



# Sharp Hedgehog Recipe

Here is an activity sheet produced as part of the 2018 Défi Santé (Health Challenge). **Week 4** of the Challenge is themed **Plate and chat**. When fruits are turned into a hedgehog, it's nice for the eyes and delicious every time!



## Expertise

Pedagogical skills for the student:

- Développer les relations avec les pairs

Professional expertise put forward by this activity:

- Planning and organizing activities
- Planning activities related to meals

### Educational Intentions (Suggestions):

At the end of this activity, the student will be able to develop relationships with peers

### Age Group:

Multiage

### Required Materials:

- Half canned pears (one per team of two students)
- Clementines in quarters (they can be replaced by strawberries in quarters or whole grapes)
- Raisins
- Toothpicks
- Plastic knives and small plates
- Aprons (optional)

# Sharp Hedgehog Recipe

## Instructions

- 1. Position yourself in a team of two**
- 2. Wash your hands**  
It's always the first step when cooking!
- 3. Prepare yourselves**  
Peel the clementines and arrange them in quarters or wash the strawberries, remove their tail and cut them in quarters or wash the grapes
- 4. Make the hedgehogs:**
  - Put a canned half-pear on a plate
  - Plant toothpicks on the back of the hedgehog and prick clementines or strawberries or grapes
  - Fix two raisins using toothpicks to make the eyes and another to make the nose
- 5. Enjoy your creations for dessert or snack!**
- 6. Send pictures of your activity!**  
Take a photo of the activity and send it to [info@defisante.ca](mailto:info@defisante.ca)



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