



A garden for apprentice cooks

Here is an activity to be done during **Week 2** of the 2018 Défi Santé (Health Challenge), whose theme is Gourmet Explorer. This activity involves starting inside seedlings of vegetables or fruits that grow easily and quickly. If space permits, they may subsequently be transplanted outdoors when the risk of freezing will be eliminated.



Expertise

Pedagogical skills for the student:

- Develop knowledge
- Develop healthy lifestyle habits

Professional expertise put forward by this activity:

- Planning and organizing activities
- Planning activities related to meals

Educational Intentions (Suggestions):

At the end of the activity, students will have developed his knowledge and healthy habits

Age Group:

Multiage

Required Materials:

- Plastic plant pots (one for each student) and clear plastics to cover the seedlings to keep moisture. (One can also use plastic bottles that will be cut in two parts: one part used as pot and the other as a dome instead of plastic.)
- Labels to stick on pots or crayons to write on pots
- Sowing potting soil
- Seeds of different varieties
- Some sprays

A garden for apprentice cooks

Instructions

1. Get ready

You must first decide what you will plant. For students to see the fruits of their work quickly, choose varieties that grow easily and quickly, such as:

- lettuce and spinach
- beans
- carrots
- strawberries
- radishes
- cherry tomatoes
- peas

Arouse their curiosity with strange or giant varieties, such as:

- blue carrots
- rainbow chards
- climbing beans

Herbs are easy to grow too, including:

- mint (students will love chocolate mint!)
- chives
- basilic
- oregano
- thyme

2. Start the seedlings

Each student chooses his seeds among the varieties offered.

Each marks his pot by writing his name and the chosen seedling (with a felt pen or by sticking a label)

Each fills his container with three quarters of the soil, sowing seeds, sprinkling with a spray and covering the whole with a plastic to form a "greenhouse"

4. Send pictures of your activity!

Take a photo of the activity and send it to info@defisante.ca!



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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



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Fruit Salsa Recipe

Here is an activity to be done on the occasion of the 2018 *Défi Santé* (Health Challenge). Accompanied by whole-grain crackers, this fruity and slightly spicy salsa will make an excellent starter or a refreshing snack.



Expertise

Pedagogical skills for the student:

- Peer Relations

Professional expertise put forward by this activity:

- Planning and organizing activities
- Planning and organizing activities related to meal time

Educational Intentions (Suggestions):

At the end of the activity, the student will have developed cooperation

Age Group:

Multiage

Required Materials:

- Knives, clean scissors and cutting boards
- Measuring cups and spoons
- Juicers
- Medium bowls
- Aprons (optional)
- Ingredients of salsa (details on next page)
- Whole grain crackers (to accompany salsa)
- Small bowls and utensils for tasting

Fruit Salsa Recipe

Démarche

1. Make sure there are no allergic students to one of the ingredients of the recipe.

2. Wash your hands and clean the table where you will cook.

3. Take out the salsa ingredients (6 servings)

- 1/2 tomato
- 1/8 green pepper
- 1/4 cup (60 ml) frozen pieces of mango, thawed
- 1/2 thin slice of onion
- 3 bunches of fresh coriander
- 30 ml (2 tablespoons) crushed pineapple pieces, preserve
- 2 pinches of ground cumin
- 1 pinch of cayenne pepper
- 7.5 ml (1/2 tablespoon) lime juice

4. Make salsa

- Wash tomato, pepper, coriander and lime well.
- Cut tomato, pepper, mango and onion into small pieces on a cutting board and place in a medium bowl.
- Cut the coriander into very small pieces using clean scissors and add it to the vegetables.
- Measure the crushed pineapple pieces and add them to the vegetable mixture. Also add cumin and Cayenne pepper. (Caution: do not touch the chilli with your fingers! Measure the pinch with the tip of a utensil instead.)
- Press the lime with a juicer (or a fork if you do not have one) to get juice. Measure, then pour the juice into the salsa and mix well.

5. Enjoy!

Serve salsa with whole grain crackers or oven-roasted pitas triangles

6. Send pictures of your activity!

Take a photo of the activity and send it to info@defisante.ca!



This activity was designed by Les Ateliers cinq épices, in collaboration with *Défi Santé*.



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Hop Hop!

Here is an activity to be done on the occasion of the 2018 *Défi Santé* (Health Challenge). It is a question of organizing a walk at intervals of 30 minutes during a walk in the district with the students..



Expertise

Pedagogical skills for the student:

- Psychomotricity
- Peer Relations

Professional expertise put forward by this activity:

- Planning and organizing activities
- Planning and organizing psychomotor activities

Educational Intentions (Suggestions):

At the end of the activity, the student will have developed psychomotricity

Age Group:

Multiage

Required Materials:

- Scarves to identify students
- Watch (or an application that allows you to program intervals)

Hop Hop!

Instructions

1. Know the warnings

Students and educators should wear good shoes to avoid injury.

If you or some students are significantly overweight or have joint or muscle pain, go for fast walking or jogging for exercise peaks.

Anyone who feels discomfort while jogging should slow down.

2. Walk at intervals: take out your time and go for 30 minutes of active walking!

- Start with a 5 minute warm up walk.
- Chain with 1 min of jogging.
- Back to walking a normal step for 3 min.
- Repeat 5 times (for a total of 6): 1 min jog + 3 min walk.
- Finish walking to return to school.

3. If you wish, repeat this step 1 or 2 times in the week.

4. Send pictures of your activity!

Take a photo of the activity and send it to info@defisante.ca!



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Mystery Raw Vegetables Recipe

Here is an activity to be done during **Week 2** of the 2018 Défi Santé (Health Challenge), whose theme is **Gourmet explorers**. Have fun discovering mysterious vegetables with students, while varying the colors. It will be succulent accompanied by an ultrasimple dip.



Expertise

Pedagogical skills for the student:

- Develop knowledge
- Develop healthy lifestyle habits

Professional expertise put forward by this activity:

- Planning and organizing activities
- Planning activities related to meals

Educational Intentions (Suggestions):

At the end of the activity, students will have developed his knowledge and healthy habits

Age Group:

Multiage

Required Materials:

- Knives and cutting boards
- Plates for vegetables
- Bowls for the dip
- Aprons (optional)
- Colorful vegetables (choose from known and less known ones)
- For the dip:
 - Mayonnaise (beware of allergies) and nature yogurt in equal shares (depending on the number of students)
 - Ketchup (for a pink sauce) or curry and honey (for an Indian sauce)

Mystery Raw Vegetables Recipe

Instructions

1. Wash your hands

Washing your hands is always the first step when cooking!

2. Prepare the mystery raw vegetables

Wash the vegetables well. Prepare them on a cutting board. Make small bites to make it easy to eat and vary colors.

For example :

- Red: strips of red peppers, cherry tomatoes, radish
- Yellow / orange: carrot sticks, yellow beans
- Green: broccoli, snow peas, zucchini sticks
- Blue / purple: red cabbage (most of the time purple), purple pepper strips
- White / gray: bouquets of cauliflower, whole mushrooms, endive leaves, fennel sticks

3. Make the dip

Mix equal parts of mayonnaise and plain yogurt. Add ketchup, to get a pink sauce, or curry and honey, to make an Indian sauce.

4. Enjoy!

5. Send pictures of your activity!

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