



Activities Toolkit
2022



Table of Contents

Why participate in the Great Big Crunch?	3
What is the Great Big Crunch?	3
When is the Great Big Crunch?	3
Who & Where?	4
History	4
How to use this toolkit	5
How to take part in the Great Big Crunch?	6
Activity Idea #1A: Our Great Big Apple Tree	7
Activity Idea #1B: Our Creative Community Garden	8
Activity Idea #2: Sensa-tional Apples!	9
Activity Idea #3: Apple Bingo	10
Activity Idea #4: Apple Yoga	11
Activity Idea #5: Reconnecting – Food is a Gift	12
Recipe Idea: Keep it Crunchy! Pickling 101	14
Additional Resource Links	16

THE COALITION
FOR HEALTHY SCHOOL FOOD



LA COALITION
POUR UNE SAINE ALIMENTATION SCOLAIRE

The [Coalition for Healthy School Food](#) is a growing network of over [180 non-profit member organizations](#) from [every province and territory](#). We are advocating for public investment in and federal standards for a universal cost-shared school food program that would see all children having daily access to healthy food at school. Building on existing programs across the country, all schools will eventually serve a healthy meal or snack at little or no cost to students. These programs will include food education and serve culturally appropriate, local, sustainable food to the fullest extent possible. See our [guiding principles](#) for what our ideal school food program looks like!

Why participate in the Great Big Crunch?

-  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!
-  It's a great way to get involved in Nutrition Month, organized by Dietitians of Canada. This year's theme is exploring the key "ingredients" needed to change our food systems for a healthier tomorrow. To learn more and download free resources, visit their [website](#).
-  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](#).

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

What is the Great Big Crunch?

The Great Big Crunch is a time dedicated to celebrating healthy food at school and highlighting the need for a universal, healthy school food program for Canada.

This year is a historic moment for the development of a school food program across Canada. The federal government is taking action on its 2019 commitment to a Canada-wide [healthy school food program, pledging \\$1 Billion over 5 years to develop a school food program](#) and has included the [first ever commitments in two mandate letters](#).

Let's celebrate this win together, it's a truly momentous occasion! Your Great Big Crunch could be a special event or day, a class, an online meeting, a lunch break activity, or even just 5 minutes discussing school food programs, ending with a synchronised **Crunch** into an apple (or any other crunchy fruit or vegetable).

When is the Great Big Crunch?

You can join us on **Thursday, March 10th at 1:00pm ET*** for a [Virtual Canada-wide Great Big Crunch](#) with Carolyn Webb, or you can organize a 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 in the grand total no matter when you do it or what you crunch!

**Note: kid-friendly activities start at 1:15 pm*

Who & Where?

Anyone can participate! From students and teachers in classrooms and gymnasiums, to people in homes, workplaces, or video call meetings, and all across 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!

History

The [Great Big Crunch](#) is an original initiative from [FoodShare Toronto](#), started in 2008, and it has grown into a Canada-wide event that demonstrates anti-silence in support of a universal school food program. To date, more than 1 million participants have joined in for **the Great Big Crunch!**

FoodShare is a food justice organization that envisions a Toronto where all people can feed themselves, their loved ones and their communities with dignity and joy. The Coalition for Healthy School Foods (CHSF) has participated in past big crunches and hosted last year's Canada-wide Great Big Crunch. We are proud to bring the Great Big Crunch 2022 to communities across Canada with the incredible support of our members, staff, interns and participants.

This year, there is a theme of **unity and resilience**. With our Unity Tree mural and activities that explore community and togetherness, the Coalition hopes to inspire students, teachers and their broader communities to celebrate **the Crunch** and promote a Canada-wide healthy school food program!

The 2022 Toolkit is based on past Great Big Crunch activities that were first developed by FoodShare, with additional activities adapted from valuable members of the CHSF. These activities are flexible to ensure [compliance with COVID-related health measures](#). This toolkit is designed to amplify the annual Great Big Crunch campaign, which focuses on the collective crunching of apples (or any crunchy fruit/vegetable), and it offers fun activities with teachable moments for the students.

Special thanks to Nina Leone Trask, Nicole Weber, Jess Gutkin, Christina Smith, Jack Chen, Brooke Ziebell for their work on curriculum and activity development and Isabelle Trask for her visual graphics for this toolkit.

How to use this toolkit

Worksheets for all of the activities below are available here: [GBC Activity Worksheets](#).

This toolkit offers a step-by-step guide on how to organize a Great Big Crunch event in your community. It is flexible and easy to use. Feel free to adapt it for your own Crunch needs!

You can find high-res versions of the Great Big Crunch logos along with other communication materials [here](#). Also, don't forget to check out our [Communication Toolkit](#) for more ways to engage online and spread the word!

This 2022 Toolkit is licensed under CC-BY, a Creative Commons license that allow reuse, redistribution, derivative works, and commercial use, **provided that you give credit to the Coalition for Healthy School Food**. FoodShare requests that you acknowledge them as the original creator of the Great Big Crunch concept, various resources, and previous toolkits. This includes any media coverage you may receive with local Great Big Crunch events.

How to take part in the Great Big Crunch?

 **Choose a date for your Crunch**, and invite your colleagues, friends, or family to join you! If an in-person crunch is not possible, plan an online video call.

 If you can, **join us on March 10th @ 1:00 - 1:30 pm ET** for the **virtual Canada-wide Great Big Crunch** by registering [here](#), or participate any time throughout the month of March!

 Note: kid-friendly activities begin at 1:15pm

 **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.

 **Prepare for your crunch** and choose locally sourced 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 and the additional links section for more ideas.

 At home, at work, or online, organize a time and place to crunch together.

 Virtual Canada-wide Crunch: On March 10th, 2021 at 1:00 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.

 **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. Check out our email templates in the [Communication toolkit](#)!

 **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](#), Instagram: [@thegreatbigcrunch](#) or Tiktok: [@greatbigcrunch](#)

 **Share your Great Big Crunch highlight with us!** You can send us photos/videos of your own Great Big Crunch along with your story either by sending an email to greatbigcrunch@healthyschoolfood.ca or use this [link](#) to upload them. We will share your story/photo/video on our website and our social media to amplify the sound of your crunch.

Activity Idea #1A: Our Great Big Apple Tree

Rooted in Community, Growing Together

Grade Level: 1 - 6

Use this activity to bring the class together, share their favourite crunchy fruits and vegetables, and get curious about the importance of each other's relationships with food! This activity was developed by University of Toronto graduate students Nina Trask and Nicole Weber.

Direction

- 🍏 Prepare an apple tree frame for the class to hang/stick their apples to, for example:
 - 🍏 Project or draw an apple tree onto a wall/board and tape the apples to it
 - 🍏 Outline an apple tree on a poster board/draft paper and hang it up on the wall
 - 🍏 Use coloured masking tape to create an apple tree shape on the wall, or
 - 🍏 Draw the tree outline on a portable black/white/smart board
- 🍏 Print and hand out the apple stencils provided below, giving one to each student.
 - 🍏 Alternatively, have them draw out their own fruit stencil to hang from the tree.
- 🍏 Within the apple stencil, ask each student to fill in their favourite fruit or vegetable.
 - 🍏 Prompts may look like:
 - 🍏 Draw your favourite crunchy fruit or vegetable. Tell us about a time that you enjoyed sharing this food with people you love, why was this a special memory for you?
 - 🍏 Think of a time when you were making something tasty with someone you love, what was it? How did it make you feel?
- 🍏 Once their stencils are filled out with a food item and an experience sharing it with others, have each student post their fruit to the apple tree outline
 - 🍏 Ask your students to take a moment to look at their classmates' apples, it can be fun to explore what the people in your class eat and why they love it!
 - 🍏 Once each apple is on the tree, take a moment to appreciate your class's Great Big Apple Tree!

Resources

- 🍏 Apple Stencil, 1 per student
- 🍏 Apple Tree Frame (can be projected, taped or drawn)

Making Community Connections! -> Join the "Great Big Mural"

- 🍏 Submit your class's apple tree creations to greatbigcrunch@healthyschoolfood.ca
- 🍏 These materials will be added to the Great Big Mural: a mural that combines the regional voices and drawings of GBC participants in a large digital tree mural, capturing the sentiments and contributions from GBC events across Canada.
 - 🍏 Written or drawn submissions are encouraged; vocal conversations around choices and experiences are encouraged; should be fun and reflective.

Activity Idea #1B: Our Creative Community Garden

Growing Together, Something for Everyone

Grade Level: 7 – 12

This activity is meant to bring out students' creativity and encourage more social awareness around food. The *Creative Community Garden* activity will connect students to food systems and their community, encouraging them to expand their relationship with food and to explore the meaningful ways we can work together to feed our families and communities.

Direction

-  Ask each student to imagine their ideal community or school garden. Prompts for the students should encourage them to think deeper about their food choices and how or why they eat certain foods. For example:
 -  In this oasis, what would you like to grow? What would nourish you?
 -  Who would you grow this food with or for?
 -  What tools and resources might you need for this to be successful?
-  Ask the students to consider their own wants and needs for nourishing foods. Focusing on fruits and vegetables, what would your community want or need?
 -  Ask students to include some crunchy fruits/vegetables (i.e. Carrots, beans, squash, cucumber, peppers, pears, apples, celery etc.)
 -  Use Canada's Food Guide as a resource for foods that are nourishing
-  Once they've brainstormed their garden, ask the students to draw out a map or visual representation of this garden
 -  This drawing can be as detailed or simple as they'd like, with an emphasis on fun, creativity, and growing food for their community.
 -  With older grades, aim for the fruits/vegetables to be grown in the appropriate places (i.e. in soil, in a tree, by region).

Resources:

-  Stationary Items (large blank paper, writing and colouring tools)

Making Community Connections!

-  Encourage thoughtful discussion about the student's gardens and community goals.
 -  What did they choose to grow and who are they feeding? Why?
 -  Could any parts of their garden be done in their school or community? What skills, tools or technologies may be required to achieve this?
-  Join the "Great Big Mural" – Like the Great Big Apple Tree activity above, you can submit their garden ideas and have your class join the nation-wide Great Big Mural!
 -  Submit your class's garden creations to greatbigcrunch@healthyschoolfood.ca
 -  Aspects of these submissions will be added to the *Great Big Mural*: a mural that combines the regional voices and drawings of GBC participants in a large digital tree mural, capturing the theme of unity and community resilience from GBC events across Canada.

Activity Idea #2: Sensa-tional Apples!

Grade Level: 1 – 12

Let's get sense-sational...with apples! This sensory, a fan favourite GBC activity that's been adapted from FoodShare, activity will have everyone exploring and describing apples in new ways, moving beyond 'yucky' or 'yummy' to describe our foods.

Direction

- 🍏 Buy at least 3 apple varieties and enough of each type so everyone can try. Label the apples "1, 2, 3,..." so the students can guess the apple variety based on their senses.
- 🍏 Review the 5 senses and brainstorm sensory descriptive words before starting the activity. The Apple Characteristics Chart can be used as a reference for apple types and sensory descriptors.
- 🍏 Handout the Sensory Graph Flower to students Grade 1 to 8 (one graph per apple) and provide the Sensory Table for Grades 9 to 12. **Tip:** As a class, pick the same 5 taste descriptors to put on the graph (i.e., sweet, tart, salty, spicy, bitter etc.) for easier comparisons later on.
- 🍏 **Think:** In rounds, have the students touch and taste test each apple variety and have them score its descriptors on their Sensory Graph Flower. See page 5 of the GBC Covid-19 Guideline for tasting procedures.
- 🍏 **Pair:** In pairs or groups, have the students compare their graphs and answers. Which one was their favourite and why? Encourage them to use their new sensory words.
- 🍏 **Share:** Have the students share their flower graphs with the class and try to identify the apples, again using the descriptive sensory words they just learned.

Making Community Connections!

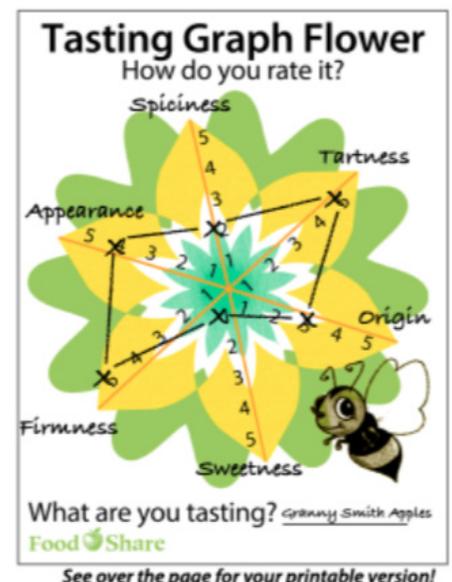
- 🍏 Do you know of any regional apple dishes or crunchy fruit/vegetable dishes? How would you describe these dishes to someone visiting your area?
- 🍏 Explore how tastes can differ with the classroom, across the country, and around the world.

FEEL all the different parts of the apple and describe them: smooth, sticky, wet, hard...

SEE the different colours of the apple: the skin, the flesh, the seeds and the stem.

TASTE the apple: sweet, bitter, tart, mild

SMELL the apple before and after you bite into it and compare.



Activity Idea #3: Apple Bingo

The Game for Fast Fact Finders

Grade Level: 7 – 12

What are some a-peeling facts about apples? Why don't we find out together? Students can learn about different interesting apple facts from each other as they try to be the first to shout out "Apple Bingo!". This is an activity inspired by the [Apple People Search Activity](#) from [BC Agriculture in the Classroom](#).

Direction

-  As students enter the class, hand each one of them an individual apple information strip and an "Apple Bingo" handout.
-  Tell the students to find the answers to the questions in the Apple Bingo by talking to each other, then recording the answer in the corresponding box and having the person who provided the information sign in the space provided.
-  You can decide whether students must complete every box, 2 lines etc. or whether to divide the class into 5 groups and assign them a row.
-  Once they finish their task they yell "Apple Bingo!" to win.
 -  Note: Consider a non-food or a nourishing snack as a prize.

Resources:

-  Apple Bingo Information Slips
-  Apple Bingo Worksheet
-  Apple Bingo Answer Key

Extension Activity:

-  Feel free to adapt this activity with your own crunchy fruit or vegetable of choice!

Making Community Connections!

-  Have the students discuss and share what facts they already knew, what was surprising to learn, and maybe what they would like to learn more about.
-  If you like this activity, adapt it to fit other crunchy fruits and vegetables, or challenge the students to create their own using facts about their favourite foods.

Activity Idea #4: Apple Yoga

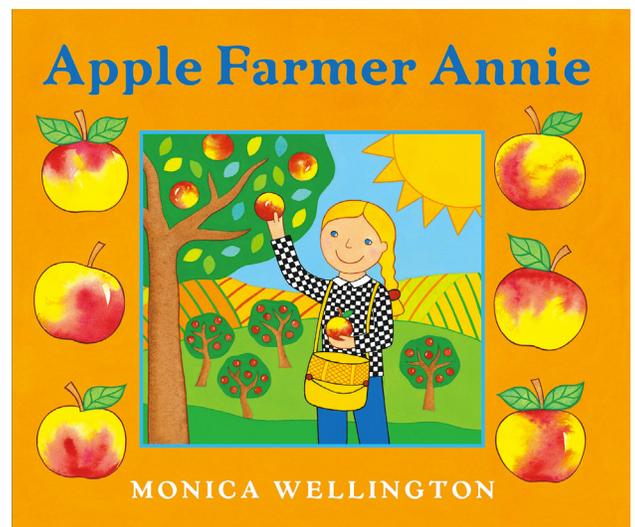
Branching out with Apple Yoga

Grade Level: All age group

Getting movement into our day is apple-solutely important so let's branch out our arms and stretchhhh! Whether you're standing up or sitting down, here is a quick yoga routine adapted from [FoodShare](#) and [OMazing Kids](#) that will give students a chance to explore the lifecycle of an apple while following along with Apple Farmer Annie. She'll take you on a journey from farm to kitchen to market!

Direction

- 🍏 Use the Apple Yoga Pose Guide, play a game of "Simon Says" to get the students practising each of the movements. Use the prompts on the guide to help the students visualise the movements. Make sure there is enough space for seated or standing yoga, everyone apart by 2M (6 Ft.).
- 🍏 You can watch the [Apple Farmer Annie Read Aloud](#) video and have the students match their yoga poses to the words being read.
 - 🍏 Note: You can turn off the sound and read it yourself aloud to the students and/or slow the video down to suit your needs. For a technology free option, you can read the story aloud (yourself or a student volunteer).



Resources:

- 🍏 Apple Yoga Poses Handout
- 🍏 Apple Farmer Annie Story Script

Extension Activity:

- 🍏 Here are other great apple videos you can use:
 - 🍏 [How do apples grow?](#)
 - 🍏 [Apple Orchard Yoga](#) – yoga routine for older students

Making Community Connections!

- 🍏 Get creative! Have the students create their own unique apple yoga poses and routine
 - 🍏 Or, switch it up and do these poses for the lifecycle of another crunchy fruit or vegetable that can be sourced from your community or local area!
- 🍏 Have the student share their unique poses and routines with friends and family members to get everyone in their community moving and stretching!

Activity Idea #5: Reconnecting - Food is a Gift

Quote from Food as a Gift: Lucy Hemphill shares “Our ancestors had deep connection to ecosystems, they acknowledge that the plants and animals had feelings; they gave their life for us so we could thrive. We honoured this sacrifice with our attention and care of the food”.

Grade Level: 3 - 12

Using an “attitude of gratitude”, students can come together and reconnect to the gift and the life cycles of food. From crunchy apples to locally sourced foods, student’s will discuss the lands, forests, and waters that have offered us gifts of sustenance for generations. Lesson adapted from teachfoodfirst: Healthy Schools BC.

Direction

Brainstorm

-  What foods are available from the natural spaces around them (i.e. Stinging nettles, native lettuce, thimbleberries, salmon, deer, elk, maple syrup, eucalyptus oil etc.)?
 -  Note: Food choices can include those that were traditionally available to Indigenous people, and foods that are familiar in more modern or urban diets.
-  In pairs or small groups, encourage students to learn about each other’s food preferences to make cross-cultural connections, then have a larger class discussion.

Discuss

-  As a class, discussion questions about these locally foods may include:
 -  How do you share foods with your community? Are there foods that connect you to your ancestors? Who do you learn about food and food sources from?
 -  Can you speak to any traditional or familiar activities that you do involving food or food preparation? (ex: Berry picking, fishing, making bread, soup etc.)
-  Delve deeper by considering seasonality, locally grown foods, and the precious life cycle of each of these foods! As food is connected to natural cycles and ecological systems, discuss how the seasons and foodscapes can vary by region and time.

Get Creative!

-  Draw a picture or art piece of one of the foods from the list of Indigenous foods that you have tried or would like to try. Visualise where the food is found in nature.
 -  *Ask the students:* what gifts has the food provided to you?
-  Post the students’ pictures around the class or a feature wall or create a collage.
 -  If you have time, have students tell a story about their drawing to the class and share who they would like to eat with or gift their food to.

Making Community Connections!

 **Nature Plant Walk:** Let's go on a nature plant walk and explore the life cycle of nature and seasonality of local food systems. Explore an area in your community and reflect on what season you're in. Discussion questions might look like:

-  Do you know that there are many edible items around us everyday? Many plants, animals and trees offer us the gifts of food, tea and even medicine.
-  What plants, trees or animals can you name around us? Can you show us or tell us about them? Do you see anything that may be food?

 **Learning from our Elders:** If possible, invite an elder to participate in this activity or in the classroom to discuss food as a gift and the ways we can connect with nature.

 **Try the [30-Day Walking Curriculum](#)** in your local community to honour the Indigenous perspective that "food is a gift" well beyond the Great Big Crunch event!

Teachable Moment on Social Responsibility: a lesson on sharing and conserving nature

"I can pick items and in a respectful manner, give thanks and only take what I need."



Recipe Idea: Keep it Crunchy! Pickling 101

Age Group: Grades 1- 12

Keepin' carrots crunchy is easy peasy with this quick pickling recipe from Growing Chefs! Ontario This recipe was chosen with carrots in mind, but you can pickle almost any fruit or vegetable, so we'll leave that up to your imagination. The pickling options are neverending - cucumbers, peppers, onions, turnips, radishes... you decide!



- 1 pound carrots (or alternative), peeled & cut into spears
- 1 1/3 teaspoon white or apple cider vinegar
- 1 1/3 cups water
- 1 teaspoon non iodized salt

- 1 tablespoon sugar
- 1 tablespoon optional spices and herbs for flavouring, such as garlic, peppercorns, bay leaves, coriander seeds, dill, etc.

Instruction

1. **Get organized!** Gather your *Mise en place*; save time and make cooking easier by having everything in one place and ready. Get together all of the equipment needed for the recipe and gather your ingredients.
2. **Get prepped!** Peel carrots. Cut carrots into finger sized pieces, and then into spears. Measure out your vinegar, water, sugar, salt, and any additional spices you would like to add and place them in a medium sized pot.
3. **Get cooking!** Bring vinegar mixture to a boil. Pack the carrots and any spices you are using into a clean sterilised mason jar or other heat proof container with a lid. Once the vinegar mixture has come to a boil, pour it into the container over the carrots.
4. **Finish Pickling!** Let the pickles sit on the counter until the liquid has come to room temperature. Put a lid on the pickles and keep refrigerated. Pickles can be eaten once cooled, but are best if let to sit at least 24 hour for flavours to fully develop. These pickles will keep in the fridge for 1 week.



You can also watch the [cooking video](#)
on the Growing Chefs website!

Extension Activity:

 Feel free to adapt this activity with your own crunchy fruit or vegetable of choice!

Making Community Connections!

-  Get Personal with Food Preservation! Tell a story about ways of food preservation (such as dehydration, drying, fermentation, or smoking) that is special to the student or their culture. Discuss why it has been important in food history and survival of people.
-  Food preservation can vary across Indigenous Nations, both in the past and present. Check out one example of an Kanien'kehá:ka couple who are relishing in a 'dill-icious' pickle venture, Rowy's Preservation Nation in Kahnawake, south of Montreal.

Additional Resource Links

Below are additional activities and teaching ideas for your class to do!

Previous GBC Toolkits

- [GBC Toolkit 2021](#)
- [GBC Toolkit 2020](#)
- [Past GBC Activities from FoodShare](#)

Additional Activities

- [BC Agriculture in the Classroom](#) – Food literacy classroom apple activities, grades 9-12
- [Green Thumbs](#) – Bring in a Food Waste Management component to our Great Big Crunch, promoting vermicomposting in classrooms after students take the Crunch.
- [Food Explorers](#) – Learn about and taste different foods
- [Memory Game: Traditional Indigenous Foods](#) – Learn about traditional Indigenous foods from your community or local area while playing a fun matching game

Teaching Food Literacy in the Classroom:

- [Tips for Teaching Food Literacy](#)
- [Grade-Specific Guiding Principles](#)

Provided by the CHSF Indigenous Working Group:

- [Traditional Aboriginal Food](#) (Grades K - 3)
- [Teachfoodfirst: An Educator's Toolkit for Exploring Canada's Food Guide](#)
- [Kidsnacks Indigenous Farm to School Curricula](#) – Traditional Foods for a Healthy Future: A Traditional Snack Guide Based on Ojibwe Foodsit
- [Earth to Tables Legacies](#) – Videos and conversation guides for older students
- [Learning from the land toolkit](#) – Resources and stories from K-12 schools engaging with Indigenous plants and pedagogy