

Salad Patch

Action Schools! BC

Vegetable & Fruit Extension Activity



K-7

VEGETABLE
AND FRUIT

The colour of vegetables and fruit offers important clues around the nutrients they contain. Students will learn to recognize that by eating a variety of coloured vegetables and fruit, they will receive a variety of nutrients that their bodies need to grow, learn, and play.

USED BY:

- Grade 7 Activity: *Food Customs* (available from: www.actionschoolsbc.ca/resources)

PREPARATION



- Review the *Vegetables and Fruit* section of the *Healthy Eating Overview* (included with this activity).
- Refer to Eating Well with Canada's Food Guide (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>).
- Copy *Salad Patch Recipe Handout* for each group (included with this activity).
- Display Action Schools! BC *Colourful Choices, Vegetables and Fruit* posters.
- Prepare the *Sample Rainbow Salad Recipe Overhead*.
- **Optional:** prepare salad dressing (see *Educator Backgrounder* for recipe).

IMPLEMENTATION

- Create a visual display by listing the colours green, yellow/orange, blue/purple, red, and white/brown, for all to view.
- Ask students to list some of the ingredients that may be found in a salad and identify the colour of each food item. Record the food item under the appropriate colour.

- Explain to students that:
 - Vegetables and fruit are important for health. This is why they are listed first in *Eating Well with Canada's Food Guide*.
 - Vegetables and fruit contain many nutrients or building blocks that our bodies need to grow, learn, and play. It is important to eat a variety of vegetables and fruit because each one has different nutrients or building blocks needed to stay healthy. Refer to the Action Schools! BC *Colourful Choices Poster*.
 - According to *Eating Well with Canada's Food Guide*, you should eat one dark green and one orange vegetable each day. Choose a variety of colourful vegetables and fruits to get the mix of nutrients your body needs. See the *Veggies and Fruit by Colour Category Chart*.
- Assign each student a colour and ask them to bring a vegetable or fruit from that colour group to class to create a rainbow salad for tasting.
- Put students into groups of 3 or 4.
 - Display and discuss the *Sample Rainbow Salad Recipe* overhead or display on Smart Board, drawing attention to the way a recipe is constructed as an example of how to write up their own recipe.
 - Tell students that the head chef at a trendy new restaurant called “Salad Patch” needs a variety of new salad recipes. Each salad must contain the following:
 - a variety of colourful vegetables and/or fruit – aim for 5 per salad;
 - one dark green vegetable and one orange vegetable.
 - Distribute the *Salad Patch Recipe* handout.
 - Have each group contribute a recipe that uses a variety of coloured vegetables and fruit. Students may create a unique recipe or draw on a salad they have eaten at home.
 - **Optional:** Compile the completed recipes into a booklet called “Salad Patch Recipes”. This could be duplicated and distributed to the class.

EXTENSION OF LEARNING

- Extend the activity by having students copy a favourite family salad recipe that contains a variety of coloured vegetables and fruit and create a class recipe book.
- Have students create their own “still life” vegetables and fruit display and colour it.

RECOMMENDED RESOURCES

- Health Canada – *Eating Well with Canada's Food Guide* (available in 12 languages and for First Nations, Inuit and Métis; free class sets available) (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>)
- Half Your Plate (www.halfyourplate.ca)
- Action Schools! BC *Vegetables and Fruit Poster* (F) (www.actionschoolsbc.ca/resources)

EDUCATOR BACKGROUND

- Colourful vegetables and fruit are generally highest in nutrients and antioxidants. Dark green and orange vegetables are rich in specific nutrients (folate and vitamin A). Choosing a wide variety of colourful vegetables and fruit helps to ensure students get all of the nutrients they need for their growth and development, physical health and mental well-being.
- Some families have challenges in providing enough nutritious food in the home environment, therefore some of the activities may need to be modified to ensure students have a positive experience with the lesson (e.g. a local grocery stores may be interested in donating vegetables and fruit for this lesson).
- *Eating Well with Canada's Food Guide* recommends including a small amount, 30 to 45 ml (2 to 3 tablespoons), of unsaturated fat each day. This includes salad dressings.

Sample Rainbow Salad Recipe

Rainbow Salad

Serves: 6

Before you begin, wash your hands and clean the preparation surface.

INGREDIENTS:

1 head of lettuce (choose dark green)
 1 yellow pepper (cut into bite-sized pieces)
 1 carrot (grated)
 1/2 cucumber (sliced)
 1 tomato (cut in wedges)
 250 ml (1 cup) cauliflower flowerets
 125 ml (1/2 cup) purple grapes (cut in half)
 125 ml (1/2 cup) orange segments

PREPARATION: Thoroughly wash the lettuce and dry it using a salad spinner or paper towel. Wash and cut all the vegetables and grapes. Peel the orange and separate the segments. Place the vegetables and fruit in colour layers in a glass bowl. Toss before serving.

Adapted from: BC Ministry of Education
 Healthy Eating and Physical Activity Learning Resource
 Grade 3, Lesson 2

Salad Patch Recipe

(NAME OF SALAD)

CREATED BY: _____

INGREDIENTS: _____

PREPARATION: _____

It is important to eat colourful vegetables and fruit each day because:

Adapted from: BC Ministry of Education
Healthy Eating and Physical Activity Learning Resource
Grade 3, Lesson 2

OVERVIEW: VEGETABLES AND FRUIT

This section explains why it is important to eat vegetables and fruit.

Information relating to conducting tasting activities with students, food safety considerations, messaging relating to variety and information on produce grown in BC can be found in this section.

Recommended guidelines:

- Make a healthy choice. Fill half your plate with fruits and veggies.
- Children aged 4 to 8 should eat a minimum of 5 food guide servings of vegetables and fruit each day.
- Children and youth aged 9 to 13 should eat a minimum of 6 food guide servings of vegetables and fruit each day.
- Eat one dark green and one orange vegetable each day.
- Choose vegetables and fruit more often than juice.
- Drink water – it's always a great choice.

Why Are They Important?

The Vegetables and Fruit food group is the largest arc in the rainbow on *Canada's Food Guide*, emphasizing the key role these foods play in a healthy eating pattern.

Vegetables and fruit include important nutrients such as carbohydrates (including fibre), vitamins, minerals, and antioxidants. Choosing a wide variety of colourful vegetables and fruit helps to ensure we get all of the nutrients we need.

A diet that includes a wide variety of vegetables and fruit helps children to grow, learn and play. Additionally, this may help reduce the risk of cardiovascular or heart disease and some types of cancer, as well as help to achieve and maintain a healthy weight.

The recommended number of servings is different for people at different stages of life and is different for males and females after age 14. *Canada's Food Guide* recommends a minimum of 5 servings a day of vegetables and fruit for children aged 4 to 8 years and a minimum of 6 per day for children aged 9 to 13 years.

Canada's Food Guide - Eat Well Plate is another resource that helps build healthy meals and encourages making half your plate vegetables and fruit at each meal (<http://www.healthycanadians.gc.ca/alt/pdf/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.pdf>).

Canada's Food Guide has been translated into 12 languages. Visit Health Canada's website to download translated copies. In addition to the translated Food Guides, Canada also has a *First Nations, Inuit and Métis Food Guide*. The "My Food Guide" tool on the Health Canada website allows individuals to create a personalized food guide using the foods that are part of their eating pattern. You can choose to print this tool in either English or French.

References:

- *Eating Well with Canada's Food Guide* (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>)
- *Health Canada's The Eat Well Plate* (<http://www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.php>)
- Canadian Paediatric Society (<http://www.cps.ca>)
- Dietitians of Canada (<http://www.dietitians.ca/>)

What Is a Vegetable?

Vegetable is not a botanical term, but rather a culinary term which generally refers to any edible part of a plant that is not regarded as a fruit, nut, herb, spice, or grain. Vegetables can include leaves (lettuce), stems (asparagus), roots (carrots), tubers (potatoes), flowers (broccoli), bulbs (garlic), and seeds (peas and beans). Some botanical fruit such as cucumbers, squash, pumpkins, tomatoes, and sweet peppers are usually referred to as vegetables.

What Is a Fruit?

In botany, a fruit is the ripened seed-bearing part of a flowering plant. In cuisine when discussing fruit as food, the term usually refers to just those plant fruits that are sweet and fleshy (e.g., plums, apples, and oranges). Many foods are botanically fruit but are treated as vegetables in cooking. These include cucurbits (e.g., squash, pumpkins, and cucumbers), tomatoes, peas, beans, corn, eggplants, and peppers.

Vegetable and Fruit Tasting

Repeated exposure to food, including seeing, smelling, and touching new food, and preparation and tasting, is the most effective way to influence a child's eating behaviours. See the *Action Schools! BC Extension Activities*, available at www.actionschoolsbc.ca for great ways to conduct tasting activities with students.

- The objective of a tasting party is to have students sample a vegetable or fruit – not to provide a full serving to each student.
- Children may be more willing to try new types of food with their peers. Providing a relaxed setting without forcing them to try new foods helps to build a healthy relationship with food.
- Fresh vegetables and fruit work best for tasting activities. Choose local vegetables and fruit that are in season when possible. If fresh vegetables and fruit are not available, try dried fruit with no added sugar; frozen vegetables and fruit with no added salt or sugar; or canned vegetables and fruit in water, juice, or light syrup (has added sugar).
- See the *Food Safety Considerations* information for important reminders about food safety when conducting tasting activities with students.

Name of vegetable or fruit: _____

I've tried this vegetable or fruit _____ times.

Description		😊	😐	😞
Taste				
Texture				
Appearance				

- Visit Healthy Schools BC for programs and supports that may be available to your school to support healthy eating, including providing grants or fruits and vegetables directly (www.healthyschoolsbc.ca).
- Using *Food Tasting Chart* (available at www.actionschoolsbc.ca/resources) allows students to reflect on what they are tasting, use their senses, and develop their vocabulary.

Buying Locally Grown Food Has Many Advantages

Whether it is purchasing the produce for your Tasting Party or teaching students about the food system, it is important to highlight the benefits of growing and/or purchasing local food.

Buying Locally Is Good for the Economy

Dollars spent on locally grown food are reinvested back into the community, which contributes to the growth of small businesses, generates local jobs, raises property values, and leads to strong health care, education, and recreation sectors.

Buying Locally Is Good for the Environment

Food produced and consumed locally has a smaller carbon footprint. It uses less fossil fuel for transportation and requires less material for packaging compared to mainstream food production.

References

- *Fighting Global Warming at the Farmer's Market: A FoodShare Research in Action Report*, Second Edition, April 2005 (http://foodshare.net/custom/uploads/2015/11/Fighting_Global_Warming_at_the_Farmers_Market.pdf)
- BC Agriculture in the Classroom (www.aitc.ca/bc/)

Recommended Resources

- Healthy Families BC (www.healthyfamiliesbc.ca/eating)
- HealthLink BC – Healthy Eating (www.healthlinkbc.ca/healthy-eating)
- Health Canada
 - *Eating Well with Canada's Food Guide* (available in 12 languages and for First Nations, Inuit and Métis; free class sets available) (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>)
 - *Canada's Food Guide: A Resource for Educators and Communicators* (F) (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/resource-ressource-eng.php>)
 - *Eat Well and Be Active Educational Toolkit* (F) (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/index-eng.php>)
 - *Eat Well Plate* (<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.php>)
- HealthLink BC: Call 811 and speak with a registered dietitian (www.healthlinkbc.ca)
- Canadian Paediatric Society – Caring for Kids (www.caringforkids.cps.ca)

FOOD SAFETY CONSIDERATIONS

There are steps to take to prevent illness and make fresh vegetables and fruit safe to eat.

- When buying and storing vegetables and fruit, always keep them separate from raw foods such as meat, poultry and seafood. Juices from raw foods can be contaminated with germs that cause illness.
- Always wash hands with soap and warm running water before preparing any food, including vegetables and fruit.
- Any person who is sick and has symptoms of diarrhea or vomiting, or who has infected cuts or sores, should not be allowed to handle food in any way.
- Always wash and sanitize* surfaces where foods are prepared and placed.
- Dishcloths must be washed well and sanitized regularly.
- Take extra care to thoroughly clean vegetables and fruit, especially dirty produce. Wash them in a diluted dish soap solution and then rinse in clean running water.
- When washing vegetables and fruit, cut away any damaged or bruised areas since harmful germs can grow there. Compost or throw away any rotten vegetables and fruit.
- Wash and scrub vegetables and fruit that have a firm, rough surface such as potatoes, using a clean scrub brush for produce.
- Always wash vegetables and fruit that have a rind, before peeling or preparing them, such as pineapples, cantaloupe, oranges, melon and squash. Although the skin and outer surfaces protect them, germs can grow if the surface gets broken, pierced or cut, especially in melons and tomatoes.
- Always discard the outer leaves of leafy vegetables grown in or near the ground, such as lettuce and cabbage. The outer leaves are more likely to be contaminated with germs.
- Raw sprouted seed products, such as bean sprouts, radish sprouts, alfalfa sprouts, mung beans and others, may carry germs that cause illness. Always cook these before eating because it is difficult to wash sprouted seeds.
- Contaminated foods may not look or smell bad so if in doubt, throw it out!
- Be cognizant of any food allergies that your students may have prior to activities that involve food.
- You can make a sanitizing solution:
 - Mix 15 ml (1 tablespoon) of household bleach into 4 L (1 gallon) of water; or,
 - Mix 5 ml (1 teaspoon) of household bleach into 1 litre (4 cups) of water.

Adapted from: *Food Safety for Fresh Fruits and Vegetables* and *Ten Easy Steps to Make Food Safe*, HealthLink BC

Recommended Resources

- *Do Bugs Need Drugs?* (www.dobugsneeddrugs.org)
- HealthLink BC: Call 811 and speak with a registered dietitian (www.healthlinkbc.ca)