

Growing UP ...in Ontario!

THE PERFECT PEAR!

Do pears grow in Ontario?

Yes! Common pears grown in Ontario include Bartlett, Clapp's Favourite, Anjou, Bosc and Flemish Beauty.

How are pears grown?

Unlike most other fruits, pears don't ripen well on the tree. Pears are picked when mature and are allowed to finish ripening under controlled conditions. Growers use computer software systems to help them determine the risk of a blossom infection called fire blight, a major pear disease in Ontario.

When are pears available?

Look for fresh Ontario pears in the grocery store from August to December.



PICTURE THIS!

Larger branches of pear trees should be trimmed and the tops should be cut back to let light in to lower limbs. This helps to produce large, healthy fruit throughout the entire tree.

SNACK FACTS!

- A pear is 83% water
- Pears are a member of the rose family and originated in eastern Asia thousands of years ago!
- It takes 6 to 8 years from the time pear roots are planted until pears can be picked.

Don't forget to wash your hands before you eat!

Handwashing is one of the easiest and best ways to stay healthy and prevent spreading germs.

Source: Agriculture and Agri-Food Canada (2007); Foodland Ontario (2008); Ministry of Agriculture Food and Rural Affairs (2009)

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PRODUCE POINTERS

- Ripe pears are firm but give a little when pressed.
- Store your pears in the fridge, because cooler pears have more flavour.
- Good quality pears have smooth skin and are free from bruising or markings.

Source: Foodland Ontario (2008)

SNACK SCRAMBLE!

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Hint: The province where our fresh pears are grown

loco _ _ _ _ _

Hint: Pears are most tasty at this temperature

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tbталret _ _ _ _ _

Hint: Three common pear varieties grown in Ontario

rfie gtbilh _ _ _ _ _

Hint: A major pear disease in Ontario

Students:

Have you solved the Snack Scramble? Can you name the common varieties of pears that grow in Ontario?

Parents:

Looking for quick ways to add vegetables and fruit to the all-important breakfast meal? Watch for handouts like "Paint Your Plate! ... at Breakfast" for quick and tasty tips!

Teachers:

Use the Vegetables and Fruit Busy Box to make vegetable and fruit messages come alive in your classroom. Refer to section 2.6 of *Paint Your Plate! Create a Masterpiece* Vegetables and Fruit Action Guide for Schools for activity ideas.



For recipes and more information, visit:

www.eatrightontario.ca
www.foodlandontario.ca
www.vhqfoods.ca
www.ontariotenderfruit.com

Keep your balance!

Try to make healthy eating and physical activity a part of your daily routine. Jump the Answer! Are you practicing your addition, subtraction, multiplication or division skills? Try "jumping the answer" by jumping a certain number of times. For example, $2 + 3 = 5$; jump 5 times!

Adapted from Everybody Move! Daily Vigorous Physical Activity resource (CIRA Ontario)



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