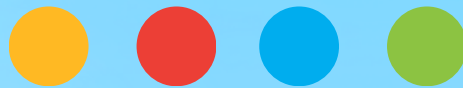




# Walk, Broc and Roll Food Literacy Toolkit



Challenge Dates: May 1 - 26, 2023



**Part of the**

Northern Fruit  
and Vegetable  
Program

**Prepared by**

Thunder Bay  
District Health  
Unit

Created 2023  
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Families of students in NFVP participating schools in the Thunder Bay District Health Unit region may reprint all or parts of this Food Literacy toolkit for the purpose of engaging in the Walk, Broc and Roll.

# Hello Caregivers!

Welcome to Walk, Broc and Roll! This Food Literacy toolkit includes weekly food activities to engage in conversations around food, as well as accompanying recipes to make together!

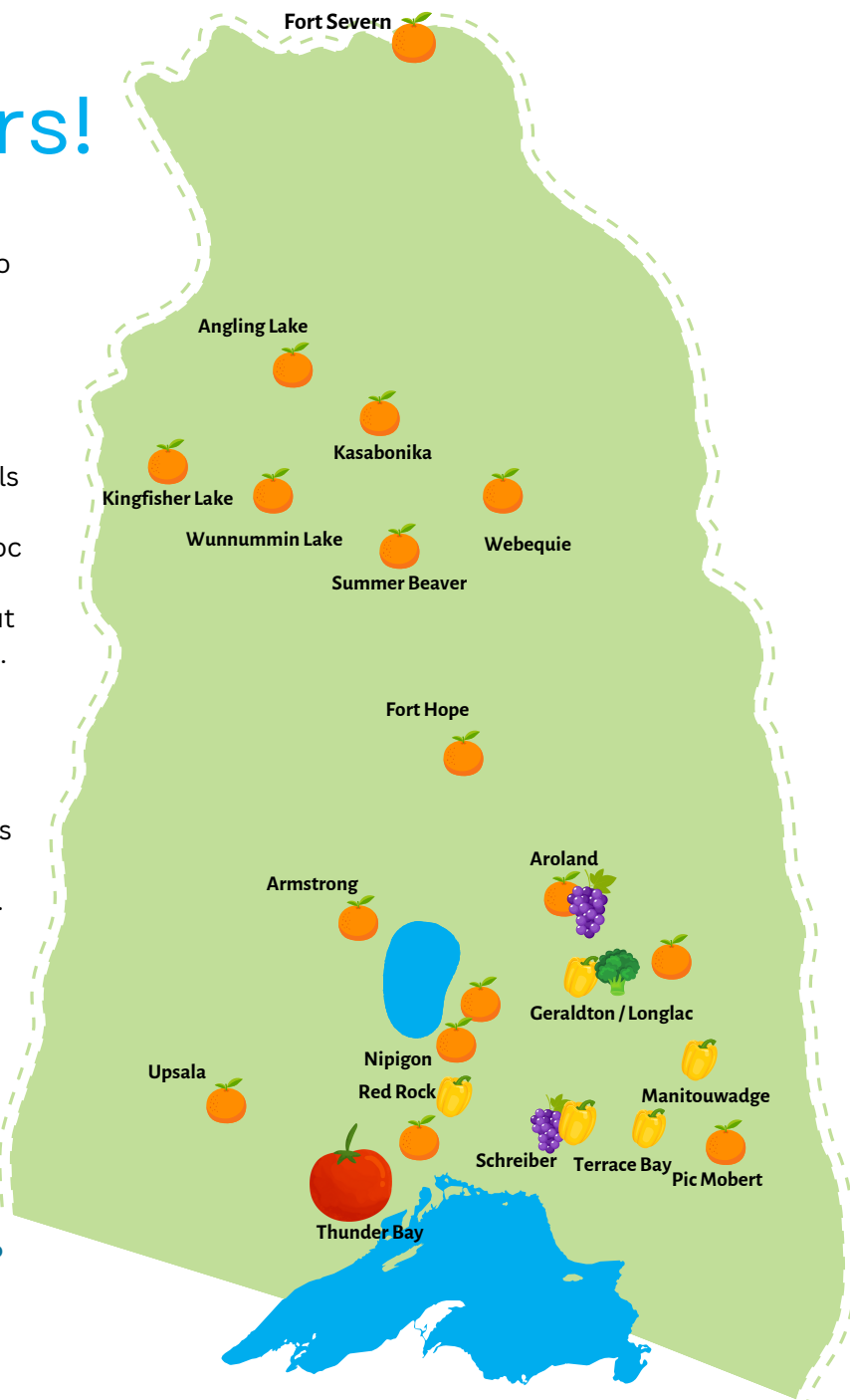
## What is Walk, Broc and Roll?

Created in 2021 by a team of health professionals including physical activity experts, health promoters, dietitians and nutritionists, Walk, Broc and Roll aims to increase physical activity in the classroom alongside the NFVP. Learn more about the in-school challenge at [tbdhu.com/walkbroc](https://tbdhu.com/walkbroc).

## What is the Northern Fruit and Vegetable Program?

The NFVP is a food literacy program that delivers one serving of fruit and vegetable each week to JK - Grade 8 students in the Thunder Bay region. Since May 2018, we've been serving approximately 14,000 students in over 80 schools from Thunder Bay to Manitouwadge to Fort Severn and every elementary school in between. The goal is to support students in building a strong foundation to live a healthy lifestyle through exposure to a variety of fruit and vegetables, food literacy opportunities and promoting active living and physical wellness. Learn more about the NFVP at [tbdhu.com/NFVP](https://tbdhu.com/NFVP)

\*Map to the right is for visual purposes only and may not be geographically accurate\*



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## WELCOME TO WEEK 1:

# BUILDING FOOD SKILLS

This week, as part of **Walk, Broc and Roll**, conversations about food skills will be the focus! Knowing how to cook and prepare food is an important life skill that can be started at any age.

There are many benefits to being in the kitchen together with your child(ren):

- Allows for sharing of family traditions and recipes.
- Builds reading and math skills.
- Develops fine motor skills.
- Increases exposure to new foods.
- Builds pride and a sense of accomplishment.
- Offers an opportunity to bond and chat while completing daily tasks.

**Next time you're making a meal, invite your child to join you!**

### Younger students can:

- Assemble simple meals with pre-prepared foods.
- Use simple kitchen equipment with supervision, like a grater or microwave.
- Slice or chop soft foods like fruits, cheese, softer vegetables or tofu.
- Crack and whisk eggs.
- Measure and stir ingredients.

### Older students can:

- Use a knife to cut up fruits, veggies, cheese, cooked meats, breads, etc.
- Follow a simple recipe with guidance, like mashed potatoes or French toast.
- Use more advanced kitchen equipment, like a blender or can opener.
- Prepare foods using the stove with supervision, like omelets, muffins, soup or quesadillas.

## Egg Muffins



Here's a great recipe to try with kids of any age! Change it up by using whatever veggies you have on hand, different varieties of cheese or experimenting with fresh or dried herbs!

Before you start, demonstrate how to crack an egg and identify the 3 parts of an egg together – the shell, the white and the yolk. Allow your child to try cracking the eggs on their own! Be prepared to fish out some shells with a fork, clean finger or a larger piece of shell!

### Ingredients

8 eggs  
1/4 tsp salt  
1/2 cup milk  
1/4 tsp pepper  
1 cup shredded cheese, any variety  
1 cup mixed diced fillings - peppers, mushrooms, tomato, green onion, broccoli

### Directions

1. Preheat the oven to 375F.
2. Grease a muffin tin with cooking oil spray, or use parchment paper cups if you have them.
3. Whisk together eggs, milk, salt and pepper in a large bowl.
4. Stir in cheese and fillings.
5. Pour mixture into muffin cups, dividing equally.
6. Bake until eggs are set, about 15 minutes.
7. Let cool for a few minutes, then remove from pan to cool a few minutes more before serving (you may have to run a knife around the edge of each cup).



## WELCOME TO WEEK 2:

# BUILDING BALANCED SNACKS

This week, as part of **Walk, Broc and Roll**, conversations about building balanced snacks will be the focus!

Children and youth require more energy and nutrients to meet their needs for growth, learning and activity. The fact that they have smaller stomachs means they often need snacks throughout the day to help them get what their bodies need. Snacks should have as much nutritional value as possible. Try to use whole foods more often and limit highly processed foods. Snacks lower in added sugar help keep teeth healthy too.

**Aim for balance** when planning a snack! Snacks should consist of:

**at least 1 fruit or vegetable + at least 1 protein or whole grain [or both]**

Here are some examples:



Whole grain  
crackers  
with cheese  
+ cucumber  
slices



Egg Muffins  
(recipe from  
Week 1)



Strawberries  
+ yogurt

## Pizza Roll-Ups

Stuck in a snack rut? Try this easy recipe with your kids, or post it on the fridge for older students to make when they get home from school. Change up the flavour with different vegetable pizza toppings!

### Directions

1. Place the tortilla on a microwaveable plate.
2. Spread the pizza sauce around on the tortilla.
3. Cover with spinach leaves and sprinkle the cheese on top.
4. Microwave on high for 30 seconds, until the cheese is mostly melted.
5. Roll the tortilla up and let cool before eating.

### Ingredients

- 1 whole wheat tortilla
- 2 tbsp pizza sauce
- 10-12 spinach leaves
- ¼ cup shredded mozzarella cheese

## Involve Your Children!

Have your child help you brainstorm a list of balanced snack ideas they would like to eat. Younger students might like to draw them or cut out pictures from flyers, while older students can practice their spelling by writing it out! Use the printable activity sheet on the next page.

Refer to their list when planning your groceries! It can also be a good list to refer to when packing school lunches.

# Printable Activity Sheet: Building Balanced Snacks

Create a list of balanced snacks that you like to eat or would like to try. Refer to this page when planning for your next grocery list.

**A balanced snack should consist of:  
at least 1 fruit or vegetable + at least 1 protein or whole grain [or both]**

Snack One:

fruit / vegetable	+	protein / whole grain
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Snack Two:

fruit / vegetable	+	protein / whole grain
-------------------	---	-----------------------

Snack Three:

fruit / vegetable	+	protein / whole grain
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Snack Four:

fruit / vegetable	+	protein / whole grain
-------------------	---	-----------------------

Snack Five:

fruit / vegetable	+	protein / whole grain
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Is there a snack recipe that you would like to try? Write down the ingredients needed here:

Recipe \_\_\_\_\_  
Ingredients needed:

Recipe \_\_\_\_\_  
Ingredients needed:

For more information on snacking, as well as some simple ideas, visit [TBDHU.com/SnackingSmart](http://TBDHU.com/SnackingSmart).

# WELCOME TO WEEK 3:

## WATER IS LIFE



This week, as part of the NFVP's **Walk, Broc and Roll**, we will focus on conversations about water, its importance for our bodies and to the earth!

Why is it so important to take care of water? Because **water is life**! Traditionally, water has been considered the first medicine as it is what we are carried in, and is a vital substance that helps us survive and thrive.

All living beings need water to survive. However, only 3% of the water on Earth is fresh water (the rest is salt water that we cannot easily use). Fresh water is mostly found as ice at the poles, but is also in glaciers, rivers and lakes. Water is an essential nutrient, meaning we can't make it but need to consume it to keep our bodies working properly. Drinking water with meals and regularly throughout the day is a great way to stay hydrated, and to feel energetic and alert.

Unfortunately, sugary drinks are readily available, are relatively inexpensive and are highly promoted. Most sugary drinks provide little to no nutrition and can take the place of healthier choices, like water and milk.

As well, not every community always has access to clean and safe drinking water. We need to protect our waterways, manage water resources in a sustainable way, and maintain our connection to water.

### Drinking Water Activities

Talk to your child(ren) about the role of water in our lives and the importance of protecting it.

Here are some ideas to help:

- Borrow some water stories from the library or search for online versions.
- Brainstorm ways your family can reduce the amount of water you use.
- Visit a favourite water spot, or discover a new one, and enjoy some time in nature there. Have a picnic, go for a hike, take a boat ride, canoe, kayak, paddleboard, or go for a swim (if it's safe). Consider cleaning up any garbage you may find.
- Do a mini-science experiment to demonstrate water filtration. National Geographic Kids has a version that can found here:

**[kids.nationalgeographic.com/books/article/water-wonders](https://kids.nationalgeographic.com/books/article/water-wonders)**

Encourage your child(ren) to make water their drink of choice.

Here are some ideas to help:

- Send a reusable water bottle to school so they can sip throughout the day.
- Save sweetened drinks, like juice or pop, for every once in a while.
- Look at labels on different drinks and compare the amount of sugar. Measure out a few amounts to see how much sugar is in one bottle. Hint: 4 grams = 1 teaspoon
- Get creative and design your own flavoured water using natural ingredients like lemons, limes, cucumbers, berries, mint, etc. **Keep in mind, some of these ingredients contain natural acids that can impact the health of teeth, so brushing 20 minutes after consuming these drinks is a good idea!**

# Printable Activity Sheet: Water is Life!

All living beings need water to survive. However, only 3% of the water on Earth is fresh water (the rest is salt water that we cannot easily use). Water is an essential nutrient, meaning we can't make it but need to consume it to keep our bodies working properly.

## ACTIVITY ONE

Brainstorm some natural ways you can add flavour to your water. Think of some fruit that you like that could be added to your water for flavour!

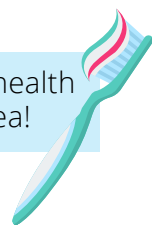


I want to add \_\_\_\_\_ to my water.

I want to add \_\_\_\_\_ to my water.

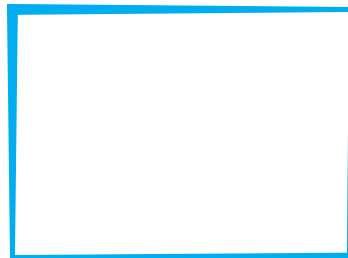
I want to add \_\_\_\_\_ to my water.

Keep in mind that some fruits contain natural acids that can impact the health of teeth, so brushing 20 minutes after enjoying these drinks is a good idea!



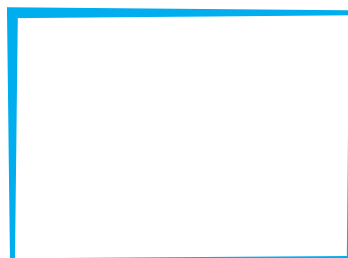
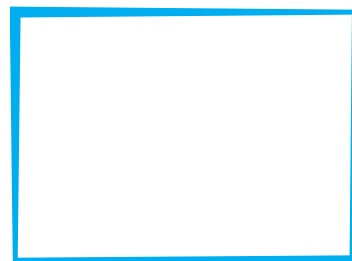
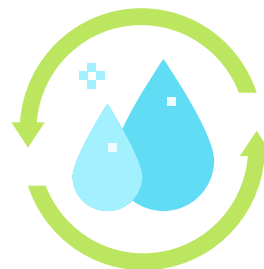
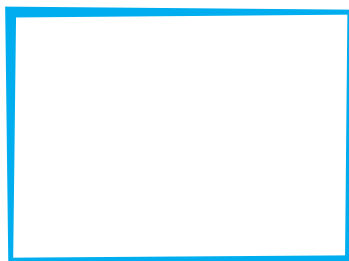
## REDUCING WATER USE

We need to protect our waterways, manage water resources in a sustainable way, and maintain our connection to water. Traditionally, water has been considered the first medicine as it is what we are carried in, and is a vital substance that helps us survive and thrive.



## ACTIVITY TWO

Brainstorm some ideas on how you and your family can reduce the amount of water used on a daily basis.

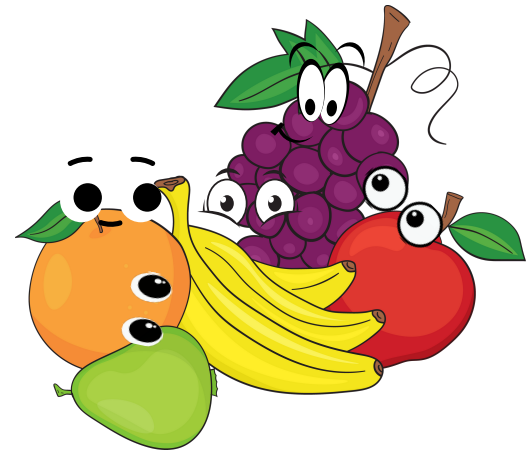


## WELCOME TO WEEK 4:

# EATING A RAINBOW

This week, as part of the NFVP's **Walk, Broc and Roll**, we will focus on conversations about different varieties of fruit and vegetables!

Have you ever noticed that vegetables and fruits come in all colours of the rainbow? Each colour group has a different combination of vitamins, minerals and other helpful properties that help our bodies in different ways. Some support our eyes to see well, some help our brains learn and think, some support our muscles and bones to be strong, and some help us use energy so we can have fun and play!



When we eat a rainbow, we get all those bright colours into our bodies and give ourselves all of that goodness! Remember that produce doesn't always have to be fresh - frozen, canned and dried count too! Fruits and veggies also don't just have nice colours, but interesting shapes, textures, patterns, tastes and smells too!

### Rainbow Eating Activities

Help your child(ren) discover a variety of colourful produce. Here are some ideas how:



Draw a **RAINBOW** shape and brainstorm different vegetables and fruits for each colour. Write the words, draw a picture, cut out photos from flyers, or sort produce you already have at home!



Take your child to the store or market to help you choose some colourful produce to try, as you are able. Talk about which foods can grow in Northern Ontario, and which may have come from elsewhere!



Use the "Plant Parts We Eat" activity on the next page to identify all the different parts of a plant we consume. Think about more than just produce! Hint: think about grains, legumes and seeds too!



Invite your child into the kitchen to help prepare meals, snacks and school lunches. Younger students love to tear lettuce, chop soft fruit, mix ingredients and serve and arrange food on plates. Older students can follow simple recipes and use kitchen equipment with supervision. As you prepare meals and eat together, talk about and explore foods using all the senses - smells, textures, sounds, colours, shapes, tastes etc.



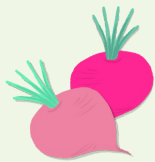
# Printable Activity Sheet: Plant Parts We Eat

The objective of this activity is to figure out which part of the plant each of these foods come from. Use the list of foods below and write the food in the plant part column where you think it belongs.

<b>A</b>	Bell Pepper	Corn	<b>H</b>	<b>M</b>	<b>Q</b>	<b>T</b>
Apple	Broccoli	Cucumbers	Herbs	<b>N</b>	Quinoa	Tomato
Artichoke	<b>C</b>	<b>D</b>	<b>I</b>	Nasturtium	<b>R</b>	Turnips
Asparagus	Cabbage	Daikon	<b>J</b>	Nuts	Radishes	<b>U</b>
Avocado	Carrots	<b>E</b>	Jicama (tuber)	<b>O</b>	Rice	<b>V</b>
<b>B</b>	Cauliflower	Eggplant	<b>K</b>	Onion (bulb)	Rutabaga	Violets
Banana	Celery	<b>F</b>	Kohlrabi	<b>P</b>	<b>S</b>	<b>W</b>
Beans	Chard	<b>G</b>	<b>L</b>	Parsnips	Spinach	Wheat
Beets	Chocolate	Garlic (bulb)	Lettuce	Potato (tuber)	Strawberry	<b>X, Y, Z</b>
				Peas	Squash	

## Plant Parts: Where does the food go?

### Roots



### Stem



### Leaf



### Flower



### Fruit



### Seed

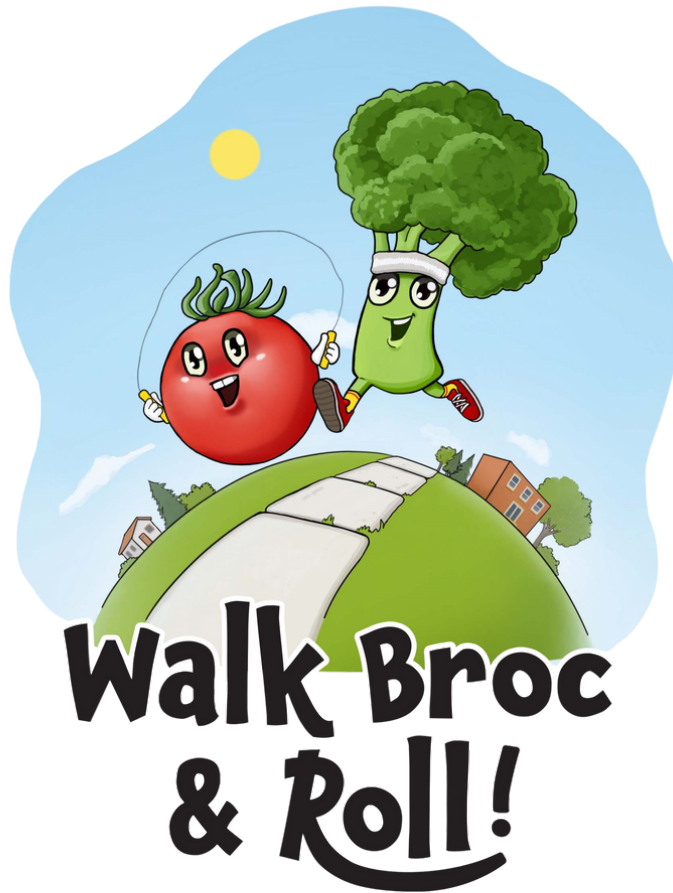


# Plant Parts We Eat: Definitions

Plant Part	Function	Example
ROOTS	Pull water and other nutrients from the soil <b>Hydrotropism</b> - Roots grow toward water	Parsnip
STEM	Moves water and other nutrients from the roots to the rest of the plant <b>Phototropism</b> - The stem grows toward light	Kohlrabi
LEAF	Produces food <b>Photosynthesis</b> - The leaves use water, air and sunlight to make food that the plant needs	Mint
FLOWER	Makes the plant's seeds	Artichoke
FRUIT	Protects the plant's seeds Any food with seeds inside	Bell Pepper
SEED	Protected inside the fruit Contains a plant that it grows into	Rice

## Plant Parts We Eat: Answer Key

Roots	Stem	Leaf	Flower	Fruit	Seed
Beets	Asparagus	Cabbage	Artichoke	Apple	Beans
Carrots	Celery	Chard	Broccoli	Avocado	Chocolate
Daikon	Jicama	Garlic	Cauliflower	Banana	Corn
Parsnips	Kohlrabi	Herbs	Nasturtium	Bell Pepper	Nuts
Radishes	Potato	Lettuce	Violets	Cucumbers	Peas
Rutabaga		Onion		Eggplant	Quinoa
Turnips		Spinach		Squash	Rice
				Strawberry	Wheat
				Tomato	



# Walk Broc & Roll!

## Contact Us!

If you have any questions about Walk, Broc and Roll  
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