



# How to Take the Great Big Crunch



Participating in the **Great Big Crunch** can be as easy as purchasing a bag of delicious Canadian apples and coordinating a classroom or school wide synchronized crunch. No matter how you crunch you'll be sending a message to your students about the nutritious and delicious benefits of apples, while taking part in a cross Canada celebration of apples.

The following are some ideas and guidelines to help make your crunch great whether you are looking for a 5 minute, 30 minute or half day crunch.

We'd love to see photos, hear stories and feedback on your event so we invite you to register at [thegreatbigcrunch@foodshare.net](mailto:thegreatbigcrunch@foodshare.net) and tell us how great and big your crunch was!

We'll be sending all registered schools and classes a certificate of participation and keep you posted on the final numbers.

## What you'll need for the Great Big Crunch:

### **Enough apples for all of your students**

- Bags of local or Canadian apples can be found in most grocery stores for under \$5 a bag
- If necessary check with your local grocery store and see if you can negotiate a better price or donation for your event
- Make sure, when possible you are buying local apples and supporting the hard work of local apple growers
- Alternatively you can ask students to bring in their own apple and have some extra apples on hand for any student that does not bring one in

### **Some apple facts, trivia and activities**

- Review the following pages for extra tips and ideas including how to introduce and coordinate the crunch, follow up activities for in the classroom, recipes and more

# How to take The Great Big Crunch

- 🍏 Introduce your students to the Great Big Crunch telling them that they are a part of a cross Canada record setting event promoting the healthy crunch of apples! Your students will be joining thousands of students from coast to coast.
- 🍏 Before you distribute the apples explain to the students that you will be participating in a synchronized Great Big Crunch.
- 🍏 Distribute apples to each of your students
- 🍏 Before the crunch encourage your students to:
  - Think about how the apple was grown
  - Imagine what the orchard looked like
  - Think about the growers who work there and the workers who harvest and wash the apples
  - The journey the apple took from the orchard to the grocery store
  - The fiber and Vitamin C inside
  - And share some of the following apple facts
- 🍏 Start the Great Big Crunch Countdown making sure to emphasize the fun in crunching all at once!
  - For an even bigger crunch invite students to crunch into the P.A system, a microphone or in an echoey hallway, gymnasium or auditorium
  - Don't stop at the first crunch – keep crunching until the apples are finished.



## Apple Facts

- 🍏 Apples are the most varied food on Earth. **7500** varieties of apples are grown throughout the world!
- 🍏 Canadians eat on average, **86** apples per year
- 🍏 **60%** of our apples are eaten out-of-hand; the remainder are processed

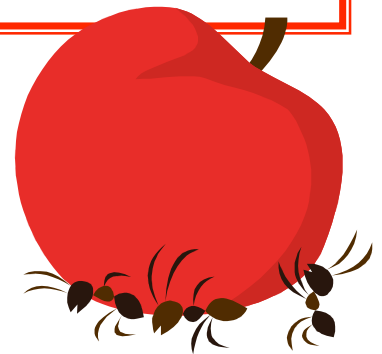
- 🍏 The science of apple growing is called **pomology**
- 🍏 The largest apple ever picked weighed **three pounds**
- 🍏 Archeologists have found evidence that humans have been enjoying apples since at least **6500 B.C.**
- 🍏 Apples have **five seed pockets** or carpels. Each pocket contains seeds. The number of seeds per carpel is determined by the vigor and health of the plant. Different varieties of apples will have different number of seeds.
- 🍏 Planting an apple seed from a particular apple will not produce a tree of that same variety. The seed is a cross of the tree the fruit was grown on and the variety that was the cross pollinator.
- 🍏 Apples are a member of the rose family.
- 🍏 It takes energy from **50 leaves** to produce one apple.
- 🍏 Fresh apples float because **25%** of their volume is air

**Apple Facts and Trivia were sourced from the following websites:**

[www.allaboutapples.com](http://www.allaboutapples.com)

[www.agr.gc.ca](http://www.agr.gc.ca)

[www.onapples.com](http://www.onapples.com)



### **History:**

- 🍏 Apples have existed as a wild fruit since prehistoric times and have been cultivated for more than **3,000** years.
- 🍏 During the California Gold Rush apples sometimes fetched more than **\$100** a bushel because of their versatility, durability and capacity to be preserved by drying.
- 🍏 The apple tree now grows (in thousands of varieties) in almost every corner of the globe -- from Japan to Madagascar to South Africa, New Zealand, Russia, China, England, France and across much of North America.
- 🍏 It takes **four** apples to make a glass of pure apple juice!

## Health:

- 🍏 Apples are a good source of fiber and Vitamin C

## Geography:

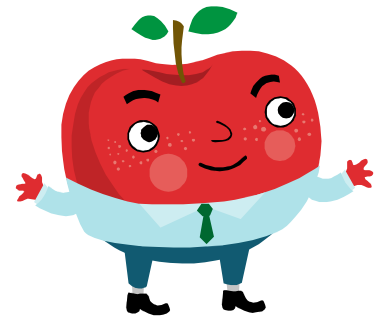
- 🍏 According to Agri-Food Canada apples are mainly grown in British Columbia, Ontario, Quebec, New Brunswick, Nova Scotia and Prince Edward Island - Ask students why they think apples aren't grown in the other provinces and territories
- 🍏 China is the largest producer of apples. The US, Turkey, Poland and Italy round out the top 5
- 🍏 The apple tree originated in an area between the Caspian and the Black Sea.

# Apple True or False Activity

This is an easy activity to set up and perfect if you are looking for something to build up the student's appetites before the Great Big Crunch while testing the students' knowledge of apple trivia

## Material/Resources:

- 🍏 A safe space for running back and forth
- 🍏 Two markers, flags or signs – one representing the word True the other False



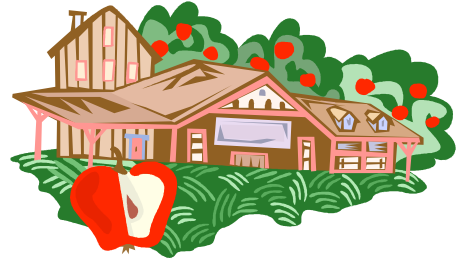
Set up the True and False markers or signs on opposite sides of the gymnasium, classroom or outdoor space you are using.

Have students stand directly in between the True and False signs

Call out an apple fact and have the students run to one of the signs – True if they think the statement is correct or False if they do not believe the statement. Once students have chosen their answer reveal the truth and start again.

# Exploring Different Apple Varieties

There are an estimated 7500 varieties of apples grown around the world. How many varieties are available at your local grocery store and where did they come from? What kinds of apple products can you find at the store (ex: apple sauce, fruit leather, apple chips)?

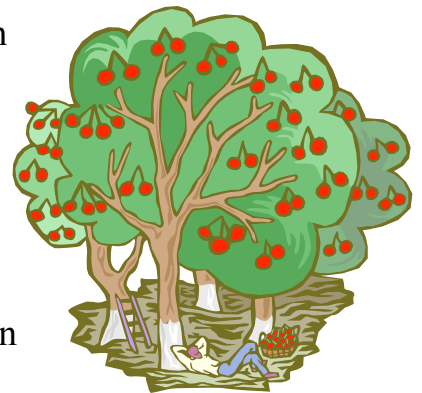


- 🍏 Bring in a variety of apples and apple products to share with your class. Have your students document the different names, sizes, shapes and colours. Take a look at the apples both inside and out.
- 🍏 Collect the stickers from different apples and using a map track how far they have traveled to get to your supermarket. How do you think they traveled? By boat, truck, airplane or train? Ask your students how many of them have traveled as far as the apples have traveled.
- 🍏 Cut up some different types of apples and have students taste test and describe the flavours of each variety. For younger students generate a list of different adjectives that might describe the apple flavours, tastes and sensations. For example: tart, sweet, juicy, sour, crispy, soft, tangy, bitter, etc.

## Apples Commonly Grown in Canada:

**Braeburn:** Medium to large, round to round conic, yellowish to cream, very juicy, crisp, somewhat coarse. Used for fresh eating, desserts and juices. Available at the end of October.

**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. Available early October to May. Great in salads because they stay white longer!



**Empire:** Medium to medium small, round to oblong, blushed dark red. Flesh is greenish cream, slightly aromatic and sub-acid. Empire apples,

known as excellent fresh eating apples, are available from mid-October to June.

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

**Gala:** Medium size, yellow-red. Flesh is creamy yellow, crisp, mild juicy flavour. Good for fresh eating and salads. Available in September.

**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 russeting. Good for fresh eating, pies, baked, sauces. Availability: Oct. - Jan.

**Gravenstein:** Medium to large, round, red blushed with yellow background. Flesh is cream, juicy and tart. Excellent for fresh eating, sauce and freezing. Good for salads and baking. Available mid-September to December.

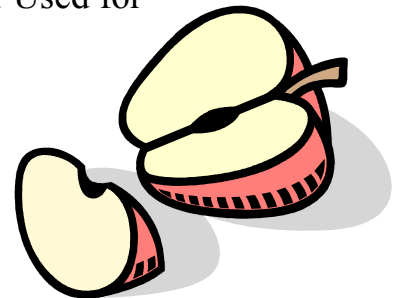
**Greening:** Large, irregular globular; bright green turning yellow. Used for fresh eating and commercial processing (juice, etc). Availability: Nov.-Feb.

**Idared:** 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. Available November to July; primarily February to 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, sauces. Availability: mid-Sept. - April. *The perfect apple for a snack!*



**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. Availability: Jan.-June.  
*Holds its shape well when poached or baked in a pie!*

**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. They are available from mid-October through to August.

**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. They are available from mid-October through to 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.

**For more information on apples in Canada visit the Agriculture and Agri-Food website [www.agr.gc.ca](http://www.agr.gc.ca)**

# Ideas for Apples in the Kitchen

## Yummy Apple Activity!!!

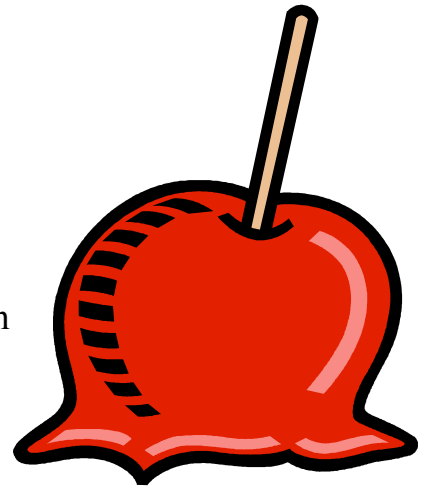
This is a quick and healthy twist on the classic candied apple. Teachers will want to avoid the use of nut butters if working a nut free school.

### Materials

- 🍏 Apples
- 🍏 Raisins, raisins, seeds, dried coconut, dried fruit, seeds etc.
- 🍏 Apple butter, almond butter, cashew butter, honey etc.
- 🍏 Popsicle sticks

### Directions

- 1) Pierce the bottom of your apple with a Popsicle stick.
- 2) Roll your apple in one of the 'butters'.
- 3) Use nuts, seeds etc. to decorate a smiley face on your apple.
- 4) Display, Eat and Enjoy!!!

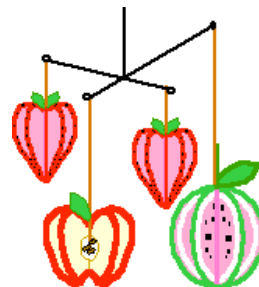


## Paper Apple Mobile

These 3-dimensional fruits are made from paper. You can make apples, watermelons, pears, plums, peaches, strawberries, oranges, and other great-looking fruit. They are great to hang in a window (from a curtain rod), from the ceiling, or in a mobile.

### Materials

- 🍏 White and green construction paper
- 🍏 Glue (or a stapler)
- 🍏 Yarn or string
- 🍏 Scissors

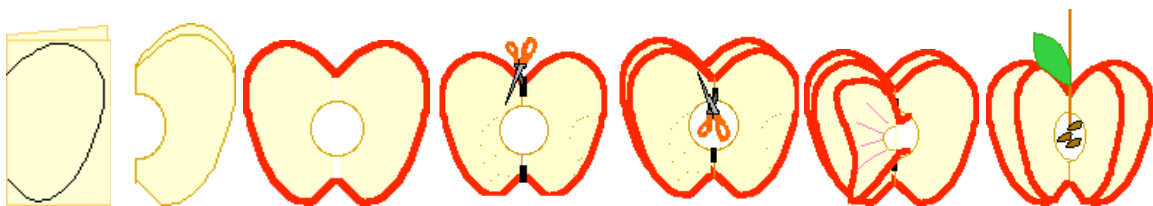




- 🍏 Crayons, paint or markers
- 🍏 Red marker
- 🍏 Apple seeds
- 🍏 Wool or heavy thread

**Directions** (*descriptive pictures can be found below*)

- 1) Have each child bring an apple to school.
- 2) Have all children take a bite of their apple to simulate the “Big Crunch”. When finished eating their apples, remove the seeds from the core and let them dry for a few minutes.
- 3) Fold a piece white construction paper in half. Cut 3 apple shapes from the construction paper along the fold (apples should be the same size). Cut a hole in the center of each shape.
- 4) Outline each shape with the red marker.
- 5) Cut 2 slits in one apple, at the top and bottom.
- 6) Cut 2 slits in 2 apples at the center.
- 7) Insert the slits, forming an apple. When you straighten out the pieces and align them, they will form one 3-dimensional fruit. Glue the tops together at the fold.
- 8) Glue apples seeds onto the wool or heavy thread.
- 9) Glue the thread between one of the apple sections, so that the seeds will hang in the center of the apple.
- 10) Use the remaining thread for a hanger. Cut out a leaf shape from the green construction paper and glue it to the top of the apple.



[www.enchantedlearning.com](http://www.enchantedlearning.com)

## What Am I? - A Big Crunch Challenge

<b>Time</b>	Prep- about 5 minutes to photocopy provided words Activity- Approximately 20 -30 minutes
<b>Tasks</b>	Students will gain an understanding of food items and what is

	involved in the preparation of healthy meals
	Students will get physically active and work as teams

## Method

Divide the class into groups of 4-5 students and provide them with the photocopied words.

(If desired you can have students colour the provided words, write out their own words or draw their own pictures of the words.)

*Helpful Hint: It may help to encourage kids to come up with a team name surrounding the healthy eating and kitchen theme. Example: the oven mitts, tomatoes or celery sticks.*

1. Position each group at a different place in the classroom, each group equal distance away from and facing a wall.
2. You act as “the farmer” reading the definitions and explanations of the words. Allow each group to consult with each other to find the correct word that is being explained. Upon finding their decision a represented group member will run and stick it to the wall.

*Helpful Hint: It may help to put the questions up on an overhead projector. Encourage rotating the student who runs up to the front of the room*

3. You will then check the answers and briefly explain to students why one answer is more right than another if they got it wrong.

## Words and Descriptions

**Carrot-** I am an orange root vegetable that is loaded with the healthy nutrient beta carotene.

**Celery-** I am a green crunchy vegetable that is loaded with fibre and often eaten with carrots.

**Knife-** I am used in the preparation phase of cooking to slice, chop or dice up your favourite vegetables.

**Spoon-** I am used to help mix up your favourite recipe.

**Peeler-** I am used to remove the skin from fruits and vegetables. I can be sharp, so remember to be careful when using me.

**Apple-** I come in a variety of different colors. I grow on a tree and I contain vitamin C, and fibre. If you bite into the middle, you will find seeds. I am also considered nature's dental floss.

**Pear-** I am a fruit that grows on a tree. My shape is more oval than round and I contain many essential antioxidants.

**Strawberry-** I am a small red fruit that grows on a short bush. My seeds are visible on the outside and I am often found in jam.

**Kiwi-** I am a fruit with a fuzzy brown exterior while my interior is bright green with small black seeds. You usually cut me in half with a knife and eat the rest of me with a spoon.

**Mango-** I am an exotic fruit that is not native to North America. My exterior is usually green, but my interior is bright orange. I am loaded with vitamin C and am peeled before eating.

**Blender-** I am a small appliance that can whip up your favourite kind of smoothie.

**Cutting Board-** I am usually made of wood or thick plastic and you use me to keep your counters tidy. You cut vegetables and fruits on top of me.

**Peppers-** I am a bell shaped vegetable that comes in many colors, the most common of which are green, red and yellow. I am often used in stir-fry and can be sweet or very spicy.

**Recipe-** I am something that you follow in order to make a new dish or food creation. You can find me in a book, on the internet or you can even create your own.

**Smoothie-** I am a drink that is made up of your favourite fruits and vegetables which means I am loaded with many vitamins and minerals.

**Fruit Drink/Cocktail-** I am a tasty sugar drink that is often mistaken for being healthy.

**Fruit Juice-** I am a tasty drink that made with natural sugars that usually offers at least one serving of fruits or vegetables.

## ***Apple Mix and Match.***

**Supplies:** Photocopies of words that are provided

**Time:** 10-15 min

**Learning Objectives:** Define and describe the various steps involved in the food system. Learn and understand the term "local" in the context of the food we eat. Understand our individual participation in the food system.

**Tasks:** Make students aware of the process of food preparation from the seed to the kitchen to compost. Emphasize that the closer to the source we can get our food the better.






### **Method:**

1. Have students colour the words and cut them out.
2. Encourage them to arrange them all in sequential order starting from the seed to when they eat it and throw it away by gluing or taping them onto a second sheet of paper.
3. Have students draw pictures that correspond with each step

**Hint:** Encourage dialogue! Make this an activity where you make sure that everyone is on the right track throughout.

- Growing
- Harvesting
- Shipping
- Packaging
- Selling
- Recipe
- Preparing
- Cooking
- Eating
- Composting

For variety give students different scenarios and see how the sequence changes. For example how would the sequence look if:

-  You ate the apple raw
-  You grew the apple yourself
-  You picked the apple
-  You made apple sauce
-  You lived very far away from the orchard

# Easy Apple Muffins

The Following Recipe was adapted from Today's Parent.

- 🍏 To organize students have a parent or staff helper join you in the classroom
- 🍏 Divide students into small groups
- 🍏 Prepare and separate ingredients and tools ahead of time
- 🍏 Give each student the responsibility of one ingredient or task
- 🍏 Make sure muffins are baked and cooled in time for students to enjoy them or have some muffins prepared ahead of time

## Triple-Grain Apple Muffins

- 1 ½ cups (350 mL) all-purpose flour
- 1 cup (250 mL) quick-cooking rolled oats
- 1 cup (250 mL) bran
- ½ cup (100 mL) cornmeal
- 1 cup (250 mL) light brown sugar
- 2 tbsp. (30 mL) baking powder
- ½ tsp. (2 mL) cinnamon
- 2 eggs
- 1 cup (250 mL) milk
- ½ cup (100 mL) vegetable oil
- 2 cups (500 mL) finely chopped apple



Preheat the oven to 400°F (200°C).

1. Grease two 12-cup muffin pans.
2. In a large mixing bowl, stir together the flour, oats, bran, cornmeal, brown sugar, baking powder and cinnamon.
3. Meanwhile, in another bowl, beat the egg with the milk and the vegetable oil. Add the egg mixture to the flour mixture and stir until all the ingredients are evenly moistened. Mix in the chopped apple, stirring just until combined.
4. Spoon the batter into a well-greased or paper-lined muffin pan, filling the cups all the way to the top. Bake for 18 to 20 minutes, until the muffins are lightly browned and a toothpick poked into the middle of

one comes out clean. Remove from pan and place on a rack to cool.  
Or just eat them right away.

*Makes 16 to 20 muffins.*

*Hint: Try using an ice cream scoop to get just the right amount of batter.*

## Apple Crisp

*An alternative recipe that may be easier to incorporate into your classroom taken from [www.familyeducation.com](http://www.familyeducation.com).*

### Ingredients:

- 16 medium peeled or unpeeled apples, sliced (about 16 cups)
- 3 cups all-purpose flour
- 3 cups packed brown sugar
- 1 cup quick-cooking or regular oats
- 1 1/3 cup chopped walnuts
- 6 teaspoons of ground cinnamon
- 1 cup margarine or butter, softened

Heat the oven to 375°.

1. Spread the apple slices in an ungreased pan.
2. Mix remaining ingredients in a separate bowl using a fork; sprinkle over apples.
3. Bake uncovered until the topping is golden brown and apples are tender.

Makes approx. 24 servings

### Fruit Kabobs

*A quick and easy way to get students to have fun in the kitchen without the fuss of baking.*

Cut up your favourite fruits and mix and match them on a kabob stick

