

OSNP SOUTHWEST'S GREAT BIG CRUNCH 2023 ACTIVITY GUIDE



WHEN?

Thursday, October 19th, 2023

Crunch with your class, your school, or with OSNP and schools across the Southwest region via zoom!

Zoom info:

- 1pm EST
- <https://ca01web.zoom.us/j/62472647157>
- Meeting ID: 624 7264 7157

WHAT?

The Great Big Crunch is a fun day devoted to nutrition education and an opportunity to raise awareness about the importance of Student Nutrition Programs. OSNP Southwest hosts our annual Great Big Crunch in October to celebrate the local harvest and support regional growers!

Take part in the fun and advocacy by educating your students about apples and the importance of supporting local growers! By supporting local growers, we are supporting our neighbours and our local economy, reducing greenhouse gases, and maintaining the nutrients in the apples we are consuming!

HOW?

Simply participate in one simultaneous CRUNCH or take your celebrations a step further with activities in this Activity Guide. You will find fun facts about apples along with a bingo game to get your students up and moving, a virtual apple farm tour, fun apple snack ideas and more - the fun is just beginning!

Share photos of your Great Big Crunch on social media! Use #greatbigcrunch and tag us



@osnpsouthwest



@osnpsouthwest



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360 ORCHARD TOUR

Check out this 360 degree Canadian Apple Orchard Tour from Farm and Food Care. Watch here: <https://www.youtube.com/watch?v=caiVUsMpsU>

FARM TO DESK

Our friends at Produce Express tracked their apples all the way from a local farm to YOUR desk! Check out their video here: <https://www.youtube.com/shorts/C4KiA5dQ4Pg>

APPLE PAIRINGS

OSNP snacks are always two food groups; apples make a nutritious and delicious pairing to various foods! Try these delicious pairings:

- Apple and low-fat cheese
- Apple and nut butter (if your school allows)
- Apple and plain yogurt and cinnamon
- Apple and rice cakes
- Apple and cottage cheese
- Apple and oatmeal

THESE JOKES ARE APPLE-SOLUTELY HILARIOUS!

Include these in your morning announcements!

When is an apple grouchy?
When its a crab apple!

Why did the apple pie cry?
Because its peelings were hurt!

What kind of apple isn't an apple?
A pineapple!

Why did the apple pie go to the dentist? *Because it needed a filling!*

What is a math teacher's favourite dessert? *Apple Pi!*

Why did the school library have a basket of apples? *For the bookworms!*

APPLES IN THE CURRICULUM

Get creative! There are plenty of ways to use apples as a tool in your curriculum teaching! Apples are a fun and hands-on way to teach. Research additional ideas appropriate for your age group. Here are a few examples to get you started:

Art

- Use apples and apple leaves as stamps
- Learn colours with apples

Math

- Cut apples into slices to demonstrate fractions!

Biology

- Demonstrate how fruit grows from seed

Got a grade 5 class? We partnered with the University of Windsor Teachers College to develop grade 5 specific activities, check them out on our website: www.osnp.ca/great-big-crunch

KEEP THE SKINS ON!

Did you know the majority of nutrients in an apple are in its peel? A raw apple with skin contains up to 332% more vitamin K, 142% more vitamin A, 115% more vitamin C, 20% more calcium, and up to 19% more potassium than a peeled apple!

APPLE STORAGE

- Store apples in perforated plastic bags in your refrigerator crisper. Cold, humid storage allows apples to maintain their crispness, juicy texture and flavour (Ontario Apple Growers, 2023).
- Remove any fruit that is overripe or has soft spots, they naturally give off ethylene gas that will cause other apples to ripen too quickly and spoil. These apples are great for baking or eating immediately (Ontario Apple Growers, 2023)!

APPLES GOING BROWN?

Slicing apples for your OSNP but don't want them to go brown? Try this easy solution!

Create a water bath for your apple slices with a ratio of 1 tablespoon of lemon juice to 1 cup of water. Soak the apple slices for 3 to 5 minutes, then drain and rinse them. Alternatively, simply sprinkle with lemon juice.

APPLE OATMEAL CUPS

These apple cinnamon oatmeal cups are the perfect snack for grab-and-go or sit-down snack programs! They can also be made ahead and frozen! <https://feelgoodfoodie.net/recipe/apple-cinnamon-oatmeal-cups/>

LOCAL APPLE ORCHARDS

Consider touring an apple farm, going apple picking, purchasing apples for your program, or inviting a farmer into the classroom! These wonderful apple farms are local to the Southwest Region. *Please note this list is not all-encompassing and does not endorse apple farms in any particular order.*

- Ingram's Apple Orchard, Zurich
- Maitside Orchards, Brussels
- Sunrise Orchards Inc., Arkona
- Meeting Place Organic Farm, Lucknow
- Blake's Apple Orchard, Brussels
- Maintree Fruit Farms, Blenheim
- Hornblower Homestead and Orchard, Thedford
- Red Barn Fruit Farm, Arkona
- Hi-Berry Farm, Port Elgin
- Simpsons Orchards, Leamington
- Aylmer Big Apple Orchard, Aylmer
- J P Gladstone Farms, Blenheim
- Soetemans Treesweet Orchards, Kerwood
- Apple Land Station, Thorndale
- Greatview Orcahrds, Blenheim
- Birnam Orchards Ltd., Arkona
- Juicy-Fruit Orchards, Thedford
- Crunican Orchards, London
- Windy Heights Farm Inc., Zurich
- Megens Family Farm, St. Marys
- Delhaven Orchards, Blenheim
- Keyzer's Fruit Farm, Paisley
- Great Lakes Farms, Port Stanley
- Meleg's Lakeview Orchard, Kingsville

STUDENT ACTIVITIES

JOHNNY APPLESEED PRINTABLE CROSSWORD PUZZLE:

<https://www.puzzles-to-print.com/crossword-puzzles-for-kids/PDFs/johnny-appleseed-crossword.pdf>

APPLE POEM

Write an Acrostic Poem using the letters in the word apple

A
P
P
L
E

APPLE TRIVIA BINGO

Cut the apple facts into separate pieces of paper prior to starting the game. Provide an Apple Bingo Card to each student. Distribute an apple fact to each student (or multiple, until all facts are distributed). Encourage students to interact with one another, with the goal of finding the answer to each of the questions posed in their Apple Bingo Card. The first student to find all of the answers in the specified BINGO pattern wins!

Apple Facts and Bingo Card to print on following pages.

Visit Ontario Apple Growers for More Great Information, Activities and Recipes!

<https://onapples.com/ontario-apple-varieties>

**Thanks for joining us for
this year's Great Big
Crunch!**

A	P	P	L	E
What percent of an apple is water?	How much of the world's deciduous fruit tree production do apples make up?	How many times faster does an apple ripen if it is not refrigerated?	It takes the energy of ___ leaves to produce one apple.	What flower family does the apple belong to?
What can applesauce substitute when baking?	What does the apple symbolize for the Greeks and Romans?	How many pounds does a bushel of apples weigh?	What colour are most apple blossoms when they open?	How many seeds does the average apple have?
What are apples free of?	What percent of an apple is air?	FREE	How many apples does it take to create one gallon of apple cider?	About how old can an apple tree live?
What is the science of growing apples called?	What growing conditions are ideal for growing apples?	How many grams of fibre does one medium apple contain?	What type of acid do apples contain?	What part of the apple are most of the antioxidants found in?
What percentage of apples are eaten fresh	How many varieties of apples are grown throughout the world?	How much did the largest apple picked weigh?	What is the most popular apple variety in Canada?	How many apples a year does an average person eat?

85% of an apple is water.
Applesauce can substitute a fat source in baking, such as oil or butter.
25% of an apple is air.
Two-thirds of apples are reportedly eaten fresh.
Pomology is the science of growing apples.
7500 varieties of this fruit /vegetable are grown throughout the world.
Hot, dry weather provides great growing conditions for this fruit/ vegetable.
This fruit/vegetable is fat, sodium, and cholesterol free.
This fruit/vegetable was the favourite fruit of ancient Greeks and Romans because it was a symbol of love and beauty.
The largest apple picked weighed three pounds.
One medium-sized apple has five grams of fibre.
The McIntosh is the most popular variety of apple in Canada.
Deciduous trees are plants that shed fruit or leaves when they reach maturity. Half of all deciduous fruit trees used for fruit production are apple trees.

Apple juice, apple flesh, and apple cider vinegar all have a high malic acid content. This beneficial compound is helpful in treating conditions such as fibromyalgia, chronic fatigue syndrome, and gallstones.

A bushel of apples weighs about 24 pounds.

Apples will ripen six to ten times faster at room temperature than if they were refrigerated.

It takes about 36 apples to create one gallon of apple cider. Most apple blossoms are pink when they open but gradually transform into white.

It takes the energy of 50 leaves to produce one apple. Apples are members of the rose family.

The average person eats 65 apples a year.

Most of the antioxidants found in apples, including quercetin, are located in the skin.

Apple trees can live to be about 100 years old.

The average apple has 10 seeds.