



Take the Big Crunch



Participating in the Big Crunch can be as easy as purchasing a bag of fresh carrots and coordinating a classroom or school wide synchronized crunch. No matter how you crunch, you'll be sending a message to your students about the nutritious and delicious benefits of carrots, while taking part in a cross Saskatoon celebration of carrots.

The following are some ideas and guidelines to help make your crunch great whether you are looking for a 5 minute, 30 minute, or half day crunch.

We'd love to see photos, hear stories and feedback on your event so we invite you to email us after the event at thebigcrunch@chep.org. Tell us how great and big your crunch was!

What you'll need for the Big Crunch:



Enough carrots for all your students

- If you have ordered locally grown carrots from CHEP, they will be \$1.50/lb delivered; there about 6 medium carrots in a pound and we will plan for each child to have their own carrot; carrots will be delivered to your school on Tuesday October 13th with an invoice. Follow the story of the farm family (*Getting to Know the Farmer*) to hear about their organic farming practices, employment of local students, and hard work. The Carrots from Medernach's are Nantes Amsterdam Coreless, bright salmon red and sweet.
- Bags of Canadian carrots can be found in most grocery stores; a 2 lb (907 g) bag of carrots is approximately \$1.40 and contains about 9 large carrots; they will need to be peeled; if possible buy Canadian carrots – Saskatchewan carrots are often graded and packaged in Manitoba; other brands are from Bassano (outside Medicine Hat) and Edmonton Alberta.



Some carrot facts, trivia and activities

- Review the following pages for extra tips and ideas including how to introduce and coordinate the crunch, follow up activities for the classroom and more.

How to take the Big Crunch



Introduce your students to the Big Crunch telling them that they are a part of a cross Saskatoon event promoting the healthy crunch of carrots! Your students will be joining over three thousand students across the city.



Before you distribute the carrots explain to the students that they will be participating in a synchronized Big Crunch. You may want to inform parents that your students will be eating carrots.



Wash the carrots – even mini carrots need to be washed; ensure that all children wash their hands before eating. Distribute carrots to each of your students.



Before the crunch, we encourage you to use some of the excellent resources we have provided, presented in formats for Pre-Kindergarten – Grade 3 and Grade 4 – Grade 6; for students older than Grade 6, refer to the extensions in the Grade 4 – 6 version; look for them on your Board of Education portal, or on our site www.chep.org :

- ❖ Carrot Facts (background)
- ❖ It's Crunch Time (word search and maze)
- ❖ Big Crunch Recipes

Pressed for time? Explore more about carrots in 20 minutes or less in the Big Crunch Quickies:

- ❖ 60 Second Energizers (physical education/active living)
- ❖ Seed Guessing Game (mathematics; science)
- ❖ Root, Fruit, Leaf or Stem (science/classification activity & colouring page)
- ❖ Rain (arts/drama)
- ❖ Scrub a Dub Dub (inquiry)
- ❖ Serving Size in Hand (nutrition; math/measuring)
- ❖ The Big Crunch Rap (language arts; arts/choral)
- ❖ A Little Scientific Exploration (science; health/nutrition)
- ❖ Testing the Waters (health/nutrition)

- ❖ Are Mini Carrots Real Carrots? (health/nutrition; scientific inquiry)
- ❖ Creative Carrots (arts/visual)
- ❖ True or False Running Game (physical education/active living)
- ❖ Keep a Good Thing Going (health education/nutrition)

Wanting to study growing and eating carrots in more depth? Check out these resources:

- ❖ Growing Up...and Down! (language arts/guided imagery; science)
- ❖ From Field to Table (social studies)
- ❖ Getting to Know the Farmer (language arts)
- ❖ Digging Deeper (computer science/research)
- ❖ Just Eat It! (arts/visual)



Start the Big Crunch Countdown making sure to emphasize the fun in crunching all at once!

- For an even bigger crunch invite students to crunch into a P.A. system, a microphone or in an hallway, gymnasium or auditorium that echoes
- Don't stop at the first crunch – keep crunching until the carrots are finished.



Prizes – your school and class will be entered into draws:

- Register your entire school, and be entered into a draw for a CHEP Salad Bar
- Register your class, and be entered into a draw for your class to win a Smoothie machine
- Nutrition Coordinators register your school; be entered in two draws - win a food processor for the school that has the most student participation or win dinner for two at a Saskatoon Restaurant for you!
- **Teachers, send in digital photo of your students' posters from *Just Eat It!* or send us a story of your Big Crunch, and we'll enter your name into a random draw for Dinner for Two at a Saskatoon Restaurant that features local producers. Photos and stories would be used for next year's Big Crunch promotion.**

*In my vegetable garden I can see
Two little carrots smiling at me.
I pulled on the carrots as hard as I could,
Pop, out came the carrots
Mmmm, were they good!*

Carrots Commonly Grown in Canada

Nantes: This is a popular carrot with a sweet taste. Nantes carrots are almost cylindrical in shape, and round off at the end rather than tapering off, a bit like a hot dog. They have a small core and a larger outer cortex. Sugars accumulate in the cortex, giving Nantes their sweet taste. Nantes carrots do not store for very long. They mature in early to mid-summer, and are usually eaten fresh.



Nantes



Emperor

Emperor: This carrot type is the most commonly grown carrot because of its high yields and long storage potential. Emperors are long and tapered. They are a late-maturing variety, and generally have a larger, more fibrous core; therefore they do not have the sweet taste of other carrot types.

Chantenay: Shape-wise, Chantenays are intermediate between a Nantes and an Emperor. They are tapered like the Emperor, but the bottom rounds off somewhat like the Nantes. Chantenays are also sweet tasting like the Nantes.



Chantenay

Danvers: Danvers are medium-length carrots, conical in shape, and thicker than Emperors. The end of the root is tapered. Danvers varieties are used in both the processing and commercial fresh market industries.

The University of Saskatchewan Plant Science Department has conducted carrot variety trials the last two decades. Some varieties that perform best in Saskatchewan are:

- *Nantes:* Evora, Forto Selection, Magno, Mokum, Nantes Coreless, Nantes Half Long, Nantes Improved, , Nantes Strong Top, Napoli, Navarino, Nelson, Vitana, YaYa
- *Danvers:* Ideal, Kamaran, Royal Chantenay
- *Emperor Nantes:* Enterprise, Tendersnax
- *Emperor:* Apache, Arrowhead, Autumn King, Bremen, Dynabites, Eagle, Kingdom, Magnum, Nandrin, Nevada, Pronto, Sugarsnax, Sunrise, Sweet Bites, Uppercut 25, Vita Treat
- *Coloured Root Types:* Dragon, Rainbow

Source: Recommended Vegetable Cultivars 1989 – 2008; University of Saskatchewan, Plant Sciences Department; a handout at Gardenscapes 2009

Crafty Carrots



You will need: one green and one orange chenille stem (pipe cleaner) per student; scissors or needle nose pliers for cutting; white glue or hot glue gun (adult or older students); several school paintbrushes with a tapered handle

Bend the orange stem around the tapered paintbrush to get the shape of the carrot; slide off and set aside.

Cut the green stem into 3 equal pieces of 10 cm each. These will be the leafy tops of the carrot. Bend one piece in 1/2 to make an "L". Place the other 2 pieces in the bend, and then twist the second part of the first piece around to secure all the pieces. You should have a long stem and 4 tops, sort of like a palm tree! Twist/spiral each leafy top around a narrow pencil or wooden skewer to shape the leaves. Check to see if your stem is the proper length, by inserting it into the centre of the carrot. Shorten with the scissors if necessary. Put a bit of glue on the long stem and insert back into the centre of the carrot. Let dry. Use a hot glue gun (supervised if necessary) to glue your carrot to a pencil, a magnet, or a brooch pin.

Don't worry if you don't have enough orange chenille stems. Carrots now come in all kinds of colours – red, purple, yellow, and even white! Does it look like any of the varieties mentioned in *How to Take the Big Crunch?* Regardless, each student's carrot will be unique.

Here are some fun songs for the younger children:

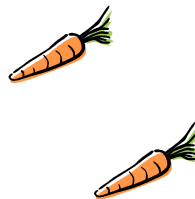
Song/Rhyme

(Tune: *Ten Little Indians*)

One little, two little, three little carrots,
Four little, five little, six little carrots,
Seven little, eight little, nine little carrots,
Ten little carrots are in my basket.

All are orange and crunchy too,
there are enough for me and you.

Ten little, nine little, eight little carrots,
Seven little, six little, five little carrots,
Four little, three little, two little carrots.
One little carrot in my basket.



The Vegetable Garden (Sing to the tune of "The Mulberry Bush")

Here we go round the
vegetable garden,
the vegetable garden, the
vegetable garden,
Here go round the
vegetable garden,
So early in the morning.
Pull the orange carrots out,
carrots out, carrots out.
Pull the orange carrots out,
So early in the morning.

Eat Your Veggies

(Tune: *Row, Row, Row Your Boat*)

Eat, eat, eat your veggies.
Every day and night.
Yummy and delicious.
We love every bite.
Eat, eat, eat your _____ (carrots).
Every day and night.
Yummy and delicious.
We love every bite.
(Author unknown)

