



Activities Toolkit

THE COALITION
FOR HEALTHY SCHOOL FOOD



 FoodShare

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The Coalition for Healthy School Food is a group of over 140 organizations from across Canada advocating for a national school food program. We are thousands of passionate advocates, including community-based school food program practitioners, Indigenous leaders, as well as staff and volunteers associated with national health, education and philanthropic organizations. We seek an investment by the federal government in a cost-shared Universal Healthy School Food Program that will enable all students in Canada to have access to healthy meals at school every day. Building on existing programs across the country, all schools will eventually serve a healthy meal or snack at little or no cost to students.

History of the Great Big Crunch

The Great Big Crunch is an original initiative from FoodShare Toronto. [FoodShare Toronto](#) has been working alongside communities for equitable access to good food since 1985, and is now Canada's largest food security and food justice organization.

Since 2008, FoodShare Toronto has been developing toolkits to help activate Great Big Crunches across the country. This year, FoodShare will be highlighting migrant labour on farms in Ontario, visit [their webpage](#). This 2021 Toolkit is based on best past Great Big Crunch activities first developed by FoodShare, chosen to ensure COVID compliant activities, and building on the Coalition's yearly Great Big Crunches that focus on crunching for a national school food program.

How to use this toolkit

This toolkit walks you through step-by-step of how to organize a Crunch and run fun activities for kids. It's just a starting point! Feel free to adapt this toolkit for your own purposes.

For high-res versions of the Great Big Crunch logos please email
schoolfood@foodsecurecanada.org

This 2021 Toolkit is copyright-free, provided you give credit to the Coalition. FoodShare also requests that you acknowledge them as the original creator of the Great Big Crunch concept, various educational resources, past toolkits, activities and ideas when applying to your own events or written communications. This includes any media coverage you might receive as a result of local Great Big Crunch events.

Special thanks to Brooke Ziebell, and FoodShare staff for curriculum and activity development, and to Laura Berman of [GreenFusePhotos.com](#) for photos. Thanks also for the support from the "Generating Success for Farm to School Programs" project, a SSHRC-CCSIF grant awarded to George Brown College, School of Hospitality Management.



This year's Crunch invites students, teachers, families, and all crunchy food enthusiasts to highlight the importance of healthy school food.

What

The Great Big Crunch is a moment dedicated to celebrating healthy food at school and highlighting the need for a healthy school food program for Canada. It can be a special day, class, online meeting, lunch break, or even just 5 minutes, ending with a synchronized “crunch” into an apple (or other crunchy fruit or vegetable).

When

On **Thursday, March 11th at 2:30pm ET**, join the Coalition for a Virtual Canada-wide Great Big Crunch with chef and author [Joshna Maharaj!](#)

If you can't join us then, you can also crunch any time throughout the month of March. Don't forget to [register with us](#) and share details about your event. We want to count your crunches towards the grand total no matter when you do it, how you do it, or what you crunch.

Who & where

Anyone can participate! From students to teachers and individuals in classrooms, gymnasiums, to homes, workplaces, video call meetings and communities from coast to coast to coast! So get on board, and get others to celebrate healthy school food with you.

Since 2008, over 1 million people have participated in the Great Big Crunch, an initiative started by FoodShare Toronto!



Why participate in the Great Big Crunch



1 It's really fun and you'd be joining hundreds of thousands of other folks across the country (and beyond) celebrating healthy food at school!

2 It's a great way to get involved in Nutrition Month, organized by Dietitians of Canada. This year's theme "Good for You!" - the recognition that healthy eating looks different for everyone. To learn more and download free resources, visit [their website](#).

3 It's a simple way to show your support for [#NourishKidsNow](#), a grassroots campaign from the Coalition for Healthy School Food, calling on the federal government to invest in a healthy, universal school food program for Canada. For more ways to get active and support our call, [visit our website](#).



How to take part

- 1** Choose a date for your crunch, and invite your colleagues, friends, or family to join your crunch! If an in-person crunch is not possible, plan an online video call. If you can, join us on March 11 @ 2:30 pm ET for the virtual Canada-wide Great Big Crunch, but you can also participate any time throughout the month of March.
- 2** Register your crunch by filling out our online form. We want to count your crunches towards the grand total, no matter when you do it or what you crunch.
- 3** Prepare for your crunch and choose locally grown fruits or vegetables if possible.
 - With your class, check out our fun activities to bring the Crunch to life for children of all ages at home or safely in the classroom. View [FoodShare's past toolkits](#) for more ideas.
 - At home or at work, or organize a video call with your colleagues to crunch together.
 - Virtual Canada-wide Crunch: On March 11, 2021 at 2:30 pm ET, join us for a virtual Great Big Crunch as we make noise and call for a healthy and universal school food program for Canada! Check [our website](#) for more info.

- 4** Amplify the sound of your crunch by letting your federal, provincial, territorial or city representative know you support a [School Food Program for Canada](#)! Look up their contact info and invite them to your crunch.

- 5** Share on social media! Take a photo of your Crunch and share on social media, which helps us make even more noise for healthy school food. Here's a message you can copy and paste:
 - We took the [#GreatBigCrunch](#) to celebrate [#HealthySchoolFood](#) and call for a National School Food Program with the [@Coalition for Healthy School Food](#)! Join us and crunch loud!

Tag us on Facebook: [@CHSF.CSAS](#) Twitter: [@C4HSchoolFood](#) or Insta: [@thegreatbigcrunch](#)

Check out all the Great Big Crunches on social media:



Activity Idea #1: Apple Fractions

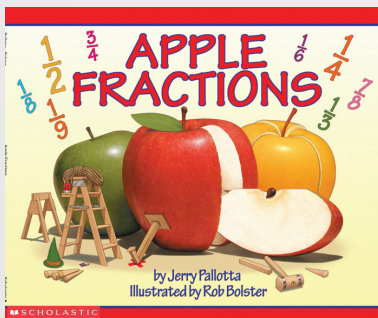


Fractions are easy, with the help of apples!

Apples are a great tool for teaching students all about the wonderful world of fractions. Practice cutting the apples in different ways to demonstrate different fractions, as well as additions and subtractions.



Book Recommendation:



Author Jerry Pallotta and illustrator Rob Bolster use a variety of different apples to teach kids all about fractions in this innovative and enjoyable book. Playful elves demonstrate how to divide apples into halves, thirds, fourths, and more. Young readers will also learn about varieties of apples, including Golden and Red Delicious, Granny Smiths, Cortlands, and even Asian Pears.
(scholastic.com)

BONUS: learn about our beautiful planet by considering the Earth as an apple:

Get an apple and knife, and do the following sequence or read the activity slowly and imagine/draw each action.

(adapted from ag.alabama.gov)



Slice an apple into quarters

$3/4$ = oceans of the world

$1/4$ = total land area left





Slice one of the quarters in half

1/8 = land inhospitable to people

(polar areas, deserts, swamps, very high/rocky mountain areas)

1/8 = land area where people live



Slice one of the eighths into four

3/32 = areas too rocky, wet, cold, steep, or with soil too poor to produce food + areas of land that could produce food but are buried under cities, highways, suburban developments, shopping centers, and other structures that people have built



Peel the remaining 1/32nd slice.

Peel = the surface, the very thin skin of the Earth's crust on which we depend. Less than five feet deep, it is a fixed amount of food-producing land.

It's easy to see how we must protect the environmental quality of our air, water, and land when such a small part of Earth produces our food.

Advanced agricultural technology has enabled the world to feed many of its people. But, with a fixed land resource base and an ever-increasing number of people trying to feed themselves from the fixed base, each person's portion becomes smaller and more vulnerable to the impacts of various human activities.



The water we have on earth today is all the water we'll ever have. It is composed of:

97.2% salt water

2.15% ice

0.63% ground water

0.02% surface water

Only these 2 sources of water are useable!

Activity Idea #2: Apple Varieties



Use the following information for activities such as **word finds**, **class art projects**, **graphing** of apple variety availability and more!



Braeburn: Medium to large, round to round conic, yellowish to cream, very juicy, crisp, somewhat coarse. Used for fresh eating, desserts and juices. Availability: end of Oct.



Cortland: Medium to large, round to round conic, striped or blushed red. Flesh is white, sub-acid and non-browning. Excellent for fresh eating, salads and sauce. Good for pies, baking and freezing. Great in salads because they stay white longer! Availability: early Oct – May.



Empire: Medium to medium small, round to oblong, blushed dark red. Flesh is greenish cream, slightly aromatic and sub-acid. Known as excellent fresh eating apples. Availability: mid-Oct – June.



Fuji: Medium size, round-conic, white, juicy, fine, crisp flesh both sweet and tart. Good for fresh eating and desserts. Availability: early Nov.



Gala: Medium size, yellow-red. Flesh is creamy yellow, crisp, mild juicy flavour. Good for fresh eating and salads. Availability: Sept.



Golden Delicious: Yellow skin; elongated shape, 5 bumps on bottom; yellowish flesh; tart to sweet taste; firm, keeps shape when cooked. Good for fresh eating, pies, baked, sauces. Availability: Oct – Jan.



Golden Russet: Medium or small, globular; golden brown, with roughened skin due to russetting. Good for fresh eating, pies, baked, sauces. Availability: Oct – Jan.



Gravenstein: Medium to large, round, red blushed with yellow background. Flesh is creamy, juicy and tart. Excellent for fresh eating, sauce and freezing. Good for salads and baking. Availability: mid-Sept – Dec.



Greening: Large, irregular globular; bright green turning yellow. Used for fresh eating and commercial processing (juice, etc). Availability: Nov – Feb.



Ida Red: Medium to large, round oblong, blushed red. Flesh is cream, firm and sub-acid after storage. Excellent for pies and baking. Good for fresh eating, salads, sauce and freezing. Availability: Nov – July; primarily Feb – July.



Jerseymac: Medium to large, red with green patches. Used for fresh eating. Availability: Aug – Sept.



Lobo: Large, irregular globular; yellow-green with red stripes. Used for fresh eating. Availability: Sept – Oct.



McIntosh: Green skin with a heavy red cheek on one side; white flesh; mildly tart to sweet as ripened; firm. Used for fresh eating, pies, salads, and sauces. The perfect apple for a snack! Availability: mid-Sept – April.



Melba: Medium, irregular globular; red streaked with yellow. Used for fresh eating. Availability: Aug – Sept.



Mutsu (Crispin): Large, oblong; green to yellowish-green. Suitable for fresh eating, cooking and commercial processing. Availability: Oct – Mar.



Newtown: Medium, irregular globular; green tinged with yellow. Suitable for fresh eating, cooking and commercial processing. Holds its shape well when poached or baked in a pie! Availability: Jan – June.



Northern Spy: Large, globular; bright red striped blushed with green. Used for fresh eating, cooking and commercial processing. Suitable for fresh eating, cooking and processing. Availability: Dec – June.



Paulared: Medium, globular slightly oblong; dark red. Used for fresh eating. Availability: Sept – Oct.



Red Delicious: Small to large conic, striped or blushed red. Flesh is greenish cream, juicy and sweet. Red Delicious apples' sweet taste makes them excellent for fresh eating. Availability: mid-Oct – Aug.



Rome Beauty: Large, round; red striped with pin dots. It has a mild flavour and is good for fresh eating and cooking.
Availability: Dec – Mar.



Scotia: Medium, irregular; dark red, resembles McIntosh. Used for fresh eating.
Availability: Sept – Oct.



Spartan: Medium, round, red blushed. Flesh is cream, crisp, lightly aromatic and sub-acid. Spartans are considered good for fresh eating, salads and sauce.
Availability: mid-Oct – May.



Tydeman's Red: Large, globular; solid dark red blush over faint stripes. Used for fresh eating and cooking.
Availability: Aug – Sept.



Vista Bella: Medium, globular; dark red blush. Used for fresh eating.
Availability: Aug.



Winesap: Medium, globular; deep red with yellow splashes and white pin dots. Used for fresh eating, cooking and processing.
Availability: Dec – June.

If taste testing, consider limiting to 1 variety to decrease risks with food handling and waste.

For more tips, check out our guide on procedures for a COVID-compliant Crunch!







Activity Idea #3: Apple's Journey



Use the following apple-related terms to test the knowledge of your students and increase their awareness of the journey of the apple, from seed to kitchen to compost.

Directions:

-  Print off the terms and pictures on the next page for all your students. They have been scrambled for you!
-  Have students cut out the terms and pictures, and either work together as a class or have students work independently to arrange them in order (and doodle!) in their notebook.
-  Once completed, discuss the whole process that the apple goes through to get from the seed to our plates and back into the field.
-  You can test your student's understanding of the apple food system with the following scenarios.



Ask them, What happens to this process if...

You turn the apple into cider?

You grew the apple yourself?

You live in a country that doesn't grow apples?

You don't compost the apple core?

Ensure that students use their own stationary supplies (notebook, scissors, glue stick, colouring tools, etc.) to limit risk.



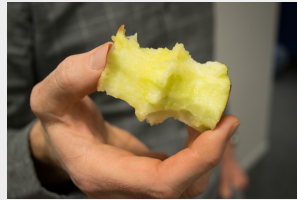
Selling the apple to a customer



Transporting the apple



Composting the core



Growing the apple tree in the orchard



Packaging the apple



Eating the apple



Preparing the apple in the kitchen for eating



Harvesting the apple from the tree



Planting the apple seed



Cut these out and arrange them in order!




Activity Idea #4: Rotten Apple Party

What happens when we throw our apple cores (and other food waste) in the compost pile?

Discuss the different microorganisms present in the compost pile and how they all work together to get the party hot! All the students need are their notebooks, colouring supplies, and their imagination.

Directions:

 Ask students to draw what they think a rotten apple party might look like. Who's there with the rotten apples? What do rotten apples look like? What are they doing? Is it a big or small party?

 Explain the following to them:

The party has a long guest list! Once we throw our apple cores into the compost, bacteria, fungi, worms, molds and other animals work hard to break it down.

The chemical reactions that happen during the break down make the compost pile heat up. It can get hot enough to fry an egg!



Activity Idea #5: Apple Poem



Explore poetry with the humble apple.

In this simple but fun activity, have your students create an acrostic poem about the apple. No need to rhyme - just start each line with the letters in "apple"! Here's an example to get their creative juices flowing:

-  **A**pples are my favourite _____
-  **P**ies can be filled with them _____
-  **P**retty, crunchy and sweet _____
-  **L**ittle or big _____
-  **E**at them for a snack _____

Try this with
other fruit and
vegetables too!



CARROT
CELERY
PEPPER
PEAR
CUCUMBER

