



Date/Topic

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

June 29-July 3
Indigenous
Plants and
Foods

Medicine Wheels & Health

Discover the Medicine Wheel through the lens of health and wellness education.

Grade: 5 | Type: Unit Plan
Source: BC Agriculture in the Classroom Foundation

12 Canadian First Nations Recipes

Get busy in the kitchen with one of these yummy First Nations recipes.

Grade: K-12 | Type: Recipe
Source: Food Network Canada

Cooking Indigenous Style

Find out how to make fried bread and other child-friendly recipes from page 30-31 of this guide.

Grade: 3-7 | Type: Recipe
Source: Government of Canada

First Nations Traditional Food Fact Sheet

Discover Indigenous food with this information guide.

Grade: 8-12 | Type: Resource
Source: First Nations Health Authority.

Medicine from Nature

Learn about First Nations medicinal resources in nature.

Grade: 5-8 | Type: Resource
Source: Government of Canada

Week 2

July 6-10
Berries

Grow BC: Berries

Explore commodity links to learn about strawberries, blueberries, cranberries, raspberries, and other berries grown in BC.

Grade: K-12 | Type: Resource
Source: BC Agriculture in the Classroom Foundation

BC Berry Crepes with Vanilla Crème

Brussel Sprout & Cranberry Slaw
Strawberry Coulis

Try one of these recipes celebrating BC berries.

Grade: K-12 | Type: Recipes
Source: BC Agriculture in the Classroom Foundation

Food Gratitude

Colour this sheet or write on it what BC berries you are most grateful for.

Grade: K-5 | Type: Activity
Source: BC Agriculture in the Classroom Foundation

Superberry Play

Act out the various berry roles in this play to practice acting skills, learn, and have fun!

Grade: 3-7 | Type: Acting Activity
Source: BC Cranberry Marketing Commission

BC Raspberries Picked Fresh
BC Strawberries - Connection
BC Cranberries - Dry Harvest

Watch these videos to learn about BC berries.

Grade: 8-12 | Type: Videos
Source: We ♥ Local BC

Week 3

July 13-17
Flowers

Grow BC: Floriculture

Explore the floriculture industry in BC.

Grade: 8-12 | Type: Resource
Source: BC Agriculture in the Classroom Foundation

Plant Something Bee Friendly Lesson Plans:
Elementary
Intermediate
Secondary
Find out all bees, flowers, and pollination.

Grade: K-12 | Type: Lesson Plans
Source: BC Agriculture in the Classroom

Edible Flower Recipes

Check out our Pinterest page and try one of the dozens of featured recipes showcasing edible flowers.

Grade: K-12 | Type: Recipes
Source: BC Agriculture in the Classroom Foundation

Pollinator Poster

Find out about western annuals and perennials that attract pollinators.

Grade: 8-12 | Type: Poster
Source: Flowers Canada Growers

Flower Origami

Watch this video to make flower origami and learn the parts of a flower.

Grade: 3-7 | Type: Video Activity
Source: Michigan Agriculture in the Classroom