

Fruit from Around the World

Age/Grade Range

- 5-14+

Group Size

- Maximum 30

Time

- Set-up: 1 hr
- Activity: 30 minutes

Materials

- Large world map or globe
- Different fruits from around the world, with stickers that have their locations
- Various local berries (i.e. haskap, saskatoons, raspberries, saskatoon, cloudberrries)
- Knife and cutting board
- ** This activity can also be done with vegetables **

Set-Up

- Gather different fruits
- Spread out a large world map where the youth can see all of the countries
- Find out if there are any food allergies in the group

Delivery Tips

- This activity runs best with an elder or someone with knowledge about local berries
- This activity is best when local fruits are in season. You can also do this activity with local fruit preserves and discuss how preserving local fruits and vegetables means you can eat local all year round. Or don't use local fruits and spark discussion on the challenges and solutions to eating more local food.



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Topic

- Local Food Production

Objective

- Understand 'systems thinking' and Learn where your favourite fruits come from
- Learn about food miles and eating more local food



Activity Directions

1. On the map, get a volunteer to find your community.
2. Bring out each fruit one at a time, and ask if they know what it is, if they have ever tried it and if they like it. Then get guesses to where the fruit came from. Remove the sticker from the fruit and place it on the map where it is from.
3. Repeat with remaining fruits from around the world.
4. Meanwhile, get a facilitator to cut up the fruit while you are asking about the other fruit. Once you finish asking the questions, hand out the fruit so the children can try some.
5. Move on to the local berries and similar questions about these fruits. Explain these fruits do not need a sticker because they are locally harvested- they came from home!
6. Serve local berries for the youth to try.
7. Get the youth to examine the map and ask how they think each fruit made it to your community. In particular, ask where they think the local berries came from and if they have ever gone berry picking.

