



ALL AGES
DURATION: 30 to 45 minutes

DELICIOUS MISFITS

Help your campers discover new foods while stimulating their creativity! This activity also lets them discover imperfect fruits and vegetables and encourages more sustainable consumption.



SKILLS: This drawing activity lets campers increase their **knowledge of healthy eating**, sharpen **their fine motor skills**, and express their **creativity**.

MATERIALS

- Sheets of paper
- Felt pens, wax crayons, pastels or gouache
- Scissors and glue

- Cards for drawing fruits and vegetables (see p. 5-9)
- Images of imperfect fruits and vegetables (see p.10)

You and your budding artists can also use chalk to embellish bricks, concrete and asphalt.

STEPS

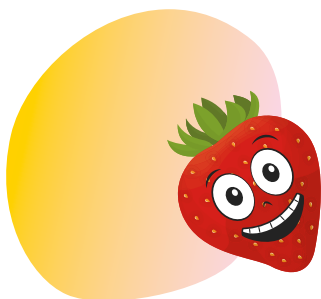
1 Prepare yourself

- Read the drawing cards (see p.5-9)
- Print ONE copy of each card PER youth (five sheets x number of campers): **Asparagus, wild blueberry, strawberry, apple, radish**
- Distribute one card to each person, varying the fruits and vegetables so that your group has at least one drawing of each fruit and vegetable.

2 Provide some background on the activity

FOR CAMPERS 5-6 YEARS AND 7-8 YEARS OLD

- Tell your campers the story of your friend the farmer.
 - You have a good friend who grows fruits and vegetables.
 - Your friend says that many imperfect fruits and vegetables go to waste on grocery store shelves.
 - To reduce waste, your friend would like to show imperfect fruits and vegetables to people at the grocery store using posters.
 - Your friend needs help to draw new posters of fruits and vegetables growing in his fields.



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STEPS (CONTINUED)

FOR CAMPERS 9-12 YEARS AND 13 YEARS AND OVER

- Bring out the marketing aspect with older campers.
 - Explain that many imperfect fruits and vegetables go to waste on grocery store shelves.
 - To reduce waste, we need to find a way to tell as many people as possible about the issue.
 - Their help is needed to invent a character, like your farmer friend, who will promote imperfect fruits and vegetables. Your mission is to make them more appealing.

Did you know? *Slightly more than half of all the food produced in Canada winds up in the garbage. Canadians throw out 35.5 million tons of food per year, which is equivalent to the weight of 2,200 large elephants.*

3 Carry out the activity

- Tell the campers that you selected five fruits and vegetables that grow in Canada and that must be drawn for advertising purposes (poster, history, mascot, etc.).
- Ask the campers to draw a local fruit or vegetable on their card and give it an expression of their choosing. Smaller kids can draw and cut out a face on the card and glue it on their drawing.
- When a camper completes their artwork, they can select a new card (depending on the time remaining).

There's no need to draw all five! Give your campers the time they need to personalize their drawing. The other fruits and vegetables can be drawn during a separate activity or at home.

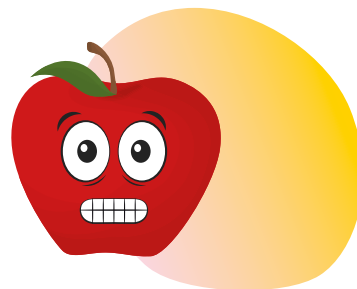
Did you know? *Drawing is a good way to enhance your mood! Use the drawing activity as a time for your campers to unwind. Respond to your campers if they want to show you their drawings, but don't disturb those who are concentrated on the task at hand.*

- At the end of the drawing period, ask the campers to show their drawing to the rest of the group.
- Once everyone has shown their drawing, ask the following questions:
 - Did you all use the same colours for the same fruit or vegetable?
 - Do the fruits or vegetables drawn all have the same shape?
- Discuss the different colours and shapes that the fruits and vegetables can take.
- **Colour:** For example, asparagus can be green, white or violet.

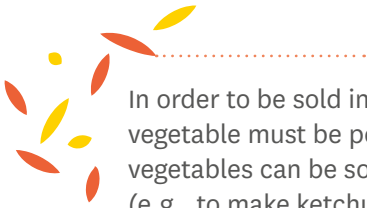
You can find inspiration in the "Discovering Local Fruits and Veggies" kit.



- **Shape:** Show them examples of imperfect vegetables (see p.10). Explain that a fruit or vegetable with an odd shape still has the same taste. Its odd shape doesn't prevent it from helping you grow up smart and strong like your parents! On the contrary, their differences are what make them SPECIAL! A two-legged carrot is still a carrot, and a bruised apple is just as good!



STEPS (CONTINUED)



In order to be sold in grocery stores, a fruit or vegetable must be perfect. Imperfect fruits and vegetables can be sold for processing purposes (e.g., to make ketchup), but much of it ends up in the garbage. Some grocery chains now sell imperfect fruits and vegetables at a discount. You can also find them at local markets. Do you know a local fruit or vegetable producer? Ask them for some imperfect fruits or vegetables!

ATTENTION!

An imperfect fruit or vegetable just has a special shape! If it has blue/green/grey/white moss on it or smells funny = straight into the compost!

***Psst!** The discussion around “perfect” fruits and vegetables is the ideal segue for a discussion about body diversity! When it comes to fresh produce and people, our society is far too focused on physical appearance. Our value goes well beyond physical appearance. Each person is **UNIQUE** and has **VALUE**! Just like a two-legged carrot or a crooked cucumber, which also happen to be delicious!*

4 Activity recap

QUESTIONS FOR CAMPERS 5-6 YEARS AND 7-8 YEARS OLD

- What fruit or vegetable was the most difficult to draw?
- Which did you enjoy drawing the most?
- Did you discover fruits and vegetables that you didn't know much about?
- Have you ever eaten fruits or vegetables with odd shapes or colours or seen them at the grocery store?
- Do you have any recipe ideas for the fruit or vegetable that you drew?
- Do you think you'll have an easier time recognizing certain fruits and vegetables at the grocery store?

QUESTIONS FOR CAMPERS 9-12 YEARS AND 13 YEARS AND OVER

- Were there any fruits or vegetables that you were discovering for the first time?
- Have you ever eaten imperfect fruits or vegetables or seen them at the grocery store?
- Have you ever grown vegetables in a garden? If so, did your fruits and vegetables look like the ones you see at the grocery store?

➔ A garden fruit or vegetable seldom looks like a fruit or vegetable sold at the grocery store, but it's every bit as good. Grocery stores sell vast quantities of “perfect” fruits and vegetables with no apparent flaws.

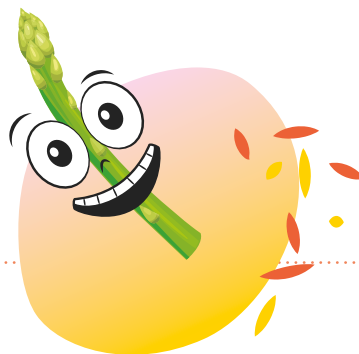
- Do you think that advertisements featuring fruits and vegetables with personality could encourage people to eat more of them and waste less?
- Do you have an idea for a recipe that conceals imperfect fruits or vegetables?

➔ All you'll see in your smoothie or vegetable soup is colour!

- What are the advantages of buying imperfect fruits and vegetables?

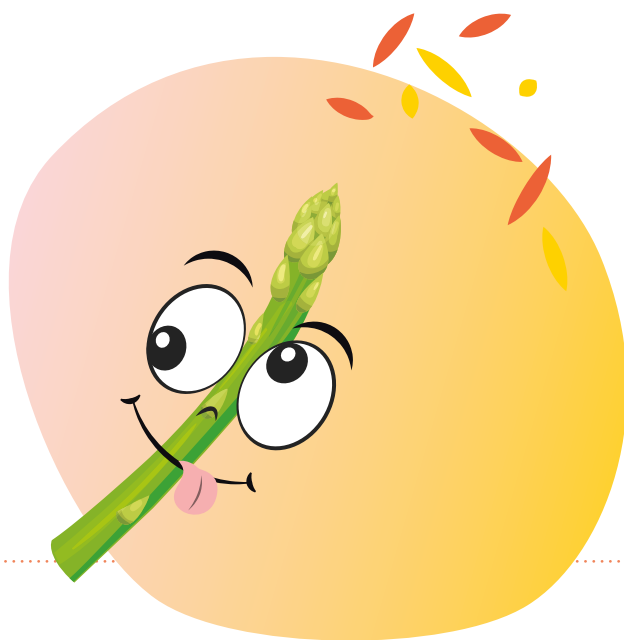
➔ • They cost less.
• They're good for the environment, because they reduce waste.
• They're filled with the same amount of vitamins and minerals as “perfect” produce.

WANT MORE?



To shake things up, you can:

- Ask the campers to create a story, a play, a cartoon, or a call-and-response song featuring their character(s).
- Use the drawings to imagine a new camp character who follows your weekly activities.
- Prepare foods with your campers using the fruits and vegetables that were drawn.
- Hold an imperfect produce tasting! Why not hold a blind tasting and ask your campers to compare the taste of “perfect” and “imperfect” fruits and vegetables?



Further activities on the Power Up portal

You can grow certain fruits or vegetables (ground cherries, cucumbers, radishes and tomatoes) and use your campers' drawings to identify the sections in your garden. For further guidance, please see the “Gardener’s Toolbox” on the Power Up portal.



You can also choose from among the many activities featured in the “Discovering Local Fruits and Veggies” kit to continue your exploration of 10 local fruits and vegetables.



Read “Game Cards – Let’s explore food” and have fun with food cards.



Want to emphasize each youth's strengths while downplaying physical appearance? See the “I am unique” activity to talk about body diversity with your campers.



Each drawing card contains a recipe the campers can try at home!

DRAW



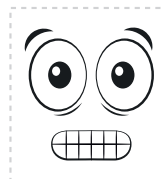
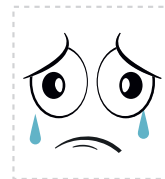
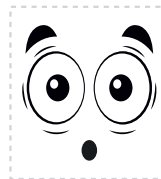
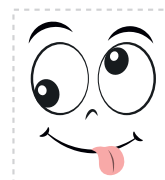
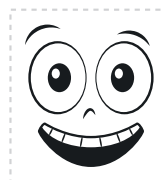
AN ASPARAGUS

What is your asparagus called?

How do they feel?

(Happy, funny, surprised, sad,
afraid, angry, etc.)?

Inject some personality by giving it
eyes, a nose and a mouth!



PREPARE ME!
Asparagus mini quiches

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DRAW

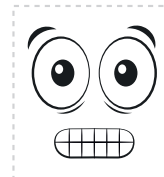
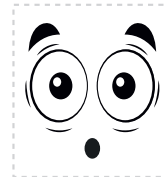
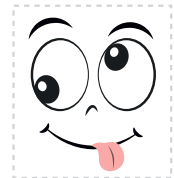
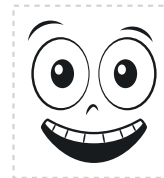


A BLUEBERRY

What is your blueberry called?

How do they feel?
(Happy, funny, surprised, sad,
afraid, angry, etc.)?

Inject some personality by giving it
eyes, a nose and a mouth!



PREPARE ME!
Very berry mousse

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DRAW

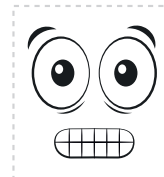
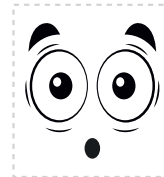
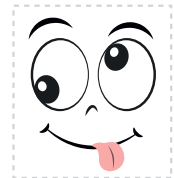
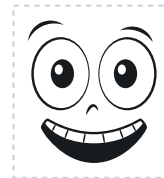


AN APPLE

What is your apple called?

How do they feel?
(Happy, funny, surprised, sad,
afraid, angry, etc.)?

Inject some personality by giving it
eyes, a nose and a mouth!



PREPARE ME!
Pork & apple sandwich

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CHALLENGE**
summer camps



DRAW

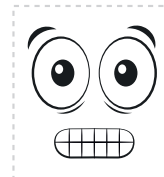
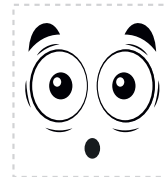
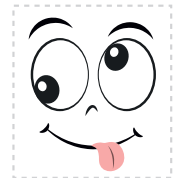
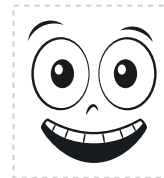


A STRAWBERRY

What is your strawberry called?

How do they feel?
(Happy, funny, surprised, sad,
afraid, angry, etc.)?

Inject some personality by giving it
eyes, a nose and a mouth!



PREPARE ME!
Strawberry-cranberry
squares

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CHALLENGE**
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DRAW

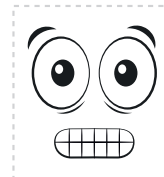
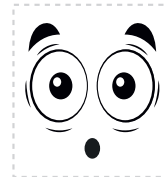
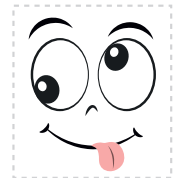
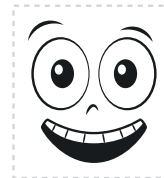


A RADISH

What is your radish called?

How do they feel?
(Happy, funny, surprised, sad,
afraid, angry, etc.)?

Inject some personality by giving it
eyes, a nose and a mouth!



PREPARE ME!
Potato salad

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CHALLENGE**
summer camps



IMPERFECT FRUITS AND VEGETABLES

