

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**.



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.

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!**

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**.

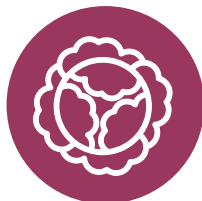
The following are some interesting ideas for activities on fruits and vegetables:

- Energy quiz
- Colourful Circuit

For further activities in connection with healthy eating, go to the **Power Up** portal!

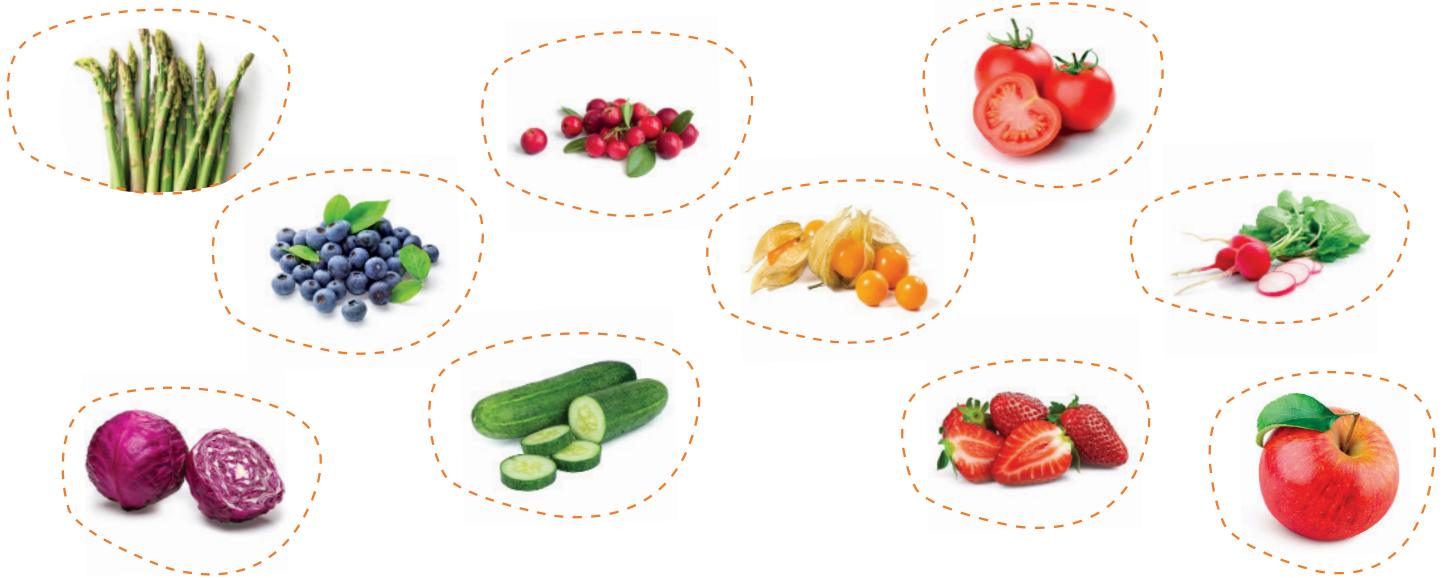
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Happy discovery!



SALAD WITH LOCAL FRUITS AND VEGETABLES

Once you've introduced your group to 10 local fruits and vegetables, now's the time to find out what your campers have retained. You can draw on the following ideas to test their knowledge while having fun! If needed, you can invent other games or adapt those that are presented to your group.



POW-FRESHNESS!



Objective : *Test the campers' knowledge about local fruits and vegetables.*

Materials : *none*

Step 1 : Have your campers form a circle.

Step 2 : Stand in the middle of the circle.

Step 3 : Turn in a circle, then randomly point to a player. That player must crouch down.

Step 4 : Ask a question from the list of questions. The campers on each side of the player who has crouched down must try to answer the question. It's a contest! The first camper to answer correctly can continue the game. The second camper must sit down. The players who crouched down can get up again.

* The players who are eliminated take turns going to the middle of the circle to ask questions.

Step 5 : Continue the game as described, until there are two campers remaining.

Step 6 : Have the remaining two campers stand back to back.

Step 7 : Ask a final question from the list below. Once you ask your question, the two campers must turn around and answer as quickly as possible.

Step 8 : The player who correctly answers the final question wins the game.



List of questions



1. Is the tomato a fruit or a vegetable ?

Answer : The tomato is a fruit, since it comes from the flower of the plant and produces seeds.

2. Name one of the tomato varieties most commonly found in grocery stores.

Answer : Common tomato, Italian tomato, cherry tomato.

3. Why can Canadian-grown tomatoes be eaten year-round ?

Answer : Because Canada produces greenhouse tomatoes.

4. Name one colour of tomato other than the red tomato.

Answer : Pink, green, yellow, orange

5. Name one colour of radish other than the red radish.

Answer : White, purple, pink, black, green

6. Name one way to eat radishes.

Answer : As a crudité, or in a soup, a salad or a stir-fry

7. Why are fresh local apples available year-round ?

Answer : Apples are covered with edible wax.

8. Name one of the four main varieties of apples.

Answer : McIntosh, Empire, Cortland, Spartan

9. Name one of the two main Canadian provinces that produce strawberries.

Answer : Quebec or Ontario

10. Name one colour of cucumber other than green.

Answer : Yellow or white

11. Name one of the main varieties of cucumber.

Answer : Lebanese, English, American, mini-cucumber, pickle

12. How can the cucumber be eaten cooked ?

Answer : In a soup, gratiné, stew or other

13. During what month does the main red cabbage harvest take place ?

Answer : October

14. Why are the inner leaves of the red cabbage paler than the outer leaves ?

Answer : Because they are less exposed to the sun.

15. Name a variety of cabbage other than the red cabbage.

Answer : Green cabbage, white cabbage, Brussel sprouts, cauliflower, curly kale, Savoy cabbage

16. What colour is the ripe fruit of the ground cherry ?

Answer : Yellow or orange

17. How did ground cherries get their name ?

Answer : Because they fall to the ground when ripe.

18. What other names does the ground cherry have ?

Answer : Winter cherry or Chinese lantern

19. What colours can the cranberry be ?

Answer : Red or white

20. How are cranberries harvested ?

Answer : Cranberry fields are flooded to make the cranberries float to the surface.

21. What causes the cranberry to float on the surface of the water ?

Answer : Cranberries have air pockets called alveoles, which allow them to float.

22. Where do wild blueberries grow ?

Answer : They grow on freshly cleared or burned lands.

23. Name one province that produces wild blueberries.

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

24. What colours can asparagus be ?

Answer : White, violet, green

25. Name one province that produces asparagus.

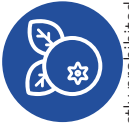
Answer : Quebec, Ontario, British Columbia

26. What explains the colour variations between the different kinds of asparagus ?

Answer : The amount of sunlight they receive. White asparagus are never exposed to the sun, but remain underground. Violet asparagus are white asparagus that stick out of the ground and are briefly exposed to the sun before being harvested. Green asparagus grow in full sun.

27. How can you prevent asparagus from becoming olive green after cooking ?

Answer : By dunking them in ice water.





CHARADE-BASED TREASURE HUNT

Objective : *The campers take part in a treasure hunt, and the hints are charades. Along the way, they rediscover local fruits and vegetables.*

Materials : *Posters featuring charades*

Step 1 : *Divide your campers into groups of two or three.*

Step 2 : *Tell them where to find the first charade. They have to come back and see you after each charade so that you can confirm that they found the correct answer.*

Step 3 : *When they have the correct answer for the charade, they can search for the second charade.*

Step 4 : *The winning team is the first to successfully guess all the charades.*

Variations :

- *Create a map of your camp to show your campers where the charades are, instead of telling them where they are. Like in a real treasure hunt!*
- *If the first charade to guess is that of the asparagus, place a drawing of an asparagus spear under the second charade. Let your campers find out where the next charade is.*
- *Pair the youngest campers with the oldest campers.*
- *Instead of using posters, ask the campers to position themselves in each determined location to read the charade.*
- *For the youngest campers, invent guessing games rather than using charades (for example: I am round, juicy, red, pink or orange, and I taste good on bruschetta. Answer: tomato).*



List of charades :



The first syllable in my name is a playing card worth one point : **ACE**
 The second syllable is a set with two identical elements : **PAIR**
 The third syllable is the letter that follows F in the alphabet : **G**
 I am a vegetable that grows in early spring in Canada : **ASPARAGUS**



The first syllable in my name is the colour of the sky : **BLUE**
 The second syllable is an acronym for an extra-terrestrial : **ET**
 The third syllable is an adjective designating animals that live free : **WILD**
 I am a highly popular berry : **WILD BLUEBERRY**



The first syllable in my name is a stick used to lean on when walking : **CANE**
 The second syllable refers to a variety of small fruits : **BERRY**
 I am a red fruit harvested by flooding fields : **CRANBERRY**



The first word in my name refers to the surface of the Earth : **GROUND**
 The second word in my name is a well-known red fruit with a pit in the middle : **cherry**
 I am a fruit with the same name as the red fruit mentioned above : **GROUND CHERRY**



The first word in my name is a colour associated with Valentine's Day : **RED**
 The first syllable in the second word in my name is a popular form of urban transportation : **CAB**
 The second syllable in the second word in my name sounds like the item a police officer wears on their uniform : **BAGGE**
 I am a vegetable harvested in the fall : **RED CABBAGE**



The first syllable in my name sounds like the letter in the alphabet that comes after P : **CU**
 The second syllable sounds like the verb a parent uses to summon a child : **CUM**
 The third syllable sounds like the noise a person makes when they're cold : **BER**
 I am a green vegetable in the same family as a melon : **CUCUMBER**



The first syllable in my name sounds like the name of a tube-shaped object we put in a drink : **STRAW**
 The second syllable is the name of a family of small fruits : **BERRY**
 I am a small red berry : **STRAWBERRY**



The first syllable in my name sounds like a program downloaded to a cell phone : **AP**
 The second syllable sounds like a verb that means the opposite of "push" : **PLE**
 I am a fruit harvested at the end of summer : **APPLE**



The first syllable in my name sounds like the slang word for something good : **RAD**
 The second syllable sounds like something on which a meal is served : **DISH**
 I am a sharp-tasting small vegetable : **RADDISH**



The first syllable in my name is also a word meaning the opposite of "from" : **TO**
 The second syllable is the fifth month of the year : **MAY**
 The third syllable is the same as the first : **TO**
 I am a vegetable grown in a greenhouse : **TOMATO**





The first

syllable in my name
is a playing card worth
one point.



The second

syllable is a set with two
identical elements.



CHARADE N° 1



The third

syllable is the letter that
follows F in the alphabet.



I am

a vegetable that grows
in early spring in Canada.



The first

syllable in my name is the colour of the sky.



The second

syllable is an acronym for an extra-terrestrial.



CHARADE N° 2



The third

syllable is an adjective designating animals that live free.



I am

a highly popular berry.

The first

syllable in my name
is a stick used to lean
on when walking.



The second

syllable refers to a variety
of small fruits.



CHARADE N° 3

I am

a red fruit harvested
by flooding fields.



The first

syllable word in my name refers to the surface of the Earth.



The second

word in my name is a well-known red fruit with a pit in the middle.



CHARADE N° 4



I am

a red fruit with the same name as the red fruit mentioned above.



The first

word in my name is a colour associated Valentine's Day.



The second

syllable in the second word in my name is a popular form of urban transportation.



CHARADE N° 5



The third

syllable in the second word in my name sounds like the item a police officer wears on their uniform.



I am

a vegetable harvested in the fall.

CHARADE N° 6

The first

syllable sounds in my name
sounds like the letter in the
alphabet that comes after P.



The second

syllable sounds like
a verb a parent uses
to summon a child.



The third

syllable sounds like
the noise a person makes
when they're cold.



I am

a green vegetable
in the same family
as a melon.

I am

a green vegetable in the same family as a melon.



The second

syllable is the name of a family of small fruits.



CHARADE N° 7

I am

a small red berry.



The first

syllable in my name sounds like a program downloaded to a cell phone.



The second

syllable sounds like a verb that means the opposite of "push."



CHARADE N° 8

I am

a fruit harvested at the end of summer.



The first

syllable in my name sounds
like the slang word for
something good.



CHARADE N° 9



I am

a sharp-tasting
small vegetable.

The first syllable

in my name is also
a word meaning the
opposite of "from."



The second

syllable is the fifth month
of the year.



CHARADE N° 10

The third

syllable in the same
as the first.



I am

a vegetable grown
in a greenhouse.



FURTHER IDEAS...

Photo contest at the local grocery store or market.



Ask your campers to snap photos featuring fruits and vegetables discovered at camp and also found at grocery stores. Who'll come up with the most original photo?

Song contest featuring a local fruit or vegetable.



Explore with the senses.



Describe the local fruits and vegetables using one of your senses. The campers must guess the fruit or vegetable described.

Bingo with local fruits and vegetables.



Recipe featuring fruits and vegetables discovered at camp.



Ask your campers to bring a copy of their favourite recipe featuring one of the 10 fruits and vegetables discovered at camp. Vote on the tastiest recipe, and prepare it with your campers.

Harvest a local fruit or vegetable.



Visit a you-pick farm in the area of the camp.

Memory game with local fruits and vegetables.



Psst

Ask your campers if they have ideas for activities to do with the fruits and vegetables discovered over the course of the summer.



GAME-QUESTIONNAIRE FOR GENERATIONS

Suggest that your campers bring the following questions home to their families. An activity you can do for fun, and you can also give out points for knowing the most about local fruits and vegetables.

1. What molecule in asparagus gives urine a particular odour ?

- A) Asparagusic acid
- B) Carvone
- C) Acetic acid

2. What is a pemmican ?

- A) A bird with a long beak
- B) An ancestral dish made from animal fat, meat and berries
- C) A foreign fruit

3. Why do cranberries float on water ?

- A) Because they're lighter than water
- B) Because they're round
- C) Because they contain air pockets called alveoles

4. What fruit is also called a "Chinese lantern" ?

- A) Strawberry
- B) Blackberry
- C) Ground cherry

5. If you want to dye a white object, such as an egg, by boiling it with red cabbage, what colour will the egg turn ?

- A) Red
- B) Blue
- C) Purple

6. True or false? Cucumbers can be frozen.

7. How many strawberry varieties are there in North America ?

- A) 12
- B) More than 50
- C) More than 200

8. Why are fresh local apples available in grocery stores year-round ?

- A) People pick a lot of apples.
- B) After they're harvested, apples are covered with a thin layer of edible wax and placed in a temperature-controlled room.
- C) Apples stay fresh for a long time.

9. What gives the radish its sharp taste ?

- A) Molecules called glucosinolates.
- B) It belongs to the same family as cayenne pepper.
- C) The vegetables that grow nearby.

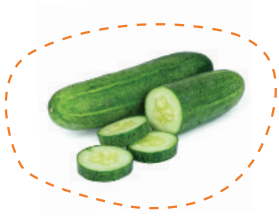
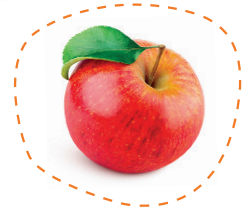
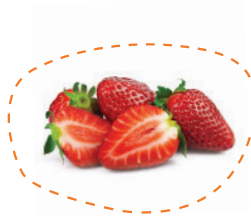
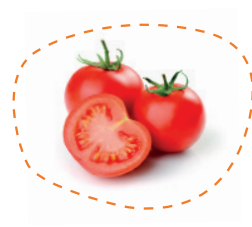
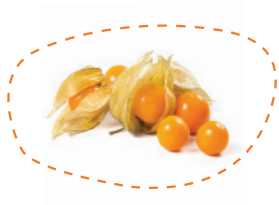
10. What pigment is responsible for the red colour in tomatoes ?

- A) Lycopene
- B) Chlorophyll
- C) Carotene

Answers

1. A) Asparagusic acid
2. B) An ancestral dish made from animal fat, meat and berries.
3. C) Because they contain air pockets called alveoles.
4. C) Ground cherry
5. B) Blue
6. True, but it has to be used in soups or stews, to take away its crunchy texture.
7. C) More than 200
8. B) After they're harvested, apples are covered with a layer of edible wax and placed in a temperature-controlled room.
9. A) Molecules called glucosinolates
10. A) Lycopene





AT CAMP, I DISCOVERED...

Objective : *Remind your campers about the fruits and vegetables you talked about at camp, and encourage them to show their parents what they've learned.*

Materials : *1 sheet of colouring paper per camper, colouring crayons*

Step 1. Ask your campers to colour the fruits and vegetables you saw together.

Step 2. Ask your campers to write their names on their sheets.

Step 3. Create a mural with the drawings.

Step 4. At the end of the summer, give the drawings back to the campers so that they bring them home and talk about them with their parents.

Variation : *Give your campers a sheet of colouring paper to take home.*

