



“Fuel Up with Pear Power” Grade 6 Facilitator Notes

Objective: Students will connect their personal food experience with **larger food security issues.**



Recipe Category: Cooking & Tasting



Cooking Time: 25 min



Level of Difficulty: Grade 6



Recipe Ingredients:

List the resources you will need to do the workshop

- **For "Part 2: Get in touch with your Pear Senses"**
 - Pens
 - Clipboards
 - Pear Handout (Sensory activity on one side and Pear Recipes on other side)
 - Whole pears (enough for each group of 3- 5 students to have 1 to look at/hold)
 - Knife, 1-2 ripe pears, and toothpicks (enough so each student can have a little bite of the pear. Use toothpicks for serving to each student)

- **For "Part 3: Power Pear Recipes"; equipment and ingredients needed:**
 - Power Pear Smoothie:
 - **Equipment:** blender, measuring cups and spoons, knife
 - **Ingredients:** pear, banana, orange juice, lemon juice, vanilla yogurt (2%MF or less), water, ground cinnamon

 - Pear Boat Parfait:
 - **Equipment:** Melon baller, measuring cups and spoons, knife
 - **Ingredients:** pear, vanilla yogurt (2%MF or less), cereal (preferably high in fibre, lower in sugar), ground cinnamon



Curriculum Links

Grade	Subject Area	Ontario Curriculum Links
6	Health and Physical Education	<p><u>C2. Making Healthy Choices</u></p> <p>C2.1 apply their knowledge of medical, emotional, practical, and societal factors that influence eating habits and food choices (e.g., allergies and sensitivities, likes and dislikes, dental health, food availability, media influences, cultural influences, influence of family and friends, school food and beverage policies, environmental impact, cost) to develop personal guidelines for healthier eating [CT]</p> <p><u>C3. Making Connections for Healthy Living</u></p> <p>C3.1 explain how healthy eating and active living work together to improve a person’s general health and well-being (e.g., both provide more energy and contribute to improved self-concept, greater resistance to disease, and better overall health; both help a person to maintain a weight that is healthy for them) and how the benefits of both can be promoted to others [CT]</p>

Introductions and Agenda

- Introductions
- What are we going to do today? (Discuss agenda briefly)
 - **Part 1: Fuel Up with Pear Power**
 - **Part 2: Get in touch with your pear senses!**
 - **Part 3: Pear Power Recipes**

Part 1: Fuel Up with Pear Power (curriculum link C3):

- Why do you think pears are so powerful?
 - This workshop is called “Fuel Up with Pear Power” because pears, just like all vegetables and fruit, have a lot of power to keep us healthy and energized
 - Eating healthy food and being active are just like driving car, do you know how?
 - What are the kinds of things that a car needs to operate properly? (i.e.) gas, oil, windshield wiper fluid, tune up, etc.
 - What are the kinds of things a person needs to keep healthy? (i.e.) foods, physical activity, time to relax, sleep, love
 - Emphasize that both cars and humans need fuel to function properly
 - Continue the discussion focusing on the benefits healthy eating can have on the body and how it functions.
 - Relate the healthy eating pattern to its impact on feeling energized and ready for physical activity

Part 2: Get in touch with your Pear Senses (curriculum link C3):

Background: The purpose of this activity is to describe the sensory appeal of pears and how that can influence our choices, for not just pears but all fruits and vegetables.

- When we eat foods, what senses do you think we use? (prompt for responses)
- Do you think using your senses helps you to choose foods that you like? Or dislike? (We use a range of senses when eating food: sight, odor, taste, touch, sound. Our senses help us figure out which foods we like, and which ones we don't like).
- We're now going to do an activity where you get to use your senses! Each group should have a pear in front of them. Use your senses to describe the pear . We

will be bringing around samples of pears to everyone so you can fill in the TASTE on your activity. (Each group of 3-5 students will have 1 whole pear to look at and feel. Cut up 1-2 ripe pears into little bite-sized pieces and distribute to students during the activity).

- Distribute Pear Handout. Create a chart with examples of words they can choose from. Use the chart below as examples:

Senses	Sight	Smell	Taste	Touch
Description Words	<ul style="list-style-type: none"> ○ Green ○ Brown ○ Bruised ○ Smooth ○ Rough ○ Extra large ○ Large ○ Medium ○ Small ○ Shiny ○ Dull ○ Round ○ Oval 	<ul style="list-style-type: none"> ○ Spicy ○ Floral ○ Musty ○ Fruity ○ Rotten ○ Bland ○ Strong ○ Pungent ○ Weak ○ Citrus 	<ul style="list-style-type: none"> ○ Sour ○ Salty ○ Sweet ○ Bitter ○ Zesty ○ Bland ○ Strong ○ Spicy ○ Sharp ○ Rancid ○ Citrus ○ Mild ○ Tangy ○ Acidic ○ Savoury 	<ul style="list-style-type: none"> ○ Hard ○ Soft/mushy ○ Hot ○ Cold ○ Warm ○ Crisp ○ Rubbery ○ Soft ○ Smooth ○ Chalky ○ Tender ○ Firm ○ Dry ○ Gritty ○ Waxy

Part 3: Pear Power Recipes

Decide ahead of time which recipe to make with students.

- Discussion points during recipe making or tasting:
 - **How do you pick the perfect pear?**
 - Choose Ontario pears that are firm. Don't be misled by scars or minor surface blemishes - they won't affect the flesh or taste.
 - **How can you ripen a really hard pear?**
 - Place firm pears in a paper bag, at room temperature, away from direct sunlight. Check pears daily and when pear yields to gentle pressure at the stem end, it's ready to eat.

Discussion points if making Smoothie (choose discussion points as appropriate):

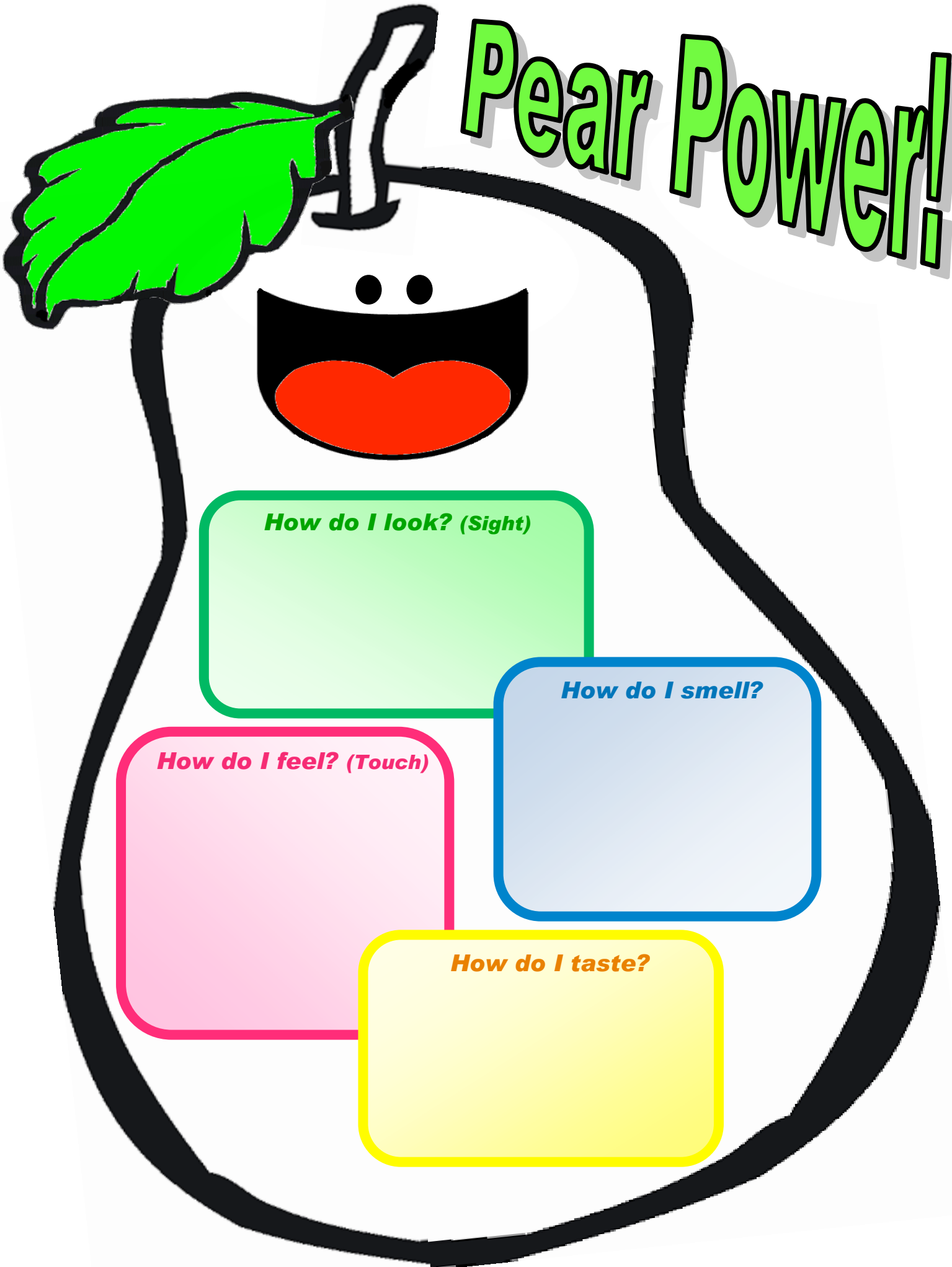
- Have you ever tasted a smoothie? Has anyone made a smoothie? What do you think goes in a smoothie? Or if you did make one, what did you put in it?

- Mention that pears are added whole into the smoothie (with the skin) for extra fibre. Why is fibre good for us?
- Did you know that a medium-sized pear has 5 grams of fibre? That's as much as in 2.5 slices of whole wheat bread!
- Are smoothies a healthy beverage? What else is a healthy beverage? (e.g. water, milk, 100% juice)
- What else can you put in this smoothie? (prompt for different flavours of yogurt, juices, fruits, cereals). Mention that they can even add some vegetables to the smoothie, like spinach. It turns green & doesn't taste like spinach. (Note to facilitator: If would like to add spinach to your smoothie recipe, use spinach that has been cooked & cooled. Raw spinach does not break down well in a blender).
- Why would it be better to choose a smoothie instead of pop?
 - How many tsp of sugar do you think this can/bottle has? (Show either 355 mL can of pop or 591 mL bottle of pop. Answer: 10tsp in 355 mL can or 16 tsp in 591 mL bottle of pop. Show amount of sugar in a small container as a visual. Can elaborate with brief discussion on sugary beverages and/or estimated amount of sugar children drink per year (~2 kg?)

Discussion points if making Parfait (choose discussion points as appropriate):

- Have you ever tasted a parfait? Has anyone made parfaits before? What do you think goes in a parfait? Or if you have made one, what did you put in it?
- Mention that we leave the skin on the pears when making the "boats" for extra fibre. Why is fibre good for us?
- Did you know that a medium-sized pear has 5 grams of fibre? That's as much as in 2.5 slices of whole wheat bread! What other foods contain fibre?
- What else can you fill the parfait with? (prompt for different types of fillings e.g. different flavours of yogurt, cottage cheese; different toppings e.g. different kinds of cereal, raisins; different spices e.g. nutmeg; different "boats" e.g. apples, kiwi, cantaloupe)

Pear Power!



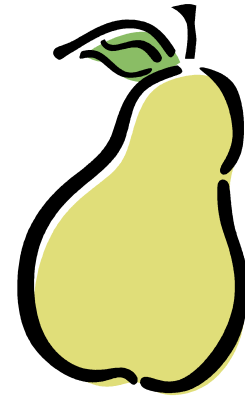
How do I look? (Sight)

How do I smell?

How do I feel? (Touch)

How do I taste?

Power Pear Smoothie



Makes 2 servings

1	ripe pear, cut into chunks	1
1	ripe banana, cut into chunks	1
¼ cup	orange juice	60 mL
1 tsp	lemon juice	5 mL
½ cup	vanilla yogurt (2% M.F. or less)	125 mL
½ cup	cold water	125 mL
sprinkle	ground cinnamon for garnish	sprinkle

1. Put all ingredients, except for the cinnamon, in the blender and blend until smooth. If the smoothie is too thick, add extra water.
2. Garnish with a sprinkle of cinnamon.
3. Enjoy!

TIP: Frozen fruit makes for a thicker, frothier smoothie and also ensures that the finished drink is ice-cold. Freeze chunks of fruit on a tray until solid and then store in a freezer bag so the chunks remain separate for easy use later on.

Did you know? Smoothies were invented in California as a healthy alternative to milkshakes - and they really are smooth!

Recipe adapted from: "Kitchen Garden Cooking with Kids" by Stephanie Alexander.

Pear Boat Parfait



Makes 2 servings

1	ripe pear	1
4 tbsp	vanilla yogurt (2% M.F. or less)	60 mL
2 tbsp	cereal*	30 mL
sprinkle	ground cinnamon for garnish	sprinkle

*Choose a cereal that is higher in fibre and lower in sugar

1. Cut pear in half lengthwise.
2. Use melon baller to core each half and scoop out the seeds to create 2 "boats"
3. Fill each "boat" with 2 tbsp yogurt. Top each with 1 tbsp cereal and a sprinkle of cinnamon.
4. Eat right away and enjoy!

TIP: Try filling the "boat" with different flavours/kinds of yogurt, cereal, and spices (e.g. nutmeg). You can even try other seasonal fruits as the "boat". The variety of delicious parfaits you can create is endless!

Did you know? Adding a little lemon juice to the cut pear will stop it from turning brown. You can try this with other cut fruit, such as apples too!