

# 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 is it ?

Compared to the highbush blueberry (the large blueberries often found in grocery stores), the wild blueberry grows in a blueberry field or in the wild. Also known as the lowbush blueberry, it is the smaller than its highbush counterpart.

Wild  
blueberry



highbush  
blueberry

Wild blueberries can often be seen growing on freshly cleared or burned lands.



### When can they be eaten ?

Fresh: mid-July to end of September  
Frozen: year-round

\*Frozen: It is preferable to cook them, as they don't have the same texture, but they still taste great!

### Impressive, huh ?

About 95% of the blueberries harvested in Quebec are frozen and distributed all over the world.



Discovering the

# BLUEBERRY



### What foods feature blueberries ?

Fruit salad

yogurt

crêpes

sorbet

smoothie

jam

If you freeze them, you can use them as ice cubes in your drinking water year-round !



### Pick-your-own

Pick-your-own is a time-honoured tradition that's still observed every summer.

### Impressive, huh ?

Wild blueberries were part of the basic diet of Aboriginal people. Aboriginal people heated the blueberries and turned them into a paste, which was then dried in the sun.

That way, they had reserves through the winter.



# CONTINUE TO EXPLORE THE WILD BLUEBERRY

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

## Do you know me ?

1. In what four Canadian provinces does the wild blueberry grow in abundance ?

Answer : Quebec, New Brunswick, Nova Scotia and Prince Edward Island

2. How many varieties of wild blueberry are there ?

- a) Fewer than 5
- b) About 10
- c) About 30

Answer : c)



3. What Quebec region is nicknamed the "Kingdom of the Blueberry" ?

- a) Saguenay–Lac-Saint-Jean
- b) Montreal
- c) Gaspé

Answer : a)

4. What is a pemmican ?

- a) A bird that loves to eat blueberries.
- b) An ancestral dish made from a mixture of animal fat, meat and berries.
- c) A company specialized in the production of blueberries.

Answer : b)

5. What is the best time to pick blueberries ?

- a) When they begin to turn light blue in colour, so that they hold together and continue to ripen until they reach your plate.
- b) When they reach maturity, in order to develop their full flavour.
- c) When they fall the ground, which means they're ripe and ready to be picked.

Answer : b)

## Knock over the berry box



Duration : 15-20 minutes

Objective : The team on which each player successfully bounces their blueberry into the box wins.

Materials : Four bins and one small bouncy ball per player (examples of balls: ping-pong, tennis, etc.)

Step 1 : Divide your group into four teams. Ask each team to line up.

Step 2 : Place a bin representing a blueberry box in front of the first player on each team, at a distance of about three metres.

Step 3 : Give each player a bouncy ball representing a blueberry.

Step 4 : The game starts when you say, "Let the harvest begin." The first player in each line tries to bounce their blueberry on the ground and make it land inside their team's box. Encourage the teams to cheer on the player bouncing the ball.

\* Tip: The blueberry must bounce only once before landing in the box. If it doesn't, the player has to start over.

Step 5 : When the first player in line successfully bounces the ball into the box, they can go knock over another team's box (whichever they choose), or go sit down at the back of their team's line. Once they are seated, the next player in line can begin bouncing their blueberry.

\* The first player in line on a team that has its box knocked over must put it back in its place, with all the blueberries inside it, in order to continue playing.

\* Each team can knock over only one box per game, which is why it's important to choose the right moment.

End of the game : The first team to have all its players seated is named the best team of blueberry pickers!

## Nourish your expressiveness

Power Up has coined a colourful new expression :

"It's a blueberry beautiful day !"

Your challenge? To integrate blueberries into your activity program for the day. Ask your campers to coin their own expression for the day.



# CONTINUE TO EXPLORE THE WILD BLUEBERRY

It's time for a taste test!



## Taste it !

**Duration :** 30 minutes

**Objective :** Use all five senses to explore the blueberry with your campers.

**Materials :** Two wild blueberries and two highbush blueberries per person, and a pair of tongs to distribute the blueberries.



### Examine them with your eyes

- Describe the different shades of blueberry that you observe.
- Can you describe the visual differences between the two blueberries ?
- Do you find them appetizing ? Why ?



### Explore them with your hands

- How would you describe their texture (smooth, sticky, wet, etc.) ?
- Compare their firmness. Which one is softer ? Which one is harder ?



### Recognize it through its smell

- Do you like its smell ? Why ?
- Do the highbush blueberry and the wild blueberry smell different ?
- Can you tell the difference between the two blueberries with your eyes closed ?
- What do their smells make you think of (a place, a time, a meal, a person) ?



### Their sound

- Does each kind of blueberry make a similar sound when you bite into it ?
- Are there any other food items that make a similar sound when you bite into them ?



### Explore them with your mouth

*Their taste*

- Do you like the way they taste ? Why ?
- How would you describe the taste (sweet, bitter, salty, acidic) ?
- Which type of blueberry is the sweetest ?

#### **Tastes**

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

*Texture in the mouth*

- How would you describe their texture ?
- What do you like or dislike about it ?
- Can you compare their texture to that of other food items ?

#### **Textures**

- Crunchy like an apple
- Juicy like an orange
- Pasty like a banana
- Crispy like a cracker
- Fibrous like celery

## DON YOUR APRONS !

Ready, set, cook! Visit [www.tremplinsante.ca](http://www.tremplinsante.ca) to view recipes that feature blueberries :

- Blueberry oatmeal muffins with chocolate chips
- Blueberry and apricot scones
- Fruity frozen yogurt pops (favour wild blueberries)

For further ideas on words you can use to taste food items with the senses, please see the **Tasting Expert** activity on the Power UP portal at <https://portail.tremplinsante.ca/>

