



# 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 have heard from schools that the most effective learning has taken place over a week of carrot-related activities – culminating in a day of wearing orange as the entire school gathers indoors or out, for the synchronized Big 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](mailto: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 \$1.25/lb delivered; carrots will be the same this year, so there should be at least 15 - 20 per pound and we will plan for each child to have their own carrot; carrots will be delivered to your school on Wednesday October 12<sup>th</sup> with an invoice. This year's supplier will again be Milden Colony, a local Hutterite Colony supplying CHEP and local restaurants. Follow their story (*Getting to Know a Farmer*) to hear about life on the Colony, farming practices and hard work.
- Bags of Canadian carrots can be found in most grocery stores; in 2011 a 2 lb (907 g) bag of carrots ranges from \$1.49 - \$1.99 and contains about 9 large carrots (up \$.30 from 2010); they will need to be peeled; if possible buy Canadian carrots – Saskatchewan

carrots are often graded and packaged in Manitoba; Connery Riverdale Farms are located in Portage La Prairie (Saskatoon Co-op) and Sunfresh is based in and around Edmonton Alberta (Safeway).



### **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 eight thousand students across the city. You may want to inform parents that your students will be eating carrots.**



**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 our site [www.chep.org](http://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)
- ❖ Root, Fruit, Leaf or Stem (science/classification activity & colouring page)
- ❖ Seed Guessing Game (mathematics; science)
- ❖ The 2 Legged Carrot and its Twisted Sister (inquiry; creative arts)
- ❖ 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)
- ❖ Keep a Good Thing Going (health education/nutrition)
- ❖ Are Mini Carrots Real Carrots? (health/nutrition; scientific inquiry)
- ❖ True or False Running Game (physical education/active living)
- ❖ Creative Carrots; Crafty Carrots; Musical Carrots (creative arts)

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

- ❖ It's Crunch Time (language arts)
- ❖ Plant Parts Colouring and Classification (scientific inquiry; creative arts)
- ❖ Growing Up...and Down! (language arts/guided imagery; science)
- ❖ From Field to Table (social studies)
- ❖ Getting to Know a Farmer (language arts)
- ❖ Digging Deeper (computer science/research)
- ❖ Just Eat It! (arts/visual)
- ❖ Carrot Recipes



**Wash the carrots – even mini carrots need to be washed; ensure that all children wash their hands before eating. For safe food handling, do not reuse the bag the carrots arrived in, but place them in another clean container.**



**Before you distribute the carrots explain to the students that they will be participating in a synchronized Big Crunch.**



**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:**

- Register your class or school, and be entered into a draw for a complimentary CHEP Fresh Food Buffet/Salad Bar with a maximum value of \$600
- Nutrition Coordinators register your school; be entered to win a gift card to go towards kitchen equipment.

*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!*

