

CALLING ALL RAINBOW FOOD EXPLORERS!

Bring your whole family and join us for some fun family food adventures! We'll use our senses to explore a rainbow of different foods and we'll make some delicious discoveries along the way. We'll share fun facts and creative activities for kids of all ages. Food gives us fabulous fuel to help our bodies stay healthy and strong, but it's so much more. Food helps us connect and celebrate with other people, and it can be a fun way to learn all about the world around us.



APPLES AND BANANAS

LET'S EXPLORE APPLES AND BANANAS!

You'll need:

1 apple,
1 banana,
knife,
plate or
cutting board

- BE FOOD SAFE: BEFORE YOU START:**
- > Wash your hands with soap and warm water for at least 20 seconds.
 - > Wash the apple and banana under running water for at least 10 seconds.
 - > Make sure all surfaces, cutting boards and utensils are clean.
 - > Use a child-safe knife and always supervise young children when using knives.

How to be a Rainbow Food Explorer:

Compare and share: There are similarities and differences in everything around us if we take the time to notice them. Look closely at the apple and banana. Think about and list all the ways they're the same, and also what's different about them. Take your time and use all your 5 senses. Start with the whole apple and banana first, then carefully cut them open and explore them further. Read the questions before you start and think about how you can express what you discover. Make a chart or a graphic. Take photos or even record a short video as you explore!

WE'D LOVE TO SEE WHAT YOU FIND OUT!

Email us at hello@rainbowplate.com or post your work on social media. Be sure to tag [@rainbowplate](https://www.instagram.com/rainbowplate) and [@secondharvestca](https://www.instagram.com/secondharvestca) and [#rainbowfoodexplorers](https://www.instagram.com/rainbowfoodexplorers) so we can see and share your amazing work!



LOOK

- Describe everything you can see that's the same about the whole apple and the banana. Look at their shape, colour, features and patterns. Now go back and describe everything that's different. Think about how they grow.
- What do you see when you peel the banana and cut open the apple? Describe the inside, the skin and seeds of both fruits, and anything else you see.



FEEL

- Describe how the outside and inside of the apple and banana feel in your hands. What do you feel in your mouth when you bite and chew them?



SMELL

- Which of these fruits has a stronger smell? What flavours, fragrances, memories or places do you think of when you smell each of these fruits?



HEAR

- What sound do you hear when you cut and peel the apple and the banana? When you bite and chew them? What makes them sound different?



TASTE

- What's the first flavour you notice when you eat each of these two fruits? How can you describe the similarities and differences in the way they taste? Are there different types of "sweet" flavours? Can you taste other flavours as well? Use words to describe what you taste.

EDIBLE EXPLORATION: Banana Roll Up

Ingredients:

- 1 banana
- 1 slice of bread
- 1 -2 tablespoons cream cheese, nut or seed butter or other spread
- ½ teaspoon cinnamon

Equipment:

- Drinking glass or rolling pin
- knife
- cutting board or plate

Instructions:

- Roll the rolling pin or drinking glass over the bread to flatten it out.
- Spread the cream cheese or nut butter evenly over the flattened bread.
- Sprinkle the cinnamon on top.
- Place the banana along one edge of the bread and roll the bread up around the banana.
- With the seam down, cut the banana roll into slices and enjoy!

Rainbow Food Explorer Chef Challenge:

Change up this recipe by using different spreads or spices. Try it with other fruits or veggies or other things sprinkled on top for extra flavour & crunch. (We love mini chocolate chips, crumbled granola bars and coconut!) Post a picture of your banana roll on social media for us to see. @rainbowplate @secondharvestca and #rainbowfoodexplorers!

Breakfast parfait: Put diced apples, bananas and other fruit in a clear glass and top with alternating layers of yogurt and crumbled granola bars. Add in chopped nuts or other cereal for extra crunch!



FABULOUS FOOD ART!

Create a funny fruit face on a plate using different pieces of apple, banana and other foods. Play with different shapes and textures to give your face a different expression. (Leafy greens make great eyebrows!) Snap or draw a picture of your face and then gobble it up!

Be a Zero Waste Hero and a #FoodDefender:

- Mash extra ripe bananas and spread on toast, add to guacamole or smoothies or bake into muffins.
- Put washed banana peels under meat in a roasting pan to keep it moist.
- Eat the whole apple, including the peel! It's loaded with colour, fibre and nutrients. If you do have leftover apple peels, simmer them in a pot with a cinnamon stick honey, and water, and strain for a sweet apple tea.

Get a food freshness guide at SecondHarvest.ca/Fresh

Family Food Traditions Ask your family members to share their sweetest memories involving apples and bananas. Many families make special dishes using these foods at holiday times.

WORD SEARCH

F G V F R U I T R P R J
L B U N C H K U E S O M
O B A N A N A V D E U J
R P C F C R I S P E N U
A E C U R V E D L D D I
L E S M O O T H A S P C
X L Y F R A G R A N T Y
V A P P L E C O R E X L

FIND THESE WORDS:

APPLE	CRISP	FRUIT	ROUND
BANANA	CURVED	JUICY	SEEDS
BUNCH	FLORAL	PEEL	SMOOTH
CORE	FRAGRANT	RED	SOFT

DID YOU KNOW?

- ♦ A row of bananas in a bunch is called a “hand,” and a single banana is called a “finger.”
- ♦ Bananas grow in hot, tropical climates. Banana plants look like trees but are actually giant herbs related to lilies and orchids.
- ♦ Apples grow all around the world. Apples are in the same plant family as roses.
- ♦ There's a popular song all about apples and bananas written by the Canadian singer Raffi – check it out!



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