



4-H PEI International Agriculture Project

Leader Info

In this project, members will investigate a variety of foods that are eaten around the world (and probably used in local cooking) but are not grown to a large scale locally. Members can research how the foods are grown and processed, taste the foods in their raw forms, work with the foods, compare international agricultural practices with local practices and/or try growing some of the foods.

Project Completion Requirements (PCR)

- Complete 5 food investigation modules.
- World Map - highlight or mark countries/areas discussed (This could be done as a Prezzi with write ups linked to a world map)
- Participate in a group interview of a person with knowledge of international agriculture
- Exhibition Requirement
- Document all activities or project meeting topics on the **Project (1) Page specific to Home Economic or Life Skill Projects**

Exhibition Requirement

Sample of a recipe in which cinnamon is the main spice used (cinnamon buns, cinnamon candy, cinnamon cake, etc.). Please have sample plated for display. Sample of a recipe in which cinnamon is the main spice used (cinnamon buns, cinnamon candy, cinnamon cake, etc.). Please have sample plated for display.

Members are strongly encouraged to participate in the 4-H Classes at PEI Fairs & Exhibitions.
Please check with your Project Leader or visit www.pei4h.ca for more Exhibition information.

4-H Year Completion

In order to complete the 4-H year members are required to:

- Complete the **PCR's (Project Completion Requirements)** as outlined above
- Complete a **Communication** (public speaking) Project
- Complete a **Community Service** Activity
- Complete an **Agriculture Awareness** Activity
- Complete the **Member Documentation** (4) pages found in member's Portfolio or on the website
- Compile all documentation and PCRs to have on display at Club Achievement Day

Note: As the project leader you are only responsible for facilitating the first requirement for the members of your group, the remaining requirements are the responsibility of the member.

GETTING STARTED

*The resources below can be found on 4-H PEI website (www.pei4h.ca) on the page dedicated to this project.

What you need:

- ⇒ This **Leader Booklet**
- ⇒ A copy of the **Project Information Page**. This will give you the most up to date information on requirements for the project.
- ⇒ Photocopy of a **World Map** for each member (if not creating an electronic record)
- ⇒ **Exhibition Information**—this is updated on the 4-H PEI website in May of each year so be sure to review the information again at that time.

Optional resources:

- ⇒ Sample **Educational Activity Plans** as well as a guide to creating your own
- ⇒ Various other resources as they become available, such as 4-H resources from other provinces, and links to online videos, articles, activities, and project related organizations, clubs, and events.

** Please do not feel obligated to cover everything in all of the provided optional resources. It is completely each leader's prerogative which of these resources, if any, they utilize if planning and leading their project meetings.*



THE PROJECT LEADER'S JOB

To begin, thank you for volunteering your time to be a 4-H project leader! We appreciate your time and willingness to teach today's youth a new skill and share your knowledge.

Becoming a project leader can feel overwhelming at first, but we hope that this page will make your "job" clear and offer some tips to help you be successful.

Responsibilities:

1. **Become a screened leader:** You may have already completed this step, but it is a very important one. The best place to go is to the 4-H PEI website and visit this page: <https://www.pei4h.ca/4-h-leaders>, to see if you have completed all the necessary requirements. Project meetings cannot begin until you have received a "conditional letter" from the Provincial 4-H Office.
2. **Set project meeting dates:** The amount and length of project meetings is determined by you, the project leader. That being said, you are responsible for covering **all the Project Completion Requirements** for this project with your group. You may decide that you'd like to have five meetings - covering one requirement per meeting, or you may decide to spend two 5 hour sessions with your group and cover multiple topics or activities in one meeting. This will also depend on the project you are leading. For instance, if you are leading a quilting project, then the member will be focused on one large item with multiple steps and skills involved. However, a rabbit project may require multiple meetings (and even locations) to cover different activities and topics. Meetings can begin anytime after November 15th.

Whatever the case, we highly recommend that Project Leaders **set dates in advance of members signing up for the project**. This method will ensure the members know what they are signing up for, or enable them to make a decision to not sign up if they cannot commit to the dates listed. We also hope that this will avoid a lot of frustration for you, because working around multiple schedules is almost impossible!

3. **Choose topics and activities:** You may choose to work on this step before setting dates for project meetings. Some topics and activities may be able to be covered in one project meeting, while others may need their own meeting. Regardless, we ask that you document your project meetings and topics covered so that the 4-H Specialist can refer to this information at Achievement Day if necessary.
4. **Materials & supplies:** While you are responsible for determining what materials and supplies are needed, you **are not** responsible for covering these costs. Options to consider:
 - A) 4-H Canada has a FCC 4-H Club Fund that all leaders are welcome to apply to. These grants are valued at \$500 each. Applications are accepted August through to the end of October.
 - B) Asking for supplies. Depending on what project you are leading, just putting a call out for the supplies you need to friends, family, etc. may be successful.
 - C) Determine an estimate total for the materials and supplies needed and set a "project fee" that all members will pay to help cover the additional costs.
5. **4-H year completion and project completion requirements:** The project leader is **not** responsible for 4-H Year Completion (these components will be completed at the club level) though each member **must** complete these components. Project leaders should focus on the Project Completion Requirements, found on the front cover of this guide. These are the items that the 4-H Specialist will expect to see on display at the Club's Achievement Day (typically scheduled for June-July).
6. **Club meetings & events:** Project leaders are not expected to attend monthly club meetings, but are more than welcome to attend if they'd like to know what is going on at the club, provincial, or national levels of 4-H. Similarly, club events and activities are open to project leaders, but it is not necessary to attend. Project leaders are encouraged to attend Achievement Day. This is an event that wraps up the Club's 4-H year and a celebration of member success.

4-H LEADER POLICIES

To learn more about what being a 4-H leader please take a look at the [4-H in Canada Volunteer Leader Guide](https://bit.ly/3oldUaE) (<https://bit.ly/3oldUaE>). Of special importance are pages 46 through 51 which covers our Youth Safety and Risk Management Policy, and Code of Conduct.

Rule of Two: There must always be a least **one trained leader** present, plus at least **one other screened volunteer**, who are not spouses, at any 4-H gathering (including project meetings).

You can find the **Youth Safety at 4-H in Canada Policy Manual & FAQs**, and **Youth Safety Reporting System** (i.e. Activity Plan and Incident Report forms) on the [Youth Safety at 4-H in Canada](https://4-h-canada.ca/youth-safety) page (<https://4-h-canada.ca/youth-safety>).

If you need guidance in completing your 4-H leader screening, understanding our policies, or at any point while leading a 4-H project, do not hesitate to reach out to your regional 4-H Specialist.

You can find their contact information on our website's Contact Us page:
<https://www.pei4h.ca/contact-us>



Helpful Resources!

<https://www.farmershelpingfarmers.ca/>

<http://www.fao.org/home/en/>

<https://www.nationalgeographic.com/foodfeatures/feeding-9-billion/>

<https://theworldskitchens.com/indigenous-foods-around-the-world/>

<https://www.thecultureist.com/2013/09/03/25-indigenous-foods-around-world-replaced-western-diet/>

<https://mapchart.net/index.html>

<https://slidelizard.com/en/blog/powerpoint-world-map>

<https://www.freeworldmaps.net/powerpoint/>

<https://havenlofttreenursery.com/about>

<https://maritimen.webs.com/>

Remember...

The multiple intelligence theory teaches us that people learn in at least 8 different ways. All individuals will be stronger in some ways of "intelligence" and weaker in others. It follows that the more ways we teach, the more members we will reach. Teaching projects using a broad blend of writing, reading, hands on work, artwork, self evaluation, discussion, and so on, will help increase the learning potential of all members.

Projects are designed to teach many skills. However, the 4-H member is always more important than the subject matter. Stress cooperation in the activities where possible to develop teamwork and cooperation skills. These are valuable skills that will assist them in a number of settings. Ensure the work is completed in a manner that members feel good about themselves and their efforts. This can be done by assigning appropriate tasks or roles based on member's individual abilities. Modeling and expecting supportive behaviour (i.e. no "put-downs") amongst members, or by other adults, also contributes to a positive experience.

THE PROJECT LEADER'S PLAN

After reviewing the Project Completion Requirements list on the front of this guide, review the Project Activity Ideas page/s. You can also pull ideas from past experiences, books, social media, online, or you can plan to join a tour, attend an event, or book a guest speaker. The sky is the limit! It might be a good idea to ask the 4-H members in your project group what they envision before making a concrete plan. In some cases, the project group members may depict what activities or topics based on what project item they have in mind.

Topics and Activities:

1. _____

Supplies needed:

_____	_____
_____	_____
_____	_____

2. _____

Supplies needed:

_____	_____
_____	_____
_____	_____

3. _____

Supplies needed:

_____	_____
_____	_____
_____	_____

4. _____

Supplies needed:

_____	_____
_____	_____
_____	_____

5. _____

Supplies needed:

_____	_____
_____	_____
_____	_____

NOTES: _____

PLANNING YOUR PROJECT

- ⇒ Review & Select the foods you would like to learn more about. Possible topics are included on the next page. These can be reviewed with members and also added to by members. Selection might happen by members voting on their top five, through discussion or through leader direction.
- ⇒ Discuss with members the questions they have about the cultivation of foods and begin to compile a list that can possibly be used across all topics. Using a KWL chart (What do we Know, What do we Want to Know, What have we Learned) can help organize thoughts, questions and direct your inquiry. (See below for template). Members can also use the information you write in the “L” section for completing their response to the activities in the member booklet.
- ⇒ Identify your goals and timeline for completing the chosen activities. Members can also work on some independently, if desired.
- ⇒ Some nuts are grown in Prince Edward Island on a smaller scale (Hazelnuts are one that is being planted in increasing numbers). Search out local orchards, farms and tree nurseries that may have different varieties growing on their land. Some local greenhouses may have some unique ‘exotic’ food plants in stock, or can talk about the challenges of growing certain plants in Canadian weather/climate.
- ⇒ Take into account any member allergies.

FOOD INVESTIGATION UNITS

These units have been developed for you to use. They can be followed as is, but can also be adapted and modified to suit the needs of members. If members do not care for the foods, they are free to choose their own and research recipes and products that are made using the ingredients.

It is strongly suggested that members brainstorm questions they have about the food before undertaking research, as this will guide the leader to material and activities that suit member interests.

GROUP INTERVIEW

Prince Edward Island has a diverse population with connections to the wider world. Here are some possibilities for contacts. Keep a lookout for local news stories that often feature new products or crops being grown locally.

- ⇒ A member of Farmers Helping Farmers who has participated in a visit to Kenya <https://www.farmershelpingfarmers.ca/contact/>
- ⇒ A newcomer to Canada who is growing their own food - Contact the Legacy Garden at the Farm Centre (<https://www.facebook.com/groups/794382633925546/>) or Immigrant and Refugee Services Association (<https://www.irsapei.ca>) to make contact with a newcomer.
- ⇒ Contact an Instructor at The Culinary Institute of Canada to discuss the sourcing and preparation of international food - https://hollandcollege.com/about/directory-search-results.php?last_name=&first_name=&department=Culinary&title=&BtnSubmit=Search
- ⇒ Contact Millennia Tea to discuss the process they go through to source and import tea to Canada <https://millenniatea.com/pages/contact-us> Contact the Charlottetown Farmers’ Market (<https://charlottetownfarmersmarket.com/contact-2/>) or a vendor there who grows or serves international foods.

POSSIBLE QUESTIONS TO GUIDE INVESTIGATION AND REFLECTION

- ⇒ What are the nutrients (vitamins, minerals, fats, etc) contained in this crop?
- ⇒ How is the crop used in cooking or products locally and/or internationally?
- ⇒ What is the harvesting process for this crop?
- ⇒ What is the process for growing this crop?
- ⇒ What are the environmental impacts of this crop?
- ⇒ Why did you choose to investigate this food?

POSSIBLE TOPIC IDEAS

1. HAZELNUTS— a tiny nut found in many chocolate goodies.



2. OLIVES— a fruit we often only enjoy as oil.



3. CINNAMON— a common spice from tree bark.



4. CHOCOLATE— a sweet treat that comes from a fruit



5. CARDAMOM— a spice used in a variety of ways – from savory to sweet.



6. BANANAS/PLANTAINS— we eat them all the time, but where do they come from?



7. SUGAR BEETS/ CANE— white sugar we use every day has many sources.



8. QUINOA— a rice-like grain from Peru.



9. RICE— examine the difference between rice grown in Canada and Asia.



10. DATES— a sweet fruit that can be enjoyed on its own.



11. DRAGONFRUIT— the purple, prickly fruit you see in the grocery store.



12. PINEAPPLES— these prickly fruit grow on a stem.



13. PEANUTS— find out about how ground nuts are different than other nuts.



14. COFFEE— explore how this bean makes its journey from plant to beverage.



15. TEA— learn about how this green leaf can be made into a beverage of 3 different colours.



1. HAZELNUTS

Turkey and Italy are the biggest producers of these nuts. Ferrero Rocher uses them in their chocolates and makes Nutella from them. They are being planted at a few locations in Prince Edward Island and we have local varieties, as well. MacPhail Woods Forestry Project is a good source of information about the local variety.

Online Resources:

- [Hazelnut Turkey and Chile HD GK Film AG 2014 2015 eng](#)
- <https://www.youtube.com/watch?v=AlmbhUoSRXs>



Canadian Hazelnut info:

- [https://www.grimonut.com/shared/media/editor/file/Hazelnut%20Farming%20for%20Profit%202018%20%20\(1\).pdf](https://www.grimonut.com/shared/media/editor/file/Hazelnut%20Farming%20for%20Profit%202018%20%20(1).pdf)
- [Hazelnuts - types, growing, harvesting, curing, nutrition](#)

Possible Activities:

- After research, make homemade Nutella - <https://www.crunchycreamysweet.com/homemade-nutella-chocolate-hazelnut-spread/>
- Visit a local hazelnut orchard or take a walk with MacPhail Woodland Forestry Project to identify the local hazelnut trees.

2. OLIVES

Olives are cultivated around the Mediterranean and in other rocky and hot climates. The version we eat is brined and the brine and pickling varies across countries and cultures. Black and Green olives come from the same tree - they are just picked at different times. Olive oil is also made from pressing the fruit. Olive oil is also used to make soap and can be used as lamp fuel in some countries and religions (<https://ekurd.net/mismas/articles/misc2014/4/state7881.htm>).

Online Resources:

- <https://www.youtube.com/watch?v=dnzSoMqOWDY>
- <https://www.youtube.com/watch?v=QCKUpFMmKJw>



Possible Activities:

- Olive tasting - trying different styles of olives that you can find in the grocery store.
- Marinating your own olives - <https://playswellwithbutter.com/easy-marinated-olives-recipe/> or other marinated olive recipes available online.
- Outing to a shop that sells different olive oils.
- Olive oil tasting.

3. CINNAMON

A spice that flavours a large variety of foods we eat on a daily basis, cinnamon is grown in Indonesia, China, Vietnam and Sri Lanka. This spice comes from the bark of a tree and there are several varieties grown.

Online Resources:

Indonesia - <https://www.youtube.com/watch?v=x0mSpoth6xU>

Sri Lanka/Ceylon - <https://www.youtube.com/watch?v=ccbhaxE5B24>

<https://www.youtube.com/watch?v=mc-qXcVbT4>



Possible Activities:

- Cinnamon rolls (or pinwheels) are always a favourite, as are Cinnamon Toast and Cinnamon candies.
- Members might like to experiment with Cinnamon infusion/tea (<https://detoxinista.com/cinnamon-tea/>).
- Caramel-Pecan Cinnamon Rolls look yummy - https://www.youtube.com/watch?v=5cFhx_myB0Q.
- A cinnamon roll bake-off (voting for the winning recipe) could be an option for a group with a few members.

4. CHOCOLATE

Chocolate is a mainstay of desserts and holiday treats. First used in present day Mexico over 4000 years ago, it started as a bitter beverage and has evolved into the sweeter version we consume now. Chocolate comes from the roasted beans of the cacao fruit, which is grown in many African countries, as well as Mexico, Brazil, Ecuador and Indonesia.

Online Resources:

• https://www.youtube.com/watch?v=5cFhx_myB0Q

• <https://www.history.com/topics/ancient-americas/history-of-chocolate>

• <https://www.youtube.com/watch?v=hymVP5KABE8>



Possible Activities:

- Make your own raw chocolate - recipes abound on the internet, but you can find one here <https://www.precisionnutrition.com/chocolate-making>
- Chocolate tasting - gather different styles of chocolate (100% Dark Chocolate, 70% Dark Chocolate, Milk Chocolate, White Chocolate) and have a discovery session on what members prefer, where the taste is felt on the taste buds, etc.
- Make Xocolatl (Aztec Hot Chocolate) with chilli and spices - recipes are found online. Here is one <https://veggiedesserts.com/xocolatl-aztec-hot-chocolate/>
- Visit a local chocolatier for a tour and discussion- Anne of Green Gables Chocolates (Charlottetown), Island Chocolates (Victoria), Jane & Sue Chocolate (Stanley Bridge), Choc full of Good (Farmer's Market Charlottetown - <https://chocfullofgood.ca>) and Nurturing Essence Raw Chocolate (Farmer's Market Charlottetown - <https://www.facebook.com/NurturingEssenceChocolate/>), just to name a few.

5. CARDAMOM

A seed pod that is used to spice food and drink all around the world originated in India and is today grown primarily in Guatemala and India. Used in Indian curry paste, middle eastern coffee and baklava and Scandinavian breads and cookies, the aromatic spice is distinct and sweet. Cardamom is the third most expensive spice in the world and comes in three varieties - green, black and white. The most commonly found variety is green.



Online Resources:

- <https://www.youtube.com/watch?v=dv2kaJj8v4Y>
- The difference between black and green cardamom - <https://www.youtube.com/watch?v=DD82FdbKIS4>
- Outlines health benefits - <https://www.youtube.com/watch?v=GelSQU-RAul>
- Why is Cardamom so expensive? - <https://www.youtube.com/watch?v=fXOaWevi6f8>

Activities:

- Make beverages using cardamom - here is a video for Turkish Coffee, Masala Chai and Spiced Cocoa <https://www.youtube.com/watch?v=FWUMj3jluZI>
- Make baklava that uses cardamom as a spice - <https://www.thedeliciouscrescent.com/baklava/>
- Make cardamom cookies - <https://www.bakedbyanintrovert.com/cardamom-cookies/>
- Make chai cupcakes with cardamom - <https://www.tasteofhome.com/recipes/chai-cupcakes/>
- Make a curry using cardamom - <https://www.tasteofhome.com/recipes/turkey-curry-with-rice/>

6. BANANAS/PLANTAINS- EL SALVADOR/UGANDA

Originating from Southeast Asia, Bananas and their less sweeter cousins, plantains, are a staple food in countries around the world. They are also now grown around the world, primarily on plantations, which is having adverse effects on the genetics of the plant and on the environment. Plantains are now more available locally in supermarkets and might be of more interest for members who enjoy trying something new.



Online Resources:

- <https://www.bananalink.org.uk/all-about-bananas/>
- <https://www.youtube.com/watch?v=7ydnmdlH-Bk>
- Difference between plantains and bananas - <https://www.youtube.com/watch?v=Z6PZQ9Lxa7c>
- <https://www.youtube.com/watch?v=WfQJcUjakes>

Activities:

- Invite a chef who cooks with plantain (West African and South and Central American cuisines feature plantains) or visit their restaurant. The Jollof House in Charlottetown is one example.
- Cook using plantain - Plantain Chips <https://downshiftology.com/recipes/baked-plantain-chips/>
- Plantain Fries - <https://www.food.com/recipe/baked-plantain-fries-494439>
- Kelewele (Ghanaian Fried Plantain) - <https://www.allrecipes.com/recipe/215278/kelewele-spicy-fried-plantains/>
- Central American-style Fried Plantains - <https://www.laylita.com/recipes/fried-ripe-plantains-or-platanos-fritos/>
- Members can also fry bananas (usually eaten with a sweet sauce) and compare the fried bananas with plantains. <https://www.fifteenspatulas.com/pan-fried-honey-bananas/>

7. SUGAR BEETS/CANE

Canadian culture uses a few types of sugar when baking - white, powdered and brown. Grocery store sugar comes from two different sources - sugar cane and sugar beets. Sugar cane is grown in tropical climates and sugar beets can be grown in more temperate climates.

Online Resources:

<https://www.agfoundation.org/news/where-does-sugar-come-from>

https://www.youtube.com/watch?v=ow9c_hyNPOo

<https://www.sugar.org/blog/refining-and-processing-sugar-beets/>

<https://www.youtube.com/watch?v=Op1501JtCcU>



Possible Activities:

- Make Rock Candy - <https://www.inthekitchenwithmatt.com/homemade-rock-candy>
- Look at sugar substitutes available at the grocery store and taste test in a favourite recipe - honey, date sugar, maple sugar, xylitol, sucrose, stevia, monk fruit sweetener, maple syrup, coconut sugar and agave syrup. Discuss healthy alternatives and why the alternatives are healthier.
- Invite or visit a dietician or naturopath to discuss the impact sugar has on the body.
- Use a candy thermometer to make a recipe - explore what thread, softball, firmball, hard ball, soft crack, hard crack, light caramel and dark caramel mean. You can choose candy apples, fudge, toffee, caramels or any other recipe that calls for a candy thermometer to be used.

8. QUINOA

Quinoa (pronounced keen-wah) is a grain originally from the Andes region in South America. It is a whole grain that is gaining popularity in our culture due to higher levels of protein, vitamins and minerals compared to other grains we have traditionally consumed. It is round and is as easy to cook as rice. It can be used as a substitute for rice.



Online Resources:

• <https://thelazydoginn.com/growing-quinoa-in-the-cordillera-blanca-peru/>

• <https://www.youtube.com/watch?v=7dmjOjoog4A>

• The effects of quinoa becoming popular in the world - <https://www.youtube.com/watch?v=Hdl8tzldsDY>

• <https://www.youtube.com/watch?v=nHoqW6aWfxU>

• Canadian Quinoa harvesting - https://www.youtube.com/watch?v=Z_3CtH8ZgLO

Possible Activities:

- Cook a curry (with cardamom) and use quinoa instead of rice as the base.
- Cook quinoa the Andean way - <https://perudelights.com/quinoa-atamalada-eating-the-andean-way/>
- Compare the nutrition profiles of Quinoa and other whole grains, such as whole wheat flour, oats, white flour, rice (white, brown, jasmine, basmati), barley, bulger or any other grain they are familiar with.

9. RICE - CANADA COMPARED WITH ASIAN PRODUCTION/VARIETIES

Rice is eaten all over the world and is a staple of many diets. There are many varieties, including jasmine, brown, basmati or koshi rice from Asia and we have a different variety of wild rice native to Canada.



Online Resources:

- Asian rice production - <https://www.youtube.com/watch?v=SJgDswVRuXA>
- Rice growing in South India - <https://www.youtube.com/watch?v=qHIKRwYe3Cs>
- What is Canadian wild rice? - <https://www.foodbloggersofcanada.com/the-history-of-wild-rice/>
- <https://www.uoguelph.ca/oac/news/bringing-rice-canadian-fields>

Possible Activities:

- Have members replace their usual starch with rice for a week with meals and respond to the experience.
- Make two or more varieties of rice to taste test the difference.
- Use Sticky Rice to make sushi.
- Use rice in a dessert - Mango Sticky Rice <https://www.allrecipes.com/recipe/150313/thai-sweet-sticky-rice-with-mango-khao-nee-mamuang/> or Rice Pudding - https://www.simplyrecipes.com/recipes/rice_pudding/
- Combine your exploration of rice with other ingredients - like cardamom (fried rice or curry), cinnamon (Rice Pudding).

10. DATES

Dates are seldom used in traditional Canadian cooking (other than in Christmas puddings) and it is even more rare to see them served as a snack. Dates we see in the cooking aisle have usually had seeds removed and are packed together, ready for baking. Medjool dates are more available in the produce section of the grocery store and tend to be more palatable for snacking. Dates grow on palm trees and originate from the Middle East and have also spread to Africa and the Canary Islands. They are reminiscent of large raisins, but are even sweeter. They have a range of health benefits that can be explored. In the Middle East, they are served to break the fasts of Ramadan and can be found served stuffed with nuts and other fruits.

Online Resources:

- <https://www.britannica.com/plant/date-palm>
- Date harvesting - <https://www.youtube.com/watch?v=i8qpgiWc00g>
- Date production in Tunisia - <https://www.youtube.com/watch?v=VxTh5fdQPMs>
- Date production in California - <https://www.youtube.com/watch?v=bh9QaiABHKc>

Possible Activities:

- Just tasting the dates, if they are new to members.
- Make homemade larabars - <https://amindfullmom.com/homemade-larabars/>
- Making Stuffed Dates - here is one recipe <https://www.acouplecooks.com/easy-stuffed-dates/>
- Make Date Caramel to dip with apples - <https://www.eatingbirdfood.com/4-ingredient-date-caramel/>
- Exploring this fruit at Christmas and exploring traditional family recipes of members - date squares, fruit cakes, etc.



11. DRAGON FRUIT

This striking looking, tropical fruit is now more available in our Canadian grocery stores. Its bright magenta skin with green spikes is the fruit of climbing cactus. Inside, its flesh is white or purple with tiny black seeds, resembling the white centre of a kiwi. Its texture resembles the kiwi as well.



Online Resources:

- Information: <https://www.healthline.com/nutrition/dragon-fruit#antioxidants>
- How to Eat: <https://www.youtube.com/watch?v=U73wQYsr-1k>
- Dragon Fruit Farming in Vietnam - <https://www.youtube.com/watch?v=eAY4OdcekWA>
- California Backyard Farming - https://www.youtube.com/results?search_query=dragon+fruit+farming

Possible Activities:

- If members have not been introduced to the dragonfruit before, just having a guessing game as to what is inside before cutting it open could be a great discussion. Having them examine the outside and identify any characteristics it shares with other fruit they know before finally cutting it open to reveal the interior and having a taste test.
- Using the dragonfruit in a recipe: Dragon Fruit Smoothie Bowl - <https://minimalistbaker.com/creamy-dragon-fruit-smoothie-bowl/>
- Add it to a tropical fruit salad.

12. PINEAPPLES

The pineapple is a tropical fruit we see often in the grocery store, in fruit salad and on Hawaiian pizza, but is not grown in our climate. Native to South America, the pineapple has been introduced to tropical climates all over the world and now is prominent in various cuisines.



Online Resources:

- Information: <https://www.livescience.com/45487-pineapple-nutrition.html>
<https://www.youtube.com/watch?v=5Wgbilalh8>
<https://www.youtube.com/watch?v=vpJHgXaPzFA>

Possible Activities:

- Exploring the Fibonacci sequence on a pineapple: <https://craftofcoding.wordpress.com/2020/05/28/fibonacci-and-pineapples/> or https://www.youtube.com/watch?v=4MjbNVM_bZw
- How to cut a pineapple the mathematical way: <https://www.youtube.com/watch?v=ifB5gsP4db0>
- Grow a pineapple plant by cutting off the top of your fruit and planting it.
- Explore some new recipes with pineapple or grill the pineapple on the BBQ.

13. PEANUTS

Peanuts are considered a ground nut, or legume, and are not classified the same as a nut grown in a tree (like hazelnut or walnut). Peanuts originated in South America. With allergies to peanuts growing more and more common, take care to ensure members are not allergic to peanuts before ingesting any products. Peanut allergies are not as common in Asia, and peanut oil is often used in Asian cooking. Peanuts are considered a healthy snack containing protein, vitamins and minerals.



Online Resources:

- How Peanut Butter is Made: https://www.youtube.com/watch?v=GME_EG_o78
- Peanut Harvesting: <https://www.youtube.com/watch?v=kollS09Oywo> or <https://www.youtube.com/watch?v=6zkoEh2Garo>
- Peanut Allergy info: <https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/peanut#:~:text=When%20a%20person%20with%20a,be%20mild%20or%20very%20severe.>

Possible Activities:

- Make Peanut Butter - <https://www.loveandlemons.com/homemade-peanut-butter-recipe/>
- Make Peanut Butter Cups <https://www.tasteofhome.com/recipes/homemade-peanut-butter-cups/>
- Grow Peanuts Activity - https://www.nationalpeanutboard.org/content/1126/files/5NUTTYLIFE_Peanut-Ed-Guide_5.pdf
- Peanut Classification Activity https://www.nationalpeanutboard.org/content/1126/files/12CLASSIFICATION_Peanut_Ed_Guide_12.pdf
- Where are Peanuts Grown Activity - https://www.nationalpeanutboard.org/content/1126/files/8WHEREINTHEWORLD_Peanut-Ed-Guide_8.pdf
- Peanut Nutrition Activity - https://www.nationalpeanutboard.org/content/1126/files/6DELICIOUS_NUTRITIOUS_Peanut-Ed-Guide_9_2_15_6.pdf

14. COFFEE

The scent will be familiar to members, as will the shape of coffee beans, but where do coffee beans come from? The beans are actually the seeds of fruit some call a cherry. This fruit is said to have originated in Yemen and has since spread in popularity throughout the world. Coffee can produce wealth for farmers, but this cash might lead to environmentally unsustainable growing practices.



Online Resources:

- National Coffee Association - <https://www.ncausa.org/about-coffee/10-steps-from-seed-to-cup>
- The Life Cycle of a Cup of Coffee - <https://www.youtube.com/watch?v=M0VWroX0gZA>
- Coffee Making Infographic - <https://www.coffeebeancorral.com/HowCoffeeIsMade.aspx>
- Article on Coffee Making Process - <https://www.newfoodmagazine.com/article/28006/process-coffee-production-seed-cup/>

Possible Activities:

Various cultures brew coffee in different ways - explore local restaurants who prepare coffee in unique ways - Vietnamese and Italian coffee are two prominent locally.

- Interview or visit with a local coffee roaster - Receiver, The Kettle Black or Caledonia House, just to name a few.
- Go on a coffee tour of your local area and taste different varieties.
- Try some new coffee recipes from around the world:
 - * Arabic Coffee - <https://coffeeaffection.com/how-to-make-arabic-coffee/>
 - * Turkish Coffee - <https://foolproofliving.com/how-to-make-turkish-coffee/>
 - * Vietnamese Coffee - <https://thewoksoflife.com/how-to-make-vietnamese-coffee/>
 - * Mexican Coffee - <https://www.thespruceeats.com/mexican-coffee-4783525>
 - * Senegalese Coffee - <https://www.createaction.org/blog/cafe-touba/>
 - * The list is endless. Any country members are interested in may have their own method of brewing coffee.

15. TEA

Tea is present in many cultures around the world.

Some cultures have special ceremonies, others certain ways of brewing or presenting. Tea has a long history, beginning in China and has its own fascinating migration map around the world. All tea comes from the *Camellia sinensis* plant, with the leaves going through various methods of production to make the most common green and black teas. A local company has researched the health benefits of tea, and have found that it has

the most benefits when steeped from fresh leaves. Tea contains various compounds that are said to give humans health benefits - it has even been classified as a superfood.



Online Resources:

- The history of Tea - <https://www.youtube.com/watch?v=6S0hlv5sUbw>
- Written history of Tea - <https://www.tea.co.uk/history-of-tea>
- Fair Trade Tea - <https://fairtrade.ca/producers-products/tea/>
- Millennia Tea from New Brunswick - https://millenniatea.com/?gclid=EAIaIQobChMI2pCLhc2T9AIV9QaICR3ohwSxEAAYASAAEgJ5bPD_BwE
- Japanese Tea Cultivation - <https://www.youtube.com/watch?v=9iyb80dqvYo>
- How to pick tea in Kenya - <https://www.youtube.com/watch?v=VkCKHgtsQZk>
- How does tea grow - <https://www.youtube.com/watch?v=JihQ7Uh7-Kk>

Possible Activities:

- Have a tea party. Make different tea members would like to try.
- Get in touch with a local tea store - Lady Baker's Tea <https://ladybakerstea.com/blogs/blog/spotlight-on-our-team-uan-nguyen-y-le> or Ada's Tea <https://adastea.ca> for a guided visit or chat about where they source and how they prepare their tea.
- Map how tea has spread throughout the world.

KWL Chart

Food: _____

What do we KNOW?	What do we WANT to know?	What have we LEARNED?

