

# 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**.

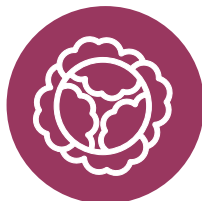
The following are some interesting ideas for activities on fruits and vegetables:

- 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 ?

In the botanical sense, the tomato is considered a fruit, as it comes from the flower of the plant and contains seeds. But it is cooked like a vegetable. There are a great many tomato varieties, which come in various sizes, shapes, colours and textures. The following varieties are most commonly found in grocery stores:

- Greenhouse tomatoes
- Italian tomatoes
- Cherry tomatoes



## When can tomatoes be eaten ?

Field tomatoes: July to October  
Greenhouse tomatoes: Year-round

## Impressive, huh ?

Canada is the leading producer of greenhouse tomatoes in North America. Ontario is the province that produces the most greenhouse tomatoes, accounting for 98% of Canadian greenhouse tomato production.



# Discovering the TOMATO



## How are tomatoes eaten ?

### Raw

burger

salad

sandwich

bruschetta

salsa

### Cooked

ketchup

soup

sauce

ratatouille

stuffed

juice



## How are tomatoes harvested ?

In Canada, tomato plants are grown mostly in greenhouses due to significant variations in temperature. When the temperature drops below 13° Celsius, the plants become too cold, and when it rises above 35° Celsius, they grow too hot and stop producing fruit.

## Other ways to eat tomatoes

Did you know that grocery stores also carry sundried tomatoes ? They make an excellent addition to sandwiches and salads.



# CONTINUE YOUR EXPLORATION OF THE TOMATO

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

## Do you know me ?



Duration : 5-10 minutes

### 1. How many tomato varieties are there in the world ?

- a) 100
- b) 1,000
- c) 10,000

Answer : c)

### 2. True or false? The tomato is always red when ripe.

Answer : False. Depending on the variety, tomatoes can also be green, orange, yellow or pink.

### 3. True or false? The cherry tomato gets its name from the fact that it is the cousin of the cherry.

Answer : False. The cherry tomato and the cherry do not belong to the same family. However, the ground cherry belongs to the same family as the tomato.

### 4. What is the ideal temperature for tomato plants ?

- a) 0 to 10 °C
- b) 14 to 35 °C
- c) Hotter than 35°C

Answer : b)

### 5. How can the tomato be eaten ?

Answer: All answers are good.  
Examples: Soup, salad, bruschetta, etc.

## Pass the tomato !



Duration : 15-20 minutes

Objective : Pass the tomato between the legs of opposing players.

Matériel : One "tomato" (ball)

**Step 1 :** Have the campers stand in a circle, facing out.

**Step 2 :** The campers spread their legs apart, their feet touching the feet of the campers standing next to them.

**Step 3 :** At your signal, the tomato (ball) is put into play. The campers must pass the tomato through the legs of the other players to win the game. The objective is to eliminate the other players, but also to protect their "goal" with their hands.

**Step 4 :** When the tomato passes between a player's legs, that player is "eliminated." The player remains in the game, but turns to face the inside of the circle. Their job is to help pass the ball between the legs of the other players.

Variation :

- **Easy:** The players face the inside of the circle.
- **Difficult:** The players use only one hand to play.

## Don't drop the tomato !



Duration : 3 minutes

Matériel : One "tomato" per camper (ball, juggling ball, or antistress ball)

Movement game: Yes

**Description :** Give a tomato (ball) to each camper. Have your campers form a line. Challenge them to walk with the tomato on their head. When a camper drops the tomato, they must go the back of the line. The camper who gets to the finish line first wins the game.

\* Note: You can create an antistress ball by filling inflatable balls with sand or flour.

## Nourish your expressiveness

Power Up challenges you to integrate the following expression into your activity for the day: "Being red like a tomato."

Ask your campers to coin an expression based on a fruit or a vegetable and to answer with the expression each time you say "Being red like a tomato." If they forget to answer, give them a challenge.



# CONTINUE YOUR EXPLORATION OF THE TOMATO

It's time for a taste test !



## Taste it !

**Duration :** 30 minutes

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

**Materials :** One cherry tomato, ¼ of a greenhouse tomato, and ¼ of an Italian tomato per camper, one pair of tongs to distribute the tomatoes, and one knife.



### Examine it with your eyes

- Do you see a difference in colour between the three types of tomato ?
- 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 ? What does it make you think of ?
- How would you describe their texture (smooth, soft, coarse, etc.) ?



### Recognize them through their colour

- 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 ? What are the differences between the three tomatoes ?
- 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 you 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 of the three tomatoes ?
- Can you compare them to other foods you've eaten ?
- Which of the three tomatoes do you prefer ?

#### Textures

- Crunchy like an apple
- Juicy like an orange
- Pasty like a banana
- Crispy like a cracker
- Fibrous like celery

## For the curious

Did you know that lycopene, a molecule contained in the tomato, is responsible for the tomato's red colour ?



For additional ideas on words to use to taste 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 [www.tremplinsante.ca](http://www.tremplinsante.ca) to view recipes that feature the tomato:

- Chicken tabbouleh
- Greek salad
- Orzo salad with salmon

Want to see more? You can also try the Duo or Solo activity featured on the Power Up portal to continue discovering the tomato.

[www.portail.tremplinsante.ca](http://www.portail.tremplinsante.ca)

