

# 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 a cranberry ?

Sister of the blueberry, it is a small red fruit that belongs to the berry family. Its colour can be either red or white.



RED  
WHITE



## When can it be eaten ?

Fresh: September to December  
Dried or frozen : year-round



## Impressive, huh ?

Quebec is the world's leading producer of organic cranberries!



Discovering the

# CRANBERRY



## What foods feature the cranberry ?

### Frozen/fresh

compote  
jam

Muffin  
fruit crisp

sauce  
smoothie

### Dried

salad  
nut and dried  
fruit mix

cookies  
cereal bar



## How is the cranberry harvested ?

Its harvest is unique ! Between September and October, the cranberry fields are flooded, causing the berries to float to the surface. And there you have it! A tractor is then used to harvest the berries.

## Do you recall...

seeing this little red berry in a holiday-season meal ?

## Impressive, huh ?

Look, it's like a large red carpet !



# CONTINUE EXPLORING THE CRANBERRY

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

## Do you know me ?

Duration : 5-10 minutes



### 1. How is white cranberry juice made ?

- a) The juice is filtered to remove the red colour.
- b) The fruit is soaked in a substance to remove the colour.
- c) The cranberries are harvested when they're still white, before they reach maturity.

Answer : c)

### 2. Which cranberry contains the most acid ? (Acid = like a lemon)

- a) White cranberry
- b) Red cranberry

Answer : a)

Like a banana, which, when green, is not as sweet as it is when it turns yellow: the riper it gets, the sweeter it tastes !

### 3. How do cranberries grow ?

- a) They grow in water.
- b) They grow in earth.
- c) They grow on a shrub.

Answer : c)

### 4. What allows the cranberry to float on water ?

- a) There are small air pockets inside the cranberry called alveoli.
- b) The cranberry is lighter than water, which allows it to stay on the surface.
- c) There is no particular explanation: all fruits float on water.

Answer : a)

### 5. In what form is it preferable to eat cranberries ?

- a) Juice
- b) Whole (fresh)

Answer : b)

Whole fruit is preferable to juice because the juice does not contain the fibers present in the fruit.

## Put your body to the test

Duration : 5-10 minutes

Challenge your campers to write the word "cranberry" with their bodies. Provide some examples to guide them.



## Speed harvest

Duration: 15-20 minutes

**Materials :** Three large bins, water, and several floating balls varying in size (small, medium and large).

**Objective :** Harvest as many cranberries (balls) as you can in 30 seconds.

**Variations :** Hands tied, eyes closed, hands behind your back, or with your feet. Use your imagination to find other variations.

**Step 1 :** Fill the bins with water. Place the balls in bins according to their size (a bin for small balls, a bin for medium-sized balls, and a bin for large balls). There must be a sufficient number of balls in each bin to hide the surface of the water from view.

**Step 2 :** Place a camper in front of each bin and choose a level of difficulty (see the variations).

**Step 3 :** At your signal, have the campers harvest as many cranberries (balls) as possible. Have them change stations every 10 seconds, getting the others to encourage them during this time.

**Step 4 :** After 30 seconds, count the number of cranberries each camper harvests and return the balls to their respective bins. Repeat steps 1 to 3 until all your campers have had a chance to play.

\*Repeat this activity as often as you wish, increasing the level of difficulty as you go along.

## Nourish your expressiveness !

Power Up has coined a colourful new expression:

"The cranberry: it's berry delicious !"

Your challenge ? To successfully integrate the expression into your activity program for the day. You can also ask your campers to coin their own expression for the day



# CONTINUE EXPLORING THE CRANBERRY

It's time for a taste test !



## Taste it !

**Duration :** 30 minutes

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

**Materials :** 3 cranberries per youth (1 fresh, 1 frozen, 1 dried), a knife and a spoon for distribution



### Examine it with your eyes

- Do you see a difference in colour between the three types of cranberries ?
- If you cut it in half, what differences do you see between the inside and the outside ?
- Does its colour make you think of another fruit or vegetable ?
- Do you find it appetizing ?



### Explore it with your hands

- What do you think of its shape ? Is it uniform ? Does it make you think of anything in particular ?
- How would you describe its texture (smooth, soft, coarse, etc.) ?



### Recognize it through its smell

- Do you like its smell ? Why ?
- What exactly does it smell like (woody, floral, fruity, fresh, subtle, etc.) ?
- What does the smell make you think of (a place, a time, a celebration, a person) ?

#### Textures

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



### Explore it with your mouth

Its taste

- Do you like its taste ? Why ?
- How would you describe its flavour ?
- Is its smell representative of its taste ?
- What other foods does its taste bring to mind ?

#### Tastes

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

Texture in the mouth

- Can you find a word to describe it ?
- What do you like or dislike about it ?
- Can you compare its texture to other foods you've eaten ?



### Its sound

- Have you listened to the sound it makes when you bite into it? Can you describe it ?
- Is the sound faint or distinct ? Does it resemble the sound you make when you bite into a watermelon or a carrot ?

## Don your aprons !

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

- Cranberry and chocolate chip oatmeal cookies
- Cranberry and strawberry squares
- Cranberry and broccoli salad
- Cranberry and tuna sandwich



## For the curious

**Materials :** fresh cranberries, a bowl and a knife

Place the cranberries in a small bowl filled with water. What happens ? They float! Cut a cranberry in half and observe the alveoli. These tiny holes fill with water and cause the fruit to float on the surface.

For additional ideas on words to use to taste foods with the senses, please refer to the **Tasting Expert** activity on the PU portal.

<https://portail.tremplicantsante.ca/>

