DETECTIVE RACCOON

«WHY DO WE EAT?»

Breakfast Club of Canada wants to support you in **developing children's food literacy** by offering ready-to-use activities. These activities will help children **better understand food, interact with their food environment, and make informed choices**.

This activity booklet explores the **different needs we can try to meet by eating,** in connection with the relational skills of food literacy. Afterwards, children will be able to **tell hunger apart from other needs** and approach different eating behaviours with kindness.

The activity can be led by a teacher, but children can also use the tool almost independently.

If you wish, we suggest holding **a follow-up discussion with children** after the activity. This discussion will help you gauge how well they understand the concepts covered. Here are a **few questions to guide the conversation:**

- What did you discover during Detective Raccoon's investigation?
- Did Detective Raccoon find only one reason to eat, or several?
- How does your body feel when it's hungry?
- Can we eat to meet more than one need at the same time? Give an example.



To print the student activity booklet, print pages 2 and 3 double-sided, flipping on the short edge. Please note that settings may vary depending on the type of printer you use.

Enjoy the activity!

MISSION ACCOMPLISHED

WITH DETECTIVE RACCOON!

After his investigation, Detective Raccoon concludes that eating can satisfy several needs.

The wheel helps you explore these different situations. There isn't a single right answer, but rather several possibilities depending on how you feel.

We don't all have the same appetite or the same needs: everyone learns to listen more closely to their body and its rhythms.

Remember: you, too, can continue to become a true detective of your own senses and feelings!



DETECTIVE RACCOON

«WHY DO WE EAT?»

Today, Detective Raccoon is watching his friends while they eat. Some kids have quite the appetite after playing outside. Others want to try a new food. Still others enjoy sharing a meal with their friends.

Why do we eat?

Is it only because our bellies are empty?

YOUR MISSION

Help the detective with his investigation!

As you turn the pages, you'll gather clues and learn to recognize your body's needs. Are you ready to become a true detective of senses and feelings?



Detective Raccoon Investigates:

WHY DO WE FEEL LIKE EATING?

Eating can fulfil several needs:



1. **Hunger** — My body needs energy to grow and move.
2. **Enjoyment** — I like the taste, texture or aroma of the food. It makes me want to eat it.
3. **Emotions** — I might feel like eating when I'm happy, stressed, sad, excited or even when I'm bored.
4. **Sharing** — I eat with my family or friends. Meals can be times of celebration, togetherness and tradition.
5. **Routine** — It's time for a meal or a snack. I am used to eating at certain times of the day.
6. **Discovery** — I want to try a new food. I'm curious to discover its flavour, aroma or texture.

Detective Raccoon examines the body's clues:

When your body is hungry, it sends you clues: an empty feeling in your belly, growling noises or sometimes fatigue. Before you eat, try asking yourself this question: **"Am I actually hungry, or is there another reason I feel like eating?"**

The more you learn to listen to your body, the easier it is to understand its needs.

A NEW CASE FOR DETECTIVE RACCOON!



Some situations aren't that simple...

It's up to you to help him investigate: match each situation with the primary need. Don't hesitate to go back to previous pages for a refresher on the different needs.

- Ines is a little **tired** after her soccer practice and her stomach is growling. **She's eating a snack.**
- Tom sees his sister eating a red fruit he's never seen before. He's **curious** and **decides to try it**.
- Léa is having dinner with her whole family to **celebrate a yearly tradition**.
- Noah returns from school and is **bored being at home**. He eats cookies in front of the TV just for something to do.
- Idris just got up and, as he does every Saturday, **he joins his parents at the table for a family breakfast.**
- Sofia smells the **delicious aroma** of French toast coming from the kitchen and **helps herself to a slice**.