

# 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**.

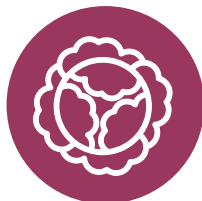
The following are some interesting ideas for activities on fruits and vegetables:

- 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 radish is a sharp-tasting root vegetable that belongs to the same family as broccoli and cabbage.



### When are radishes eaten ?

Fresh: Mid-May to October

### Varieties

There are several varieties of radish. Summer radishes, the easiest to find in grocery stores, can be red, white, purple or pink. They can also be round or elongated in shape.

Asians radishes can be black, white (daikon), green, purple or greenish pink (watermelon radish). However, several of these Asian varieties are not grown in Canada.

### Impressive, huh ?

Radishes are among the first local vegetables to show up in grocery stores in the spring, because they grow fast, in no more than 25 to 30 days ! A project to grow radishes in greenhouses is being undertaken in Canada. This means they could be available for longer periods during the year.



### Discovering the

# RADISH



### How are radishes eaten ?

#### Raw

as a crudité with a dip

in a salad

thinly sliced as a garnish

#### Cooked

grilled

sautéed

added to soups



### Tip to avoid waste

Don't throw out radish leaves. They can be steamed like spinach, savoured in a salad, sautéed, and more !



# CONTINUE EXPLORING THE RADISH

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 ? In December, Mexico marks a celebration called the Night of the Radishes, during which radishes are sculpted.

**Answer : True.** Each year on December 23, artisans carve statues depicting biblical scenes and create local costumes out of radishes.

### 2. True or false ? Radish leaves are edible.

**Answer : True,** they can be eaten in a salad or sautéed, for example.

### 3. Where do radishes grow ?

- a) In water
- b) In the ground
- c) On a shrub

**Answer : b)** The radish is a root vegetable, like the carrot and the potato.

### 4. What colours can radishes be ?

- a) Red and white
- b) Red and pink
- c) Purple and pink
- d) Red, white, pink, purple, and other colours as well

**Answer : d)** Radishes can also be green and black.

### 5. How long does it take for a radish to grow ?

- a) One year
- b) A full summer
- c) A month

**Answer : c)**

## Rat-dishes

Duration : 15-20 minutes

**Objective :** *The campers must meet challenges issued by Rat.*

**Step 1 :** Give an instruction to the campers. They must follow the instruction only if it begins with "Rat dishes." For example, if you say "Rat dishes: Do some jumping jacks" the campers must perform jumping jacks.

**Step 2 :** When you give an instruction without first saying "Rat dishes", the campers should not obey the instruction.

**Step 3 :** Eliminate the campers who don't obey the instruction when you say "Rat dishes" and those who do obey the instruction when you don't say it.

**Step 4 :** Once the campers are eliminated, they can take turns giving instructions to the participants.

**Variation :** Divide the campers into two teams. The winning team is the one that still has one player left.

## Charade

Duration : 3 minutes

**Description :**

*The first syllable in my name sounds like the slang word for something good: RAD*

*The second syllable in my name sounds like something on which a meal is served: DISH  
I am a root vegetable.*

**Answer: Radish**



## Nourish your expressiveness !

Power Up has coined a colourful new expression: "I've had the radish", meaning I'm exhausted.

Challenge your campers to freeze when you use the expression. If they forget to freeze, give them a challenge.



# CONTINUE EXPLORING THE RADISH

It's time for a taste test !



## Taste it!

**Duration :** 30 minutes

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

**Materials :** One raw red radish and one cooked red radish\* per camper, one pair of tongs to distribute the radishes, and one knife. \* In a frying pan, sauté the radish in a little oil for five minutes.



### Examine them with your eyes

- Do you see a difference in colour between the two vegetables ?
- If you cut them in half, what differences do you see between the inside and the outside ?
- Do their colours 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, hard, etc.) ?



### Recognize them through their smell

- Do you like their smell ? Why ?
- What exactly do they smell like (woody, floral, 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 ?
- What is the difference in sound between the two radishes ?
- 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 ?
- How would describe their taste?
- 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 ?
- What do you like or dislike about each radish ?
- Can you compare them to other foods you've eaten ?
- Do prefer the radish raw or cooked? Why ?

#### Textures

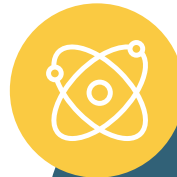
- Crunchy : like a celery
- Juicy like an orange
- Crispy : like dried banana
- Sticky : like caramel



## Don your aprons!

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

- Potato salad
- Salad with radish rings



## For the curious

Did you know that molecules called glucosinolates give the radish its sharp taste ? They're the same molecules found in red cabbage ! Have you noticed that raw red cabbage has a slightly sharp taste ?

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/>

