

Great Big Crunch

2022 Activity Guide

www.osnp.ca



@OSNPsouthwest



The Ontario Student Nutrition Program, Southwest Region (OSNP-SW) invites school and workplaces across southwestern Ontario to take a great big CRUNCH into locally grown apples all at the same time!

What is the Great Big Crunch?

The Great Big Crunch is a special day, class, assembly, lunch hour, or 5 minutes dedicated to student nutrition, ending with a synchronized “crunch” to celebrate! This fun activity gets students, educators, parents, and politicians to think about the impact food has on our children and youth—while making a whole lot of noise!

When?

The Great Big Crunch is an annual event on the 3rd Thursday in October at the time most convenient for your school or workplace. Mark your calendars - this year's Great Big Crunch will take place on **Thursday, October 20th, 2022**.

Where, and Who?

Anyone can participate, from students, teachers, and individuals in classrooms, gymnasiums, recreational facilities, to homes, workplaces, and communities across Ontario and beyond! Don't forget to share details about your event on social media and tag @OSNPSouthwest.

Why participate?

When you crunch, you'll be teaching your students about the nutritious and delicious benefits of apples and local food, while taking part with other students from across Southwestern Ontario. Whether your class or school participates in a day's worth of activities, an afternoon, or just one big CRUNCH, we hope your students get excited about healthy eating!

Your participating will be celebrating:

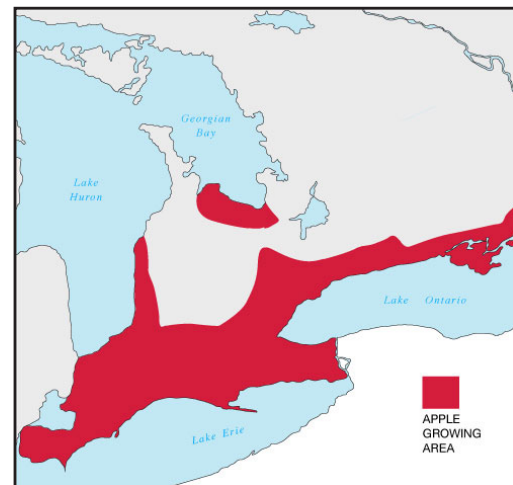
- Student nutrition & healthy eating
- The fall harvest and local farmers and producers, along with the abundance of vegetables and fruit they provide to Southwestern Ontario and beyond
- Kicking off the 2022-2023 school year!

Apples

It's Great Big Crunch week! Did you know that students in schools across Southwestern Ontario are crunching on apples this week too? Last year there were over 113,173 crunchers!

How do apples grow?

Apples are a fruit that grows on trees. Apples can be red, yellow, orange or green. Apples are called a pomaceous fruit because the plant that it grows on flowers. The flowers on an apple tree are pink or white. Close to 20 different varieties of apples are grown on 16,000 acres in Ontario.



The province's major apple-producing areas in Ontario are spread along the shores of Lake Ontario, Lake Erie, Lake Huron and Georgian Bay. These large, deep bodies of water help moderate temperatures, which makes Ontario an ideal place to grow apples!

Today's apples were grown at Great Lakes Farms by Farmer Joe and his family near Port Stanley Ontario. This orchard has over 40 acres of apples and grows 15 different varieties.

Where do apples come from?

Apples have existed as a wild fruit since prehistoric times. The ancient Greeks, Etruscans, Romans and Egyptians have been growing apples for more than 3000 years.

There are over 7000 varieties of apples that grow on trees all over the world – from Japan to Madagascar to South Africa, New Zealand, Russia, China, England, France and across much of North America.



Word Search

P S I R C Y E N O H M X N J G L V
S M H M P Z H R B V P E X S O T V
U D T R A E Y Z U H B Y L S I H C
O U Q Y C Q E R O B W X Z Q N Z O
I Z E M P I R E G E Y V G U D P X
C R T L N Z J W W C M F O A T N A
I T E D K D S O S A O A R I L Y H
L V Q D T R W G L O H R C O S A I
E J U B D N W B I M Y R T M S X N
D W R P L E J N R N C S B L U T T
N W N I Q H L F R A G I H T A O Q
E C P N Y E V I U B E E N Y J N P
D Z V K Q Q L U C J C B R T R M D
L U C L R Z L W P I I F U G O B X
O C X A U J O N A G O L D R O S U
G E M D Y J A Z U P U U J F N L H
R I X Y H C V Z V V Q C S Z R L D



Rubyfrost
Red Delicious
Jonagold
Fuji
Cameo

Pink Lady
Cox
Honeycrisp
Empire
Braeburn

Gala
Mcintosh
Golden Delicious
Cortland
Ginger Gold

Did you know...

- It takes four apples to make a glass of pure apple juice
- According to the Guinness World Records, the largest apple ever harvested weighed over 4 pounds!
- It's believed that Isaac Newton came up with his theory on gravity by watching an apple fall from a tree.



CRUNCH!



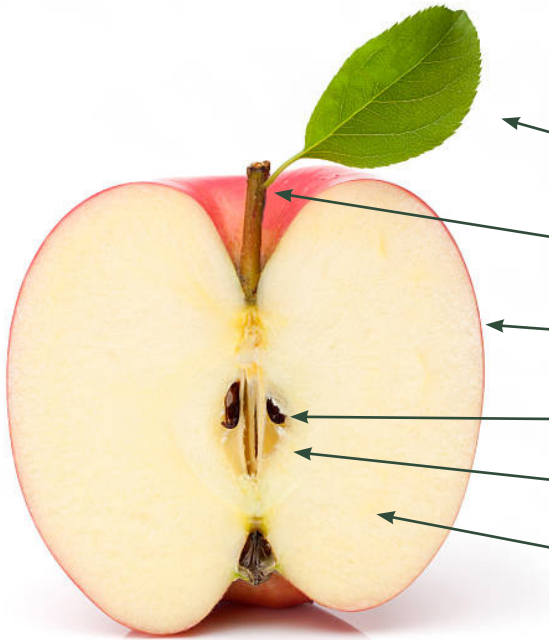
**Which is the
noisiest to eat:
a carrot, apple
or celery?**

Use a decibel meter (or a free app on a phone or a tablet) to measure the crunches that you make each time you bite into a carrot, an apple and celery.

Combine your results with the rest of your group to find which makes the loudest crunch.

Apple Anatomy

Unscramble these apple anatomy terms to reveal the parts of the apple!



aeft

tmse

iskn

edess

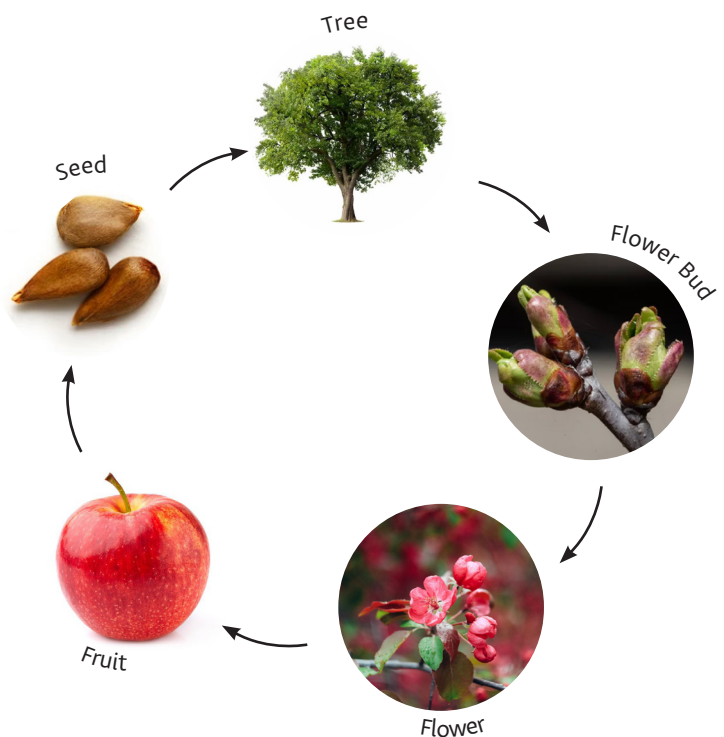
ceor

fhles

Growth Cycle

Apples are the most varied food on Earth. Did you know there are 7500 varieties of apples grown throughout the world! The top five apple varieties in Ontario (based on acreage planted) are McIntosh, Empire, Northern Spy, Red Delicious and Gala.

Though there are many different types, they all grow the same way: from seed, to tree, to bud, to flower, to fruit, which produces seeds to grow more trees!



Baking with Apples



Apple Chips

1. Preheat oven to 200 degrees F.
2. Wash, core, and thinly slice apples.
3. Arrange on parchment-lined baking sheets, sprinkle with cinnamon and bake.

The apples are ready when a single apple chip removed from the oven is crisp when set out at room temperature for 2 to 3 minutes.

Turn off the oven and let the apples cool in the oven for 1 hour. ENJOY!

Applesauce Muffins

2 cups all-purpose flour
2 teaspoons ground cinnamon
 $\frac{1}{4}$ teaspoon ground nutmeg
1 $\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup unsalted butter, melted
 $\frac{1}{2}$ cup white sugar
 $\frac{1}{4}$ cup brown sugar
2 teaspoons vanilla extract
2 large eggs
1 cup unsweetened applesauce



Directions:

1. Preheat the oven to 375F degrees. Line a muffin pan with muffin papers.
2. Sift together the flour, cinnamon, nutmeg, baking powder, baking soda and salt.
3. In a large bowl whisk together the melted butter and sugars. Then whisk in the eggs, vanilla extract and applesauce.
4. Whisk about $\frac{1}{2}$ of the flour mixture into the wet ingredients, then gently fold in the rest using a rubber spatula or wooden spoon.
5. Spoon the batter into the prepared muffin pan.
6. Bake for 17-22 minutes, or until the tops are slightly firm to the touch and an inserted toothpick comes out clean. Cool for 10 minutes.