

2.6 Additional Activity: Kindergarten to Grade 8 Classroom Vegetables and Fruit Busy Box

We know that seeing is believing. But when it comes to vegetables, fruit and students, we know that tasting is believing! With this in mind, a Classroom Vegetables and Fruit Busy Box has been created to assist school staff in making the vegetables and fruit messages come alive.

You will find helpful tools that will aid in the classroom preparation and serving of the vegetables and fruit in a creative and appealing way. As you get your students to try some of these potentially new foods, you will be giving them an opportunity to practise the healthy eating messages you have been presenting in class.

Contents of the Busy Box

Spiral Apple Peeler

- This tool peels, cores and cuts the apple into a continuous spiral of apple.
- Try it with potatoes and then make a soup from the potato spirals.

Egg Cutter

- Slices soft fruit and veggies into thin slices. Try mushrooms, strawberries, kiwi, etc.

Melon Baller ... various sizes

- This tool creates different-sized balls of veggies or fruit.
- Try it with melons, avocado, pears, pineapple, cucumber, kiwi.
- Use in fruit salad, making kebobs, fruit cups.

Plastic Cookie Cutters

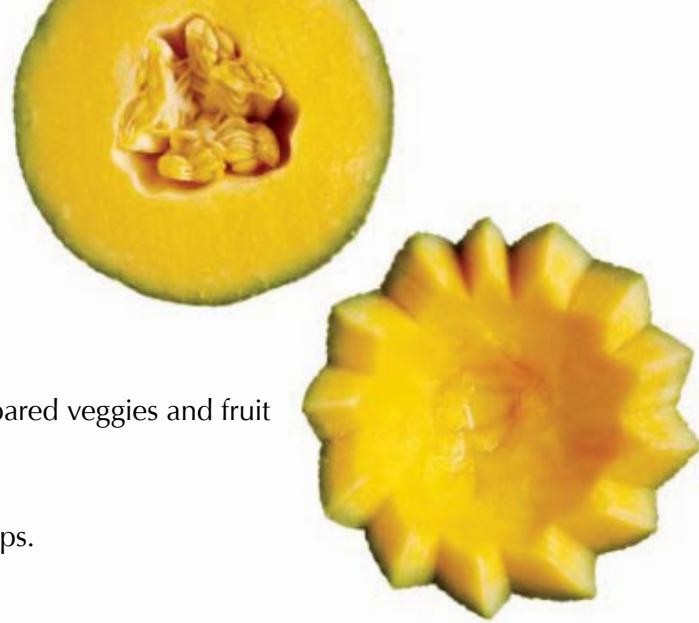
- These cutters can transform vegetables and fruit into interesting and seasonal shapes.
- Try cutting apple slices and red, green, orange or yellow peppers.

Box Grater

- Use to grate firm veggies and fruit on the large grate side.
- These veggies and fruit can be used in preparation of salads and soups or baked into muffins and fruit bread.
- Try grating carrots, zucchini or apple for muffins, and parsnips, potatoes or turnip for soups.

Flat Toothpicks

- Use to make mini fruit kebobs.

**Plastic Cups**

- A class set of plastic cups for presentation of prepared veggies and fruit

Squeeze Bottle

- Use to spread dip into students' veggie or fruit cups.

Dip Recipe

- Laminated dip recipe for vegetables
- Suggestions for dips for fruit

Tray

- A presentation tray for the prepared veggies and fruit

Tongs and Plastic Gloves

- Use when preparing and serving the veggies and fruit to ensure safe food handling practices are followed.

Cutting Board/Spray Bottle

- Use a cutting board when preparing the vegetables and fruit.
- Use the spray bottle with a water/bleach solution to sanitize table surfaces used for food preparation (1 teaspoon of bleach to 2 cups of water)

Plastic Knives

- These are for the students who may be assisting in the preparation of the vegetables and fruit.

To ensure that the vegetables and fruit snacks that you are preparing are safe to eat, make sure that all students have an opportunity to wash their hands with soap and water prior to preparing or eating the snacks. When you do your busy box activity, discuss the four steps for hand washing. Contact your local public health unit to receive a free hand-washing poster. Display the poster by the sink to show students the correct way to wash their hands.

Reference

Toronto Public Health. 2003. Bleach and Water for Disinfecting. Available at: <http://www.toronto.ca/health/pdf/disinfecting.pdf>. Accessed: 18 September 2006.