

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 red cabbage belongs to the cruciferous family of vegetables, which also includes broccoli and cauliflower. It is distinguished by the violet colour of its many compact leaves. Impressive, huh ? The red cabbage is one of the oldest vegetables grown on Earth !



When can it be eaten ?

It is available year-round. But did you know that the main harvest season for cabbage begins in October, just after the first frost ?

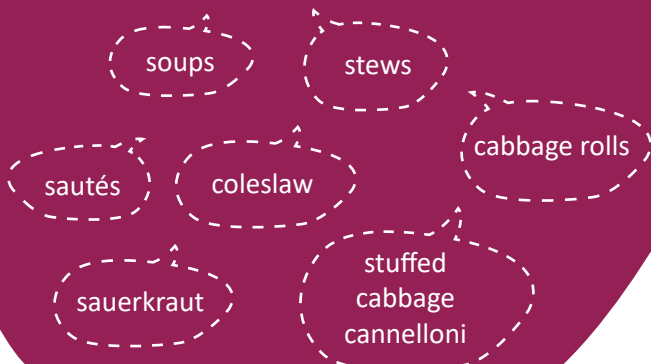
Discovering the

RED CABBAGE



What foods feature the red cabbage ?

Look for its distinctive colour! During the winter, it adds colour and vibrancy to a variety of dishes.



Its particular leaves

Do you know why its inner leaves are paler than its outer leaves ? This is due to the simple fact that the inner leaves get less exposure to the sun. Look closely. Cut a red cabbage in half and take the time to observe it. What do its purple and white streaks look like (strangely enough) ? You guessed it: a brain !



CONTINUE EXPLORING THE RED CABBAGE

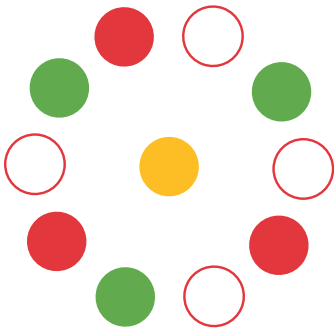
Actively challenge your campers, test their knowledge and discover all of this veggie's secrets.

Lively coleslaw

Duration : 5-10 minutes

Materials : one ball per player, except the player in the middle.

- Step 1 :** Have your campers form a large circle, and give them each a ball. The balls represent cabbages. The player occupying the centre of the circle is the only one without a cabbage. That player acts as "game master."
- Step 2 :** The game master assigns a cabbage variety to each player, ensuring that three different varieties are assigned. Make sure the players are positioned as shown in the drawing below.



Each circle colour is associated with a cabbage variety, with the game master (seen in yellow) positioned in the centre.

Step 3 : At the start of the game, all the players must bounce their cabbages off the ground. The game master then names one of the varieties, and the players assigned to it must place their cabbage on the ground and immediately switch places before picking up the cabbage from the ground again.

- Meanwhile, the players whose cabbage variety was not named must continue bouncing their cabbage on the ground.

Step 4 : The game master can also say the word "coleslaw" as a cue for all the players to leave their ball on the ground and switch places with any other player in the circle.

- While the players are switching places, the game master tries to take the place of one of the players by picking up a ball up from the ground.
- The player who loses their place moves to the middle to become the game master, and the game resumes, repeating steps 2 to 4.



Sing the cabbage with your group

Do you know how to plant cabbage ?

Natural Tie-Dye

Duration : 1 hour

Materials : 1 knife, 1 red cabbage, 1 large saucepan, 1 stove, 1 strainer, 2 large bowls, 1 white shirt, some string, 1 rope, clothes pins

Attention : Some steps should be completed by the counselor.

- Step 1 :** Cut the red cabbage in four. In the saucepan, cover the cabbage with water and boil for 30 minutes.
- Step 2 :** While the cabbage is boiling, wrinkle parts of your shirt and use a string to keep them wrinkled. Then, roll your shirt like a sausage and tie it with the string.
- Step 3 :** Turn off the heat and let the cabbage cool for five minutes. Strain the cabbage to reserve the liquid. Place the cabbage in the compost.
- Step 4 :** Wet your shirt with cold water to make it damp. Place it in the bottom of a bowl and pour the cabbage cooking water over it. Let the shirt absorb the liquid for at least 10 minutes.
- Step 5 :** Once the shirt cools down, press on it to remove the excess water. Untie the string and let the shirt air dry on a clothesline.

PSST : Using a show of hands, have the campers guess the colour of the shirt. Will it be red ? Pink ? Purple ? None of the above! Boiled cabbage causes the shirt to turn **BLUE !**



Nourish your expressiveness !

Power Up has invented a colourful new expression:
"This is no average cabbage activity !"

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



CONTINUE EXPLORING THE RED CABBAGE

It's time for a taste test!



Taste it !

Duration : 30 minutes

Objective : Discover the cabbage family and use the five senses to explore the differences between the varieties.

Materials : 1 red cabbage, 1 green cabbage, 1 white cabbage, 1 Brussels sprout (1 leaf from each cabbage per camper).



Examine them with your eyes

- Describe the different colours you see in each cabbage.
- Do the colours remind you of another food item ? Which one ?
- Examine the size of the leaves. Are they large, small, thin, thick ?
- Do you find the cabbages appetizing ? Why ?



Explore them with your hands

- If you take whole cabbages, can you name them, from the lightest to the heaviest ?
- How would you describe the texture of the leaves (smooth, soft, coarse, etc.) ?



Recognize them by their smell

- Do you like the smell? Why ?
- What exactly do they smell like (woody, smoked, floral, fresh, etc.) ?
- Can you recognize the smells of the different cabbages with your eyes closed ?
- Have you ever smelled cooked cabbage ? If so, describe the differences between the smells.



Listen to their sounds

- When you tear a leaf in two with your hands, does the sound differ from one cabbage variety to the next ? Why ?
- Have you listened to the sound it makes when you bite into it ? What does it sound like ?



Explore them with your mouth

Their taste

- How would you describe their taste ?
- Is their smell representative of their taste ?
- Which cabbages do you like most ? Why ?

Tastes

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

Their texture in the mouth

- What word would you use to describe it ?
- What do you like/dislike about it ?
- Can you compare the texture to other foods you've eaten?

Textures

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

For the curious

Try the Magic tricks activity!

Impress your group with this colourful science experiment.



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

Don your aprons !

Ready, set, cook! Visit the website at www.tremplinsante.ca for recipes that feature cabbage:

- Homemade coleslaw from the "Bread Stuffed with Pulled Pork" recipe
- Asian napa coleslaw (replace the napa cabbage with red cabbage).
- Red cabbage salad with apple and cranberry.

