

# 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 ?

The cucumber belongs to the gourd family and is the cousin of melons and squash. The cucumber's skin can be green, yellow or white. Yellow and white cucumbers are not available on the North American market, but the green cucumber is widely available in grocery stores.



### When can cucumbers be eaten ?

Field cucumbers : Mid-June to mid-October  
Greenhouse cucumbers : Year-round

### Did you know that...

There are about 40 cucumber varieties ?  
The following varieties are the easiest to find in grocery stores :

- English cucumber
- Lebanese cucumber
- American cucumber
- Mini-cucumber
- Pickled cucumber (pickles)



### Discovering the

# CUCUMBER



### How are cucumbers eaten ?

#### Fresh

salad

in a sauce (tzatziki)

on their own

gazpacho

with a dip

sliced

#### Cooked

as a substitute for zucchini

stew

gratiné

soup



### Tip to avoid waste

Chances are, you're accustomed to eating cucumber fresh. But it can also be frozen to avoid waste, though you'll have to use it in a soup, as its texture changes when you freeze it, meaning it won't be as crunchy.



# CONTINUE EXPLORING THE CUCUMBER

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

## Do you know me ?

Duration : 5-10 minutes



### 1. True or false ? All cucumber varieties are green.

Answer : False. Cucumbers can also be yellow or white.

### 2. True or false ? The English cucumber is the smallest of all the varieties.

Answer : False. The mini-cucumber is the smallest.

### 3. Where do cucumbers grow ?

- a) In fields
- b) In greenhouses
- c) In a secret area guarded by garden gnomes
- d) a) and b)

Answer : d)

### 4. True or false ? All cucumbers have seeds.

Answer : False. The English cucumber does not have seeds.

### 5. True or false ? English cucumbers, mini-cucumbers and Lebanese cucumbers are available for sale year-round.

Answer : True. Each of these varieties is grown in greenhouses.

## The dancing cucumber

Duration : 10 minutes

Divide your campers into groups. Then instruct them to invent a dance connected to the cucumber. Hold a contest to determine which group created the best dance.



## Cucumber ball

Duration : 15-20 minutes

Objective : The players must steal the cucumber.

Materials : One "cucumber" (ball) placed on one cone

**Step 1 :** Divide your group into two equal teams. Have the members of each team sit face to face on a different line. Place the cone and the ball between the two teams. Each team should be six metres from the cone.

**Step 2 :** Give a variety of cucumber (e.g. Dutch, prickly, Japanese) to each player. Make sure there is a player with the same variety of cucumber on the other team. The players must remember the variety of cucumber with which they are associated.

**Step 3 :** Tell a story, and when you name a variety of cucumber, the player associated with that variety on each team must hurry to collect the cucumber in the center.

**Step 4 :** The player who collects the cucumber first brings it back to their team.

**Step 5 :** The team that collects the most cucumbers wins !

**Variation :** If your group is odd-numbered, ask a camper to tell the story. The camper can then change places with the camper who lost their fight for the cucumber.

## Nourish your expressiveness !

Power Up has coined a colourful new expression :

"I wish you a cucumber of a great day!"

Ask your campers to count the number of times you use the expression. At the end of the day, reward the camper who comes up with the best guess, for example by letting them choose an activity.



# CONTINUE EXPLORING THE CUCUMBER

It's time for a taste test !



## Taste it !

**Duration :** 30 minutes

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

**Materials :** One mini-cucumber, one English cucumber, one American cucumber, or one field cucumber per camper, one pair of tongs, and one knife



### Examine it with your eyes

- Do you observe a difference in colour between the three types of cucumber ?
- If you cut them in half, what differences do you see between the inside and the outside ?
- Does the 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 ? Does it make you think of anything ?
- 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 (woody, 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 there a difference in the sound that the three varieties of cucumber make ?
- Is the sound faint or distinct ? Is it like the sound you hear when you bite into a melon or a carrot ?



### Discover them with your mouth:

Their taste

- Do you like their taste ? Why ?
- How would describe their flavour ?
- 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

Their texture inside the mouth

- Can you find a word to describe their texture inside the mouth ?
- What do you like or dislike about each of the cucumbers ?
- Can you compare them to other foods you've eaten ?
- Which of the three cucumbers do you prefer ? Why ?

#### Textures

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



## Don your aprons!

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

- Spring rolls with tofu
- Tzatziki
- Greek hero sandwich



## For the curious

Did you know that pickles are a kind of cucumber ? In fact, pickles are a crunchier type of cucumber, which makes them perfect for marinades. Several delicious recipes are available on the Web. Try them with your campers!

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.tremplinsante.ca/>

