

What is a cranberry ?

Sister of the blueberry, it is a small red fruit that belongs to the berry family. Its colour can be either red or white.



RED
WHITE



When can it be eaten ?



Fresh: September to December
Dried or frozen : year-round

Impressive, huh ?

Quebec is the world's leading producer of organic cranberries!



Discovering the

CRANBERRY



What foods feature the cranberry ?

Frozen/fresh

compote
jam

Muffin
fruit crisp

sauce
smoothie

Dried

salad
nut and dried
fruit mix

cookies
cereal bar



How is the cranberry harvested ?

Its harvest is unique ! Between September and October, the cranberry fields are flooded, causing the berries to float to the surface. And there you have it! A tractor is then used to harvest the berries.

Do you recall...

seeing this little red berry in a holiday-season meal ?

Impressive, huh ?

Look, it's like a large red carpet !



CONTINUE EXPLORING THE CRANBERRY

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 is white cranberry juice made ?

- a) The juice is filtered to remove the red colour.
- b) The fruit is soaked in a substance to remove the colour.
- c) The cranberries are harvested when they're still white, before they reach maturity.

Answer : c)

2. Which cranberry contains the most acid ? (Acid = like a lemon)

- a) White cranberry
- b) Red cranberry

Answer : a)

Like a banana, which, when green, is not as sweet as it is when it turns yellow: the riper it gets, the sweeter it tastes !

3. How do cranberries grow ?

- a) They grow in water.
- b) They grow in earth.
- c) They grow on a shrub.

Answer : c)

4. What allows the cranberry to float on water ?

- a) There are small air pockets inside the cranberry called alveoli.
- b) The cranberry is lighter than water, which allows it to stay on the surface.
- c) There is no particular explanation: all fruits float on water.

Answer : a)

5. In what form is it preferable to eat cranberries ?

- a) Juice
- b) Whole (fresh)

Answer : b)

Whole fruit is preferable to juice because the juice does not contain the fibers present in the fruit.

Put your body to the test

Duration : 5-10 minutes

Challenge your campers to write the word "cranberry" with their bodies. Provide some examples to guide them.



Speed harvest

Duration: 15-20 minutes

Materials : Three large bins, water, and several floating balls varying in size (small, medium and large).

Objective : Harvest as many cranberries (balls) as you can in 30 seconds.

Variations : Hands tied, eyes closed, hands behind your back, or with your feet. Use your imagination to find other variations.

Step 1 : Fill the bins with water. Place the balls in bins according to their size (a bin for small balls, a bin for medium-sized balls, and a bin for large balls). There must be a sufficient number of balls in each bin to hide the surface of the water from view.

Step 2 : Place a camper in front of each bin and choose a level of difficulty (see the variations).

Step 3 : At your signal, have the campers harvest as many cranberries (balls) as possible. Have them change stations every 10 seconds, getting the others to encourage them during this time.

Step 4 : After 30 seconds, count the number of cranberries each camper harvests and return the balls to their respective bins. Repeat steps 1 to 3 until all your campers have had a chance to play.

*Repeat this activity as often as you wish, increasing the level of difficulty as you go along.

Nourish your expressiveness !

Power Up has coined a colourful new expression:

"The cranberry: it's berry delicious !"

Your challenge ? To successfully integrate the expression into your activity program for the day. You can also ask your campers to coin their own expression for the day



CONTINUE EXPLORING THE CRANBERRY

It's time for a taste test !



Taste it !

Duration : 30 minutes

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

Materials : 3 cranberries per youth (1 fresh, 1 frozen, 1 dried), a knife and a spoon for distribution



Examine it with your eyes

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

Textures

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



Explore it with your mouth

Its taste

- Do you like its taste ? Why ?
- How would you describe its flavour ?
- Is its smell representative of its taste ?
- What other foods does its taste bring to mind ?

Tastes

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

Texture in the mouth

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



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 ? Does it resemble the sound you make when you bite into a watermelon or a carrot ?

Don your aprons !

Ready, set, cook! Visit www.tremplinsante.ca to view recipes that feature the cranberry :

- Cranberry and chocolate chip oatmeal cookies
- Cranberry and strawberry squares
- Cranberry and broccoli salad
- Cranberry and tuna sandwich



For the curious

Materials : fresh cranberries, a bowl and a knife

Place the cranberries in a small bowl filled with water. What happens ? They float! Cut a cranberry in half and observe the alveoli. These tiny holes fill with water and cause the fruit to float on the surface.

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/>

