

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 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.



CUCUMBER

LET'S EXPLORE CUCUMBERS!

You'll need:

1 cucumber,
1 knife,
1 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 cucumber 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:

Take your time. Use all of your 5 senses. Start by exploring the whole cucumber first, and then carefully cut it open to explore the inside. Read the questions before you start and think about how you can describe what you discover. Get creative! You can write notes or a story, draw some pictures, 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

- What words can you use to describe the way the cucumber looks?
- How many different shapes and surfaces can you see when you look at the whole cucumber? Can you reveal different shapes if you cut it in different ways?
- What do you notice inside the cucumber? How many different colours can you see? Are there any seeds? Can you count them? What pattern do they make?



FEEL

- Use your fingertips to feel the outside of the cucumber. What words can you use to describe the way it feels?
- How does the inside feel? Use descriptive words!



SMELL

- Close your eyes and smell a piece of cut cucumber. Does it remind you of anything? (We think cucumbers smell like summertime!)



HEAR

- What sound do you hear when you gently tap the cucumber? When you bite into a piece? Would you describe it as a loud or quiet food?



TASTE

- What do you notice when you lick or bite a piece of cucumber? How does it feel on your tongue or in your mouth? Is it hard or soft? Cool or warm? Crunchy? Juicy? What words can you use to describe the way it tastes?

EDIBLE EXPLORATION: Tangy Cucumber Salad

Ingredients:

- 1 cucumber (use whatever you have left after exploring!)
- ¼ cup vinegar – white, apple cider or rice vinegar are all great
- ¼ cup water
- 1 tablespoon sugar or honey
- ½ teaspoon salt
- pinch of black pepper if you want

Equipment:

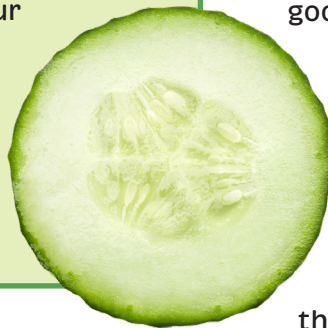
- cutting board
- knife
- measuring cup
- measuring spoons
- 1 small bowl or cup for mixing the dressing
- 1 medium bowl for the salad

Instructions:

- Cut the cucumber into thin slices or small pieces and place in the bowl.
- Mix the vinegar and water, and stir in the sugar or honey, and salt until everything is dissolved.
- Pour the dressing over the cucumbers in the bowl and mix it all together. Let it sit for at least 10 minutes or put it in the fridge for longer. Enjoy!

Rainbow Food Explorer Challenge:

Change up this simple recipe to make your own personal colourful creation. Try adding some different vegetables, spices or herbs – anything goes! Use what you have on hand and make sure to use your imagination and your senses. Think about the colours, shapes, textures and tastes you want to create! Post a picture of your salad creation on social media. Don't forget to tag @rainbowplate @secondharvestca and #rainbowfoodexplorers!



CUCUMBER DESCRIPTIVE WORDS:

bright • green • long • straight • round
cylinder • striped • heavy • smooth
bumpy • ridged • slippery • flexible • wet
fresh • summery • cool • crunchy • watery
juicy • refreshing • salty • slurp

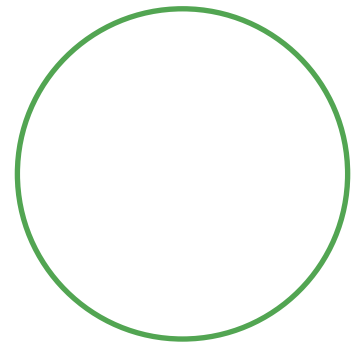
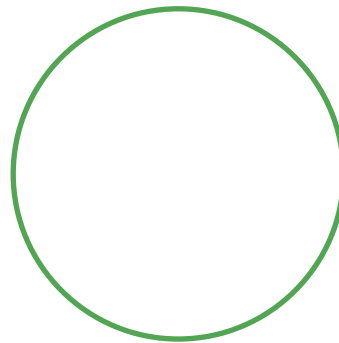
DID YOU KNOW?

- ♦ Cucumbers are almost 95% water. That's what makes them so cool on the inside and that's where the phrase "cool as a cucumber" came from!
- ♦ While we think of them as vegetables, cucumbers are actually fruit.
- ♦ The first cucumbers were grown in ancient India.
- ♦ The smell of cucumbers helps people to relax! Try it and see if it works for you.

FABULOUS FOOD ART!

What's inside your cucumber slice?

Design your own cucumber! What colours will you use and what patterns can you create?



Chill Out: Put some slices of cucumber into a big jar or pitcher. Add ice cubes and fill with water for a refreshing drink. (This is often served in spas to help people relax!) What else would be good to add to this drink?

"C" is for cucumber: Brainstorm and write down all the words you can think of that start with the letter "C" and have something to do with a cucumber. Start with words that describe the look, feel, smell, sound and taste of your cucumber, but be creative and see what else you can come up with. See who can come up with the longest list!

Be a Zero Waste Hero and a

#FoodDefender: To help them last longer, store whole cucumbers at room temperature or near the front of the fridge where it's not too cold. Cut cucumbers keep best in the fridge in a sealed container with a paper towel folded on top to soak up extra moisture. Get a food freshness guide at SecondHarvest.ca/Fresh



RAINBOW PLATE
healthy eating made simple

FIND US AT
rainbowplate.com