



## **Spotlight on Blueberries**

### A Race Around The Blueberry Bush

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Students will have the opportunity to learn about one of the world's superfoods- blueberries! Students will also have the opportunity to discover all about the BC Blueberry industry through a video viewing activity and an online board game, where they will learn new facts about producing blueberries in an ever-changing market, discover some delicious ways to cook blueberries and learn about how this crop is produced locally.

#### **Subject Levels/ Suggested Grade**

ADST: Food Studies 9

Food Studies 10-12

Culinary Arts 10-12

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Grade and Subject	Curricular Competencies	Content Connections
<b>ADST: Food Studies 9</b>	<ul style="list-style-type: none"> <li>Evaluate the personal, social, and environmental impacts.</li> <li>Evaluate how the land, natural resources, and culture influence the development and use of tools and technologies.</li> </ul>	<ul style="list-style-type: none"> <li>Health, economic, and environmental factors that influence availability and choice of food in personal, local, and global contexts.</li> </ul>
<b>Food Studies 10</b>	<ul style="list-style-type: none"> <li>Evaluate the influences of land, natural resources, and culture on the development and use of tools and technologies.</li> </ul>	<ul style="list-style-type: none"> <li>Food trends, including nutrition, marketing, and food systems.</li> <li>Simple and complex global food systems and how they affect food choices, including environmental, ethical, economic, and health impacts.</li> </ul>
<b>Food Studies 11</b>	<ul style="list-style-type: none"> <li>Critically evaluate how competing social, ethical, economic, and sustainability considerations impact choices of food products, techniques, and equipment.</li> </ul>	
<b>Food Studies 12</b>	<ul style="list-style-type: none"> <li>Critically evaluate how competing social, ethical, economic, and sustainability considerations impact choices of food products, techniques, and equipment.</li> </ul>	
<b>Culinary Arts 10</b>	<ul style="list-style-type: none"> <li>Explore the impacts of culinary decisions on social, ethical, and sustainability considerations.</li> <li>Evaluate the influences of land, natural resources, and culture on the development and use of culinary ingredients, tools, and technologies.</li> </ul>	<ul style="list-style-type: none"> <li>Food products available locally via agriculture, fishing, and foraging.</li> </ul>
<b>Culinary Arts 11</b>	<ul style="list-style-type: none"> <li>Analyze and evaluate how land, natural resources, and culture influence the development and use of culinary ingredients, tools, and technologies</li> </ul>	<ul style="list-style-type: none"> <li>B.C. agricultural practices.</li> </ul>
<b>Culinary Arts 12</b>	<ul style="list-style-type: none"> <li>Examine and critically evaluate how culinary decisions impact social, ethical, and sustainability considerations.</li> <li>Analyze and evaluate how land, natural resources, and culture influence the development and use of culinary ingredients, tools, and technologies.</li> </ul>	<ul style="list-style-type: none"> <li>Social, economic, and environmental effects of food procurement decisions.</li> </ul>

## Teacher Background

Blueberries are one of the world's superfoods, and British Columbia grows some of the most delicious ones. As students watch the [BC Blueberry Farm Tour video](#), have them answer questions and complete the activity. They can then play "[A Race Around The Blueberry Bush](#)" game to learn new facts, solidify their learning and review what they have learned about Canada's number one small fruit export.

## Materials

- BC Blueberry Farm Tour Video Teacher Guide
- Computer/projector to play BC Blueberry Farm Tour video:
  - <https://www.bcaitc.ca/resources/spotlight-blueberries-bc-blueberry-farm-tour>
- Tablet/computers with Internet Access
  - "A Race Around The Blueberry Bush" game: <https://www.bcaitc.ca/resources/spotlight-blueberries-race-around-blueberry-bush-game>
- Student handouts:
  - BC Blueberry Farm Tour Video Activity (1 per student)
  - Post-it note for Exit Ticket

## Procedure

1. Handout BC Blueberry Farm Tour Video Activity and ask students to fill out as they watch the video. Use BC Blueberry Farm Tour Video Teacher Guide to know when to stop video and when to facilitate discussion/questions.
2. After video, have students share their answers to the final TASK on the BC Blueberry Farm Tour Video Activity, with a partner/small group.
  - a. Bring students back to a whole class discussion and ask several students to share something surprising they learned about producing BC Blueberries.
3. Break students into groups and give them a computer/tablet to play "[A Race Around The Blueberry Bush](#)".
  - a. Instructions:
    - i. Have students open game in Edit mode, and choose what colour pawn they wish to be from the selection in the top left corner.
    - ii. Have students go into Presentation mode and have the first player click the dice to "roll" it. (It will open another window).
    - iii. Once the die stops, they can click on the number that corresponds to the number they rolled.
    - iv. They can read the question and answer it. They can then click on the backside button to check their answer. (Some question cards also have a corresponding video to click on and watch).
    - v. Once they have read the answer they can click "x" on the card, then click the coloured "x" in the top right hand corner and then go back to Edit mode. They can then move their pawn to the square which corresponds to the number they rolled.
    - vi. Then the next student can repeat the steps. Pawns will show up in their new location in Presentation mode, but have to be moved in Edit mode.
    - vii. The first student to reach the Finish is the winner!
4. Closing: Have students write a question they still have for a BC Blueberry grower on a Post-it note as an Exit Ticket. These questions can be answered by emailing them to [teacher@aitc.ca](mailto:teacher@aitc.ca).

## Extension Activities

- Have students share and make their favourite BC Blueberries recipe
- Go to Grow BC Map and read [BC's Blueberry Story](#)

# BC Blueberry Farm Tour Video Teacher Guide

## 1. Student Question: What makes Silver Valley Farms a family farm?

0:00- 0:48 (video can be stopped at 0:48 for students to record answers)

Answers based on: Ray Biln said about his family's farm, Silver Valley Farms, has grown blueberries for over 40 years. His grandfather started the farm and he along with his brothers, his daughter and parents all work on the farm. They grow over 300 acres of blueberries and have a fresh packing facility and a freezing facility.

## 2. Student Question: How old is a blueberry plant when it begins to produce fruit?

1:42-2:56 (can stop video at 2:55 to discuss answer. Can also ask students-how does the farmer switch caring for the plant when it begins to produce fruit?)

Answer: 3 years. Ray Biln discusses the blueberry growing process, and how when a blueberry plant is 3 years old it begins to produce fruit and you switch from caring solely for the plant to also managing the crop it's producing.

## 3. Student Question: What challenges come from a changing food market?

2:59- 5:11 (can stop video at 5:11 to discuss answers)

Answers based on: The challenges that come are new market focuses and a differing of opinions and wants. There are different consumer wants like flavor, shelf life and texture, and producers often have to change varieties because of this. It is hard to stay ahead of the curve and plan for what consumers will want three years from now. There are also new competitors, as blueberries are grown globally now instead of just having competition from a few states in the US.

## 4. Student Question: Why are blueberries are not washed when they are being processed for fresh sales?

7:07 (can stop and ensure students have recorded answer)

Answer: It diminishes their shelf life.

## 5. Student Question: What is the most challenging part of being a blueberry farmer?

7:58-8:36 (can stop video at 8:35 to discuss answers)

Answers based on: Staying ahead of consumer trends, new market developments, changes of supply and the implementing of new regulations or the changing of them. Also adjusting operations to be relevant in the ever growing, competitive market.

## 6. Student Task: Name and create a profile for a new blueberry variety:

Students are asked to create a name and a profile for a new blueberry variety. Remind them that Ray Biln discussed how consumers were interested in texture, shelf life and then flavour. Ask students to share why chose the name for their new variety and what was important about its profile.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## BC Blueberry Farm Tour Video Activity:

1. What makes Silver Valley Farms a family farm?
2. How old is a blueberry plant when it begins to produce fruit?
3. What challenges come from a changing food market?
4. Why are blueberries are not washed when they are being processed for fresh sales?
5. What is the most challenging part of being a blueberry farmer?
6. TASK: Invent a new variety of blueberry! Give it a name and record its profile.  
*Think of the important consumer wants that Farmer Ray Biln discussed.  
See below the examples of different BC blueberry varieties.*

Variety Name Examples	Profile Examples
<i>Duke</i>	<i>Large sized fruit Light blue in colour Firm Excellent for freezing and shipping</i>
<i>Bluecrop</i>	<i>Harvested in three to four picks Large Light blue Good flavour</i>

My New Variety Name	Profile