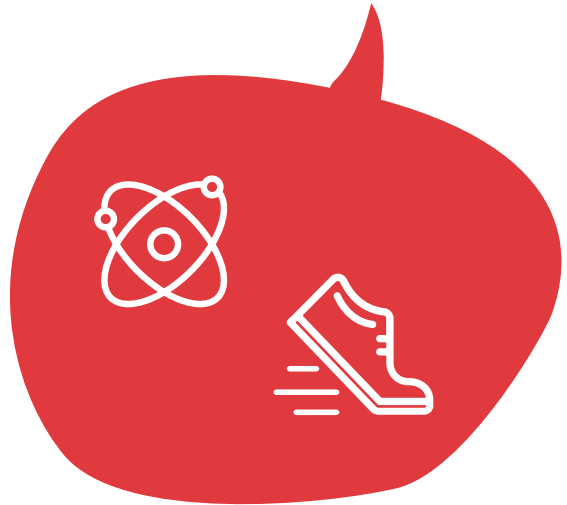


# DISCOVERING LOCAL FRUITS AND VEGETABLES KIT

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**.

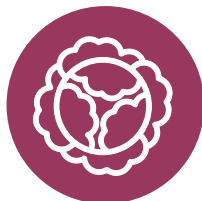
The following are some interesting ideas for activities on fruits and vegetables:

- Energy quiz
- Colourful Circuit

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

<https://portail.tremplinsante.ca/connexion/>

Happy discovery!





### What is it ?

This small red fruit belongs to the same family as the raspberry and the blackberry.



### When are strawberries eaten ?

Field strawberries : June to October  
Greenhouse strawberries : November to July  
Dried or frozen : Year-round

### Varieties

There are more than 200 strawberry varieties in North America. All the varieties have something unique to offer. They vary in size, differ slightly in taste, and grow at various times during the season.

### Impressive, huh ?

Some 75% of Canadian strawberries are produced in Quebec and Ontario.



## Discovering the

# STRAWBERRY



### How are strawberries eaten ?

#### Fresh

#### Cooked

sliced

on cake

jam

coulis

in a salad

with yogurt

#### Dried

in cereal

in a tisane

a snack



### How best to eat strawberries

Remove them from the refrigerator one hour before eating for greater flavour. Wash them before hulling to prevent the water from changing their flavour. It is preferable to eat local strawberries because they're juicier and more packed with flavour.

### Tip to avoid waste

If the strawberries are soft, but not mouldy, freeze them! They'll make an excellent addition to smoothies !



# CONTINUE EXPLORING THE STRAWBERRY

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

## Chat about strawberries

**Duration :** 5-10 minutes

**Description :** Talk to your campers about picking strawberries and their favourite strawberry recipes.

Ask them :

**Question 1 :** Have you ever picked strawberries ?

**Question 2 :** Have you ever picked other small fruits ?

**Question 3 :** During what time of year are strawberries picked ?

- Older campers (ages 10 and older): Ask them to name the months during which strawberries are picked.
- Younger campers: Ask them to name the season during which strawberries are picked.

**Question 4 :** How do you like to eat strawberries ?

**Question 5 :** What are your favourite recipes featuring strawberries ?

**Question 6 :** Do you know how strawberries grow ?

\* View the section entitled "For the curious" to find out more.

## Strawberry race

**Duration :** 20-30 minutes

**Step 1 :** Ask your campers to sit in a circle.

**Step 2 :** Touch the head of the campers while naming the colours of the strawberries (for example: blue strawberry, yellow strawberry).

**Step 3 :** When you touch a camper's head while saying "red strawberry", the camper must stand up and try to touch you before you sit down in their place. Before you sit down, you have to run around the circle twice without being touched.

**Step 4 :** If the camper touches you before you sit down, go back to Step 2.

**Variation :** Rather than run around the circle twice, you can set out a course to follow as quickly as possible.



## Strawberry fields

**Duration :** 30 minutes

**Materials :** Red or white construction paper, colouring crayons, reusable adhesive (putty)

**Description :** Ask your campers to cut out their strawberry or draw it. Then have them decorate it and write their favourite moment at camp on it. Stick the strawberries in a place chosen with your campers to create a strawberry field.

## Nourish your expressiveness !



Power Up challenges you to integrate the following expression into your activity :

"Like giving strawberries to a donkey !"

Challenge your campers to respond by saying "It's the berries" or coining another expression. If they forget to respond, you can present them with a challenge.



# CONTINUE EXPLORING THE STRAWBERRY

It's time for a taste test !



## Taste it !

**Duration :** 30 minutes

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

**Materials :** One local strawberry per camper, one pair of tongs to distribute them.



### Examine it with your eyes

- If you cut it in half, what difference do you see between the inside and the outside ?
- Does its colour remind you 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 ? What does it make you think of ?
- 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 (floral, fruity, fresh, subtle, etc.) ?
- What does its smell make you think of (a place, a time, a celebration, a person) ?



### 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 ? Is it like the sound you hear when you bite into a water melon or a carrot ?



### Discover it with your mouth

Its taste

- Do you like its taste ? Why ?
- Use one word to describe its taste.
- Is its smell representative of its taste ?
- Does its taste remind you of any other foods ?

#### Tastes

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

Its texture inside the mouth

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

#### Textures

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



## Don your aprons !

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

- Cranberry and strawberry squares
- Strawberry and rhubarb cake



## For the curious

Strawberry plants have stems that crawl along the ground and form roots to create new plants.

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.treplinsante.ca/>

