

1. Inspector veggie!

Sunchoke? Celery root? Black tomato? White beet? Even though our grocery stores offer a very limited choice of vegetables, a tremendous number of varieties do exist. There are, for example, more than 4,000 different types of potatoes in the world, 160 types of which grow in Canada. The following activity will give you the opportunity to explore and discover, with the help of your senses, the wide variety of fruits and vegetables that are grown in Quebec!

This activity is two-part:

- The “golden apple” game. The goal is to visually identify different fruits and vegetables.
- The “look for clues” game. The goal is to discover new and intriguing varieties of fruits and vegetables, using four of the five senses.

Learning Objectives

Have students:

- Recognize the various fruits and vegetables that we find in our plates.
- Discover, using four of the five senses, new varieties of fruits and vegetables.
- Be able to distinguish the varieties that grow in Quebec.

Materials

GAME 1: The Golden Apple

- Scarves or bandanas of different colours, or bells or noisemakers (1 per team).
- Numeric overhead projector (Canon) connected to a computer, or the pictures from one of the two PowerPoint presentations in File A showing fruits and vegetables (See Appendix 1) printed in large format.

Areas of Learning

English, science as well as geography, history and citizenship education.

Suggestion: Do this activity in the fall in conjunction with a visit to a farm from the Community Supported Agriculture Network. (<http://www.equiterre.net/agriculture/paniersBios/listeFermes.php>). CSA farms produce not only common vegetables, but also a whole range of less known varieties.

Did you know?

- Since 1900, 75% of the world’s crop varieties have disappeared.
- Today, more than 85% of the food we consume comes from only 15 different animal and vegetable species. Rice, corn, wheat and potatoes alone provide 50% of the calorie intake worldwide.
- A varied diet is essential to good health.

- Pictures of fruits and vegetables (Appendix 1 and one of the two PowerPoint presentations in File A).
- Several fresh, tasty tomatoes (provide salt and pepper, as needed).
- Fruits and vegetables Vocabulary List (Appendix 2).

GAME 2: Look for Clues

- 12 vegetables: 2 yellow tomatoes, 2 red tomatoes, 2 red beets, 2 white beets, 2 heads of red cabbage, 2 heads of green cabbage*
- Reusable knives and plates
- Scarves or bandanas to cover eyes

Preparation

Buy, rinse and prepare the foods needed for the activity. For the 2nd game, cut up a vegetable from each variety (pieces big enough for a child to hold, smell and taste), but leave the other vegetables whole.

Presentation

Ask the students informal questions about the fruits and vegetables they eat daily: What fruits and vegetables do you usually eat? Which do you like the best? Which ones don't you like? How do you buy them? Fresh? Frozen? In cans? How do you eat them? Uncooked (raw)? Cooked? Etc.

Main Activity

GAME 1: The Golden Apple

- Divide the students into 4 teams.
- A member of each team has a scarf or noisemaker/small horn.

- Using one of the two PowerPoint presentations from File A (See Appendix 1), show the picture of a vegetable and ask the students to name it correctly.
 - The first student to wave his or her scarf or blow their noisemaker/honk their horn may say the answer.
 - If the answer is right, the team wins a point.
 - If the answer is wrong, the other participants have the right to give an answer. The first to give the designated signal will be allowed to answer.
- Bonus Points:** Once the vegetable has been correctly named, ask the student if the vegetable is grown in Quebec. If the student answers correctly, his or her team will receive a point (Refer to the table in Appendix 1).
- The game continues with another team representative and another vegetable.
 - Once all the vegetables have been identified, move on to the "fruit" category.

The team that earns the most points will win the "golden apple"! The prize will be a fresh tomato (the tomato is called a "pomodoro" or "golden apple" in Italian) and the team can taste it.

GAME 2: Looking for Clues

- Form teams of 6 students each. Each team shall have:
 - Two "touchers" who will describe what they feel when they touch a vegetable (WITHOUT NAMING IT).



***Note:** The quantity and type of vegetables to be tasted are at your discretion. Put the emphasis on surprising varieties and local and seasonal products.

- Two “observers” who will describe the appearance of the vegetable (WITHOUT NAMING IT).
- Two “sniffer-tasters” with their eyes blindfolded who must guess what the vegetable is and name it without seeing it.
- Hand out the vegetables, giving each team a completely different one. Make sure the other teams don’t see it. They will have to identify them later.
- First ask the “observers” then the “touchers” to describe the fruit or vegetable to their “sniffer-taster” teammates.
- Then give a pre-cut piece of the same vegetable to the “sniffer-tasters,” who will have to guess, with the help of the previous descriptions, what the food item is (remind the tasters to not talk loudly, to avoid giving away the answers to the other teams!).
- Repeat the activity, while rotating the roles within each team and giving each team a new vegetable (rotate the whole vegetables among the teams). Hence, the observers will become the touchers, etc., and team A, which had the white beet, will take the yellow tomato, and so on.
- After three rotations (or more), meaning when each student has had the chance to play all three roles, it’s food tasting time! Cut up the whole vegetables after washing them and serve them with the pre-cut veggies!*

Integration

After the activity is over, ask the students questions:

GAME 1: Golden Apple

- Do you know all the foods that were presented? Which ones didn’t you know?
- Which ones do you eat the most often at home?
- Which ones grow in Quebec?
- Why do some foods not grow in Quebec?

GAME 2: Looking for Clues

- Where can we buy these strange varieties of vegetables? Have you ever seen them before at the grocery store?
- Do they taste like any other foods that you know? Were they better, not as good, the same?

Enrichment

Vocabulary

Compile a fruits and vegetables vocabulary list (See Appendix 2) and use it for the weekly dictation or any other writing assignment or exercise.

Art

Together, draw or paint a picture of the different varieties of the same fruit or vegetable (or ask each team to do a picture for a specific fruit or vegetable, and then put all the pictures on display for everyone to see).



Research activity

Research with your students the origins of the varieties discovered and the reasons why they are either commonly or rarely found in our grocery stores and supermarkets.

Examples:

- Make a list of the many varieties of a vegetable like the tomato or bean or even the different shapes and colours for the same variety.
- Discover where a variety comes from and the history behind its arrival in Quebec.

Take Action!

To encourage students and their families eat more local fruits and vegetables and to discover new varieties, invite them to:

- Replace or add raw vegetables and fresh and/or dried fruit in school lunches and snacks.
- Try a new “exotic” vegetable from Quebec every week (sunchoke, kohlrabi, etc.) and to make it tasty, try some simple and fun-to-make recipes: <http://www.equiterre.net/agriculture/cc/cuisinezBio/recettes.php>.

References

Online food encyclopedia:
<http://www.passeportsante.net/fr/Nutrition/EncyclopedieAliments/Index.aspx>

Books:

- Jacques Fortin (2005), *L'encyclopédie visuelle des aliments*, Chariot d'or, 688 pages.
- Gagné/Despins (2006), *L'essentiel de l'épicerie*, Éditions La semaine.

Appendix 1 🍅 Pictures of Fruits & Vegetables

To see the images, consult the enclosed PowerPoint presentations in File A. These presentations contain pictures of the following vegetables and fruits (one contains fruits and vegetables for the beginner level, the other for the expert level):

Fruits and Vegetables that Grow in Quebec		Fruits and Vegetables that Grow in Other Parts of the World
<p>Beginner</p> <p>Apple Asparagus Blueberry Broad bean Broccoli Cauliflower Celery Corn Garlic Green cabbage Green onion Green pepper Light yellow pepper (no ref on internet) Pear Pickle Red onion Red pepper Spanish onion Sugar pea Watermelon White mushroom Yellow bean</p>	<p>Expert</p> <p>Black radish Brussels sprouts Butterscotch squash Cantaloupe Cape gooseberry (ground cherries) Celery root Hot pepper Oak lettuce Pattypan squash Pink beet (Italian beetroot) Plum Purple eggplant Radicchio Red carrot Red radish Salsify Scion tomato White beet White eggplant White radish Yellow carrot</p>	<p>Beginner</p> <p>Avocado Banana Clementine Lemon Lime Peach*</p> <p>Expert</p> <p>Apricot Cactus pear Kaki Kiwi Mango</p>

*This fruit was once cultivated in Quebec (e.g., on the slopes of Mount Royal, by Serres Décarie). Now, it comes to us mainly from southwestern Ontario and the U.S.



Appendix 2 🍅 Vocabulary list

Some Plants that Grow in Quebec		Some Plants that Grow in Other Parts of the World
<p>Vegetables</p> <ul style="list-style-type: none"> Garlic Artichoke Broccoli Celery Cabbage Brussels sprouts Wild cabbage Cucumber* Spinach Turnip Radish Onion Parsnip Hot pepper* Sweet pepper* Leek Eggplant* Zucchini, Pumpkin Chicory Lettuce Tomato* Potato 	<p>Herbs</p> <ul style="list-style-type: none"> Basil Thyme Rosemary Chives <p>Fruits</p> <ul style="list-style-type: none"> Cantaloupe Watermelon Honeydew Cranberry Apple Strawberry Raspberry Pear Plum 	<p>Vegetables</p> <ul style="list-style-type: none"> Avocado* Cassava/yuca Sweet potato <p>Fruit</p> <ul style="list-style-type: none"> Pineapple Lemon Kiwi Grape Banana Clementine Cherry Pomegranate (granada) Nectarine Orange Peach

* Botanically, these plants are considered to be fruit, but are often seen as vegetables from a culinary standpoint. In fact, generally speaking, and when cooking, a fruit is considered to be a food that is rich in sugar and vitamins and is generally eaten uncooked as a dessert. In botany, the fruit is the part of the plant that protects the seeds; it comes after the flower through the transformation of the pistil.

