

DISCOVERING LOCAL FRUITS AND VEGETABLES KIT

If you have this kit, then you've already decided to discover local fruits and vegetables with your campers !
The following information is designed to help you integrate new activities into your camp program.



What is the Discovering Local Fruits and Vegetables Kit ?

It is a tool intended to help you explore various fruits and vegetables with your campers. It contains the following elements :

- This **introduction page** on the kit.
- **10 factsheets** on local fruits and vegetables.
- The recipe sheet entitled **Salad with Local Fruits and Vegetables**, which features refresher games to play with campers in order to shake things up once you've explored all the fruits and vegetables with them.

What does each factsheet contain?



Each factsheet contains the following items :

- A presentation of the featured fruit or vegetable.
- Active games, questionnaires, amusing facts, and so on.
- A tasting activity.
- Recipes to prepare with your campers.

How does it work ?

You can pepper your program with the suggestions featured on each factsheet. You can opt to have your group discover one, two, three or 10 different fruits or vegetables during the summer.

How to get your campers engaged

Together, decide whether you want to discover one factsheet per day, per week or per month. Choose the activities to carry out based on your campers' preferences, and they'll be much more motivated to participate! Refer to the calendar below to determine when the fruits and vegetables are available at grocery stores or local produce markets in order to carry out a tasting or cook the produce.

	May	June	July	August	September
Asparagus	X	X	X		
Wild blueberries			X	X	X
Cranberries					X
Ground cherries				X	X
Red cabbage	X	X	X	X	X
Cucumbers		X	X	X	X
Strawberries	X	X	X	X	X
Apples	X	X	X	X	X
Radishes	X	X	X	X	X
Tomatoes			X	X	X



You can also ask your campers what they know about fruits and vegetables. Ask them questions and include them in the discussion. They too can help make the exercise dynamic and pleasant. Have you thought of having them take the lead in games or activities?



What are the fruits and vegetables to discover in the factsheets ?

- Asparagus
- Wild blueberries
- Cranberries
- Ground cherries
- Red cabbage
- Cucumbers
- Strawberries
- Apples
- Radishes
- Tomatoes

All these fruits and vegetables are produced in Canada! Hence the title **Discovering Local Fruits and Vegetables**.



For tastings featured on each factsheet, bear in mind that...

- Taste varies considerably from one person to the next, and even with one person over the course of a lifetime. If a camper doesn't like a food item, you can still invite them to explore it with their other senses, without obliging them to taste it.
- You can ask the camper why they don't like the fruit or vegetable. Is the texture too soft? The taste too bitter ?
- You can invite all the campers to taste by explaining to them that tastes are different for everyone. Thus, if their friend doesn't like a food item, they can still appreciate it !

Above all, have **fun!**

Why talk about fruits and vegetables at camp?

- So that your campers learn more about local fruits and vegetables and foster an interest in exploring them, and maybe even tasting them!

For what age group is this kit designed ?

The Discovering Local Fruits and Vegetables Kit was designed for **kids aged 5 and over**. The activities offered have easier variations that are better suited to younger age groups and more difficult variations for older age groups.

What is your role as counselor ?

Bring your focus to bear on creating a pleasant experience, take the opportunity to talk positively about local fruits and vegetables, and be open to discovering fruits and vegetables yourself, even if some don't particularly appeal to you. Remember that you're a **role model** for your campers. If you talk positively about food items, they will tend to appreciate them more.

How to know if your campers retained something during the activities ?

We suggest different ways to test your group's knowledge in the factsheet entitled **Salad with Local Fruits and Vegetables**.

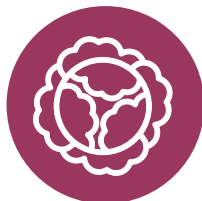
The following are some interesting ideas for activities on fruits and vegetables:

- Energy quiz
- Colourful Circuit

For further activities in connection with healthy eating, go to the **Power Up** portal!

<https://portail.tremplinsante.ca/connexion/>

Happy discovery!





What am I ?

The apple is the fruit of the apple tree. It belongs to the same family as the pear. There are more than 7,500 apple varieties in the world. The skin of an apple can be green, yellow or red.



When can apples be eaten ?

Fresh : Year-round



Did you know that...

To ensure that fresh apples are available year-round, apples are covered with a layer of wax before they get to the grocery store. The wax extends the apple's lifespan and does not pose a risk to human health. It's important to wash the apples well before eating them. Six Canadian provinces grow apples : Ontario, Quebec, British Columbia, Nova Scotia, New Brunswick, and Prince Edward Island.

Discovering the

APPLE



How can apples be eaten ?

Fresh

As is, with cheese, in a fruit salad or a vegetable salad

Cooked

In muffins, pies, fritters, cakes or crisps

Dried

As a snack

Tip to avoid waste

You can prepare an infusion with apple peels and cores. Simply cover them with water and boil for five to 10 minutes. Add spices, such as cinnamon, and strain. You'll have a fruity drink that you can savour hot or cold.



What are the main apple varieties ?

McIntosh: Very juicy and sweet, best consumed raw or in an apple sauce

Cortland: Ideal for cooking

Spartan: Among the crunchiest apple varieties

Empire : Sweet taste and dark red colour



CONTINUE EXPLORING THE APPLE

Actively challenge your campers, test their knowledge and discover all of this fruit's secrets.

Do you know me?

Duration : 5-10 minutes

1. What is the best apple variety for making pies ?

- a) Empire, for its sweet taste
- b) McIntosh, because it is one of the juiciest varieties
- c) Cortland, because it retains its shape when cooked

Answer : c)

2. What colour can the apple peel be ?

Answer : Yellow, green or red

3. How do apples grow ?

- a) In plant near the ground
- b) In the ground
- c) In a tree called an apple tree

Answer : c)

4. During what seasons are apples harvested in Canada ?

- a) At the end of summer and in early fall
- b) In winter and spring
- c) In the fall

Answer : a)

5. Why are fresh apples available year-round ?

- a) Apples are picked during every week of the year.
- b) Apples are covered with wax and stored in a room where air, temperature and lighting are controlled.
- c) In the fall, apples are placed in a freezer, and a few are removed each week.

Answer : b)



Roll your apple

Duration : 5 minutes

Materials : One "apple" (tennis ball) per camper

Description : Give an apple (tennis ball) to each camper. Ask them to slowly turn it around in their hands. Take a moment to experience the pleasant sensation. Ask your campers to move the apple up their arms to their shoulders, then down to their hands. Take a moment to experience the pleasant sensation. Repeat the exercise with the other arm. This activity allows the campers to relax.

Pick me!

Duration : 15-20 minutes

Objective : Protect your team's apples while stealing the opposing team's apples.

Materials : 40 "apples" (tennis balls, sand bags, baseballs, paper balls, etc.), two hoops

Step 1 : Divide the campers into two teams. Divide the field into two sides, one for each team. The campers can give their team a name (or an orchard name) if they wish.

Step 2 : Each team has a hoop containing 20 apples in its zone.

Step 3 : Assign three campers on each team to protect the apples.

Step 4 : At your signal, the other campers must cross the field to steal the opposing team's apples and bring them back to their zone without being touched.

- The campers can touch their opponents only when the latter are in their zone.
- The campers can steal only one apple at a time.

Step 5 : When a camper is touched, they must go to the side of the field and do 15 jumping jacks before re-entering the game.

The winning team is the one that collects all the apples in its zone.

Variation : Rather than ask the campers to do jumping jacks, give them another movement to perform. Tell them they can't touch the apples with their hands.

Nourish your expressiveness !

Power Up challenges you to use the expression "An apple a day keeps the doctor away" in your activity for the day.

Ask your campers to lie on the ground when you use the expression. If they forget, give them a challenge.



CONTINUE EXPLORING THE APPLE

It's time for a taste test !



Taste it !

Duration : 30 minutes

Objective : Use the five senses to explore the apple in all its forms with your campers.

Materials : One pair of tongs to distribute the apples, one knife, and three pieces of apple of different varieties per camper. Give each camper one-quarter of an apple from each variety.



Examine it with your eyes

- Do you see a difference in colour between the three apples ?
- If you cut them in half, what differences do you see between the inside and the outside ?
- Does their colour remind you of another fruit or vegetable ?
- Do you find them appetizing ?



Explore them with your hands

- What do you think of their shape ? Is it uniform? What does it make you think of ?
- How would you describe their texture (smooth, soft, coarse, etc.) ?



Recognize them through their smell

- Do you like their smell ? Why ?
- What exactly do they smell like (floral, fruity, fresh, subtle, etc.) ?
- What does their smell make you think of (a place, a time, a celebration, a person) ?



Their sound

- Have you listened to the sound they make when you bite into them? Can you describe it ?
- Is the sound faint or distinct ? Is it like the sound you hear when you bite into a water melon or a carrot ?



Discover them with your mouth

Their taste

- Do you like their taste ? Why ? Which do you prefer ?
- Describe their taste in one word.
- Is their smell representative of their taste ?
- Does their taste remind you of any other foods ?

Tastes

- Sweet: like candy
- Bitter: like grapefruit
- Acidic: like lemon
- Salty: like salt

Texture inside the mouth

- Can you find a word to describe the texture of apples inside the mouth ?
- What do you like or dislike about the texture ?
- Can you compare their texture to other foods you've eaten ?

Textures

- Crunchy : like a celery
- Juicy like an orange
- Crispy : like a dried banana
- Sticky : like caramel

Don your aprons !

Ready, set, cook! Visit www.treplinsante.ca to view recipes that feature the apple :

- Galette with apples, oats and coconut
- Beet and apple salad
- Pork and apple sandwich



For the curious

If you cut into an apple sideways, what shape will it be in the middle ? That's right: You'll get a star shape !



For additional ideas on words to use to taste foods with the senses, please refer to the [Tasting Expert](https://portail.treplinsante.ca/) activity on the PU portal : <https://portail.treplinsante.ca/>

