did you know that potlucks are a popular way to celebrate in Canada? They often happen during holidays, school events, and community gatherings. What makes them special is the variety of foods from many cultures that reflect Canada's rich and diverse heritage.

At a Canadian potluck, you might find dishes like poutine, butter tarts, bannock, maple treats, or foods inspired by First Nations, French, British, Asian, and many other cultures.

Potlucks show how food brings people together, helping us connect, share, and celebrate the many cultures that make Canada unique!



CREATE a line drawing of a potluck dinner that shows a group of people sharing food, and friendship at your school. Use hatching and cross-hatching techniques to show light, medium and dark areas in the drawing. Include lots of details of both the food and the people.



PRESENT your drawing in small groups. Hold it up or place it where others can see. Let everyone take a moment to notice the food, people, and details. Explain what is happening in your scene. Share the kinds of food you included and why. Point out how you used line techniques to show light and dark. Highlight the details you added that show people connecting and having fun. Explain how your drawing shows people coming together and celebrating differences.



RESPOND to your classmate's drawing. Be a kind and curious art viewer! Look closely at the details, notice the story they're telling, and think about how it made you feel. Share what food you notice. Comment on how people are interacting. Mention what you notice about the light and dark areas. Describe small details that stand out to you. Ask a friendly question.



CONNECT why you chose what you drew and how it connects to your life. Did you include a food that's special to you? Does this food remind you of someone in your life? Have you ever been to a potluck at school or somewhere else? What choices did you make to show connection – like people talking, laughing, or sharing? How did you use cross-hatching hatching, and details to bring the scene to life? How does your drawing show the spirit of sharing and friendship?

Drawing a Shared Feast

Did you know you can use just lines to show shadows, depth, and texture in your drawings? One cool technique artists use is called **hatching**. Hatching means drawing lines close together to make areas look darker or shaded. If you want something to look even darker, you can try **cross-hatching** – that's when you draw lines going in one direction and then layer lines across them in a different direction, like a criss-cross.

A **value strip** shows how to go from light to dark in steps. Give it a try!

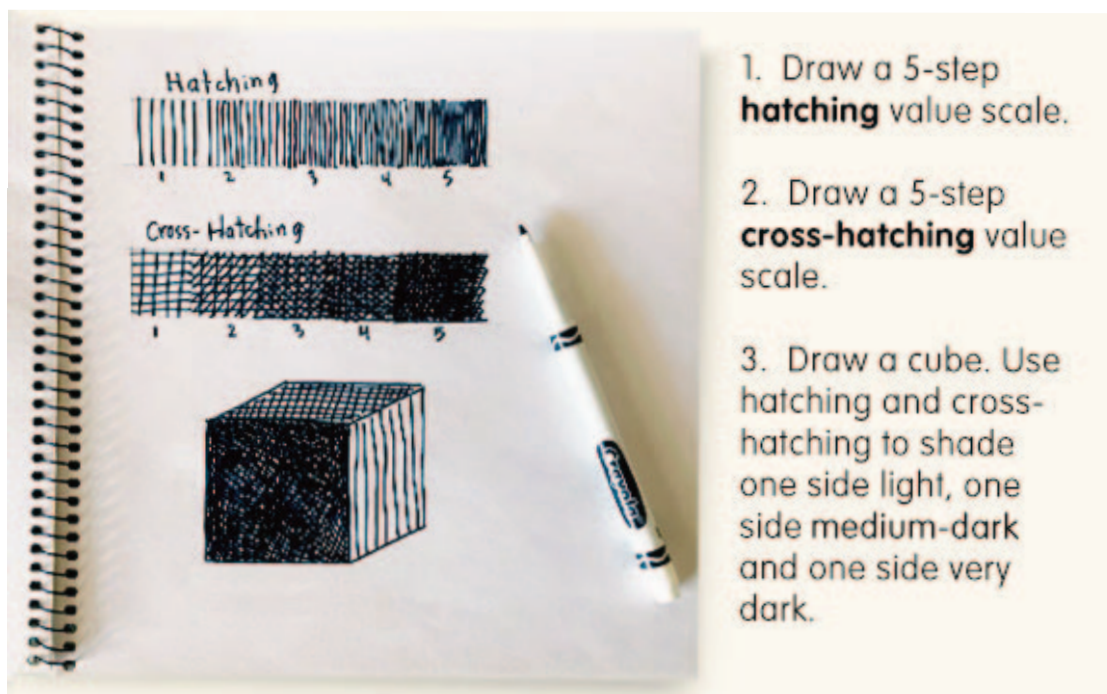
Draw A 5-Step Hatching Value Strip

1. Draw a long rectangle. Divide it into 5 equal boxes across.
2. Label the boxes from 1 (lightest) to 5 (darkest) underneath each box.
3. Use straight lines in only one direction (like |||||):
 - Box 1: Leave it mostly blank – just a few very light lines.
 - Box 2: Add a few more lines, spaced out.
 - Box 3: Add even more lines, a bit closer together.
 - Box 4: Lines should be even closer together now – looks medium-dark.
 - Box 5: Make the lines very close together to create the darkest value.

Draw A 5-Step Cross-Hatching Value Strip (Repeat Process)

1. Draw one set of lines, then draw another set crossing over them. More lines = darker value.

1



Drawing a Shared Feast

You will need:

- Crayola Sketchbooks
- Crayola Marker & Watercolour Paper
- Fine Line Black Markers
- Pencils & Erasers

1

Use your sketchbook to brainstorm ideas.

Think about what you want to include in your composition.

- group of people
- sharing lots of food
- kinds of food
- friendship
- details of classroom



2

Choose the ideas you like the best.

Make a good drawing in pencil.

Be sure to add all the details that make your drawing unique.

Make the drawing fill the page.



Drawing a Shared Feast

Your drawing isn't just about food – it's about people coming together. When you look at your artwork, think about why you chose what you drew and how it connects to your life.

3

Use line techniques to show light, shadow and texture.



4

Reflect on the choices you made as you created your drawing .

This drawing shows how food brings people together.

I included _____ because it reminds me of _____, and it's something that is important in my family or culture.

I wanted to show people _____ (e.g., sharing, laughing, serving food) because it makes me think of times when I've felt connected to others.

I used hatching, cross-hatching, and details to show _____ (e.g., shadows, texture, depth) and to make the scene feel more realistic and detailed.

I wanted the whole scene to feel _____ (e.g., warm, joyful, welcoming, exciting) because that's how I feel when I think about sharing food with others.

Tasty Tales – A Recipe Story Card

Have you ever eaten something that brings back a special memory? Maybe a dish that reminds you of a family celebration, a cozy night at home, or someone you love? That's the magic of food – it's not just something we eat, it's something we feel.

When you share stories about your favourite foods, you also share a part of who you are – your family, your traditions, and your memories. Maybe it's the cookies your grandma bakes on your birthday. Or the samosas your neighbour brings to your block party.

Whether it's sweet or spicy, simple or fancy, your food story is worth telling.



CREATE a recipe card that shares more than just ingredients – it shares a story. On one side of your card, write the recipe for your favourite food. On the other side, write a short story or memory about why this food is special to you or your family. At the top of your card, add a cut-out illustration of the food – like a mini sculpture or pop-up design!



PRESENT your recipe story card to the class. Hold up your card so everyone can see the food cut-out at the top. Say the name of your recipe and what kind of food it is (like dessert, main dish, snack). Tell the story behind your recipe. Explain why this food is special to you. Share who usually makes it. Describe the memory that comes to mind when you eat it. Tell one interesting or tasty ingredient!



RESPOND to your classmate's recipe and story. Every recipe has a story, and every story matters. Show your classmates that you care by listening, smiling, and sharing your thoughts respectfully. Notice what makes the dish special – who makes it, when it's eaten, and how it's prepared. Share something you liked or learned about it. Ask a kind question.



CONNECT how your food connects to your life in special ways. Who makes this food at home? What special memories do you have when eating or helping make it? Does it remind you of someone you love? Do you eat this food during a holiday, party, or special event? What does this food say about you and what you enjoy? How does it feel to tell your story and show this part of your life to others?

Tasty Tales – A Recipe Story Card

You will need:

- Fine Line Markers
- Cardstock Paper - 10.8 cm x 28 cm (4 1/4" x 11")
- Pencils & Erasers
- Crayola Twistable Coloured Pencils
- Rulers

1



2



Tasty Tales – A Recipe Story Card

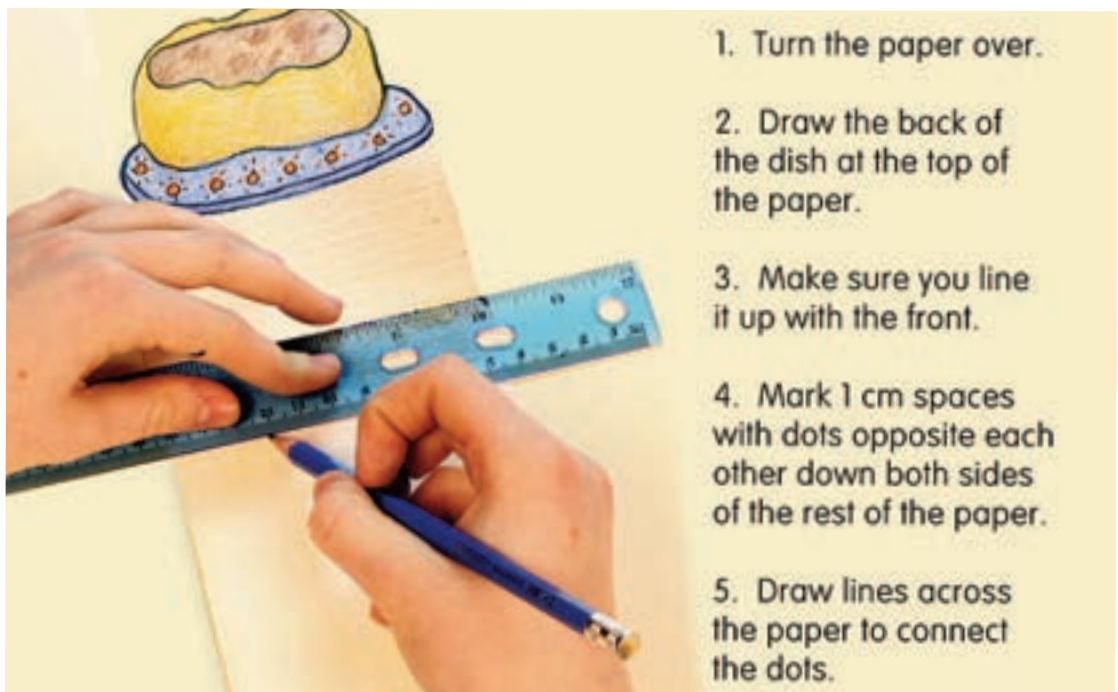
How does sharing your story make you feel? **Excited**, because you get to talk about something you love.

Comforted, because it reminds you of home. **Joyful**, because others get to learn about your culture or family traditions. **Proud**, because you're the expert on your dish.

3



4



Tasty Tales – A Recipe Story Card

Tasty Tales – Writing Prompts for Your Food Story

Use the questions below to help you write the story behind your favourite recipe. Choose a few to answer, or try them all!

5



1. What is your favourite family food? Describe it using your senses. What does it look, smell, and taste like?
2. Who usually makes this food in your family? Do you help? What do you enjoy about making it together?
3. When do you usually eat this food? Is it part of a celebration, holiday, or special moment?
4. Why is this food special to you? Does it remind you of someone or somewhere? What memories come to mind?
5. Have you ever shared this food with someone outside your family? How did they react? How did it make you feel?
6. Does this food connect to your culture or heritage? What do you know about its origins or traditions?
7. If this food could talk, what story would it tell about your family or your life?

Image sources for page 30 – Popular Canadian Potluck Dishes

Poutine – Fries topped with cheese curds and gravy – a tasty and classic Canadian treat!

By Mack Male from Edmonton, AB, Canada - La Poutine, CC BY-SA 2.0,

<https://commons.wikimedia.org/w/index.php?curid=81210573>

Butter Tarts – Sweet, gooey tarts that are a favourite Canadian dessert.

By Hisakazu Watanabe - Flickr: Pecan Butter Tart, CC BY-SA 2.0, <https://commons.wikimedia.org/w/index.php?curid=18824977>

Bannock – A type of flatbread that comes from Indigenous traditions, often shared at gatherings.

By Skorp - Own work, CC0, <https://commons.wikimedia.org/w/index.php?curid=13335265>

Nanaimo Bars – A no-bake dessert bar from British Columbia with layers of chocolate, custard, and coconut.

By Sheri Terris - Flickr: Nanaimo Bars, mmmmmm, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=13276542>

Maple-Glazed Treats – Anything made with Canada's famous maple syrup – like cookies, candies, or glazed nuts.

By kinggrl - Flickr: Cookies, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=19850437>

Tourtière – A meat pie that comes from French-Canadian culture, often enjoyed during holidays.

By Mack Male - <https://www.flickr.com/photos/mastermaq/15936323777/>, CC BY-SA 2.0,

<https://commons.wikimedia.org/w/index.php?curid=94876547>

Fresh Fruit or Vegetable Platters – Often grown in Canada's farms and gardens – healthy and colourful additions.

By Tomwsulcer - Own work, CC0, <https://commons.wikimedia.org/w/index.php?curid=25399041>

Chinese-Canadian Dishes – Like dumplings or fried rice, showing Canada's multicultural flavours.

By Roland Tanglao from Vancouver, Canada - Sat23Oct2004Food - Dim Sum at Shi Art - 13, CC0,

<https://commons.wikimedia.org/w/index.php?curid=91503233>

Sushi – A tasty Japanese food made with rice wrapped in seaweed.

By Ciell at nl.wikibooks, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=6050217>

Seasonal Salads – Using fresh, local ingredients like corn, potatoes, or beans.

By fir0002flagstaffotos [at] gmail.comCanon 20D + Canon 17-40mm f/4 L - Own work, GFDL 1.2,

<https://commons.wikimedia.org/w/index.php?curid=761717>