

RELATED FOUNDATIONS:

- Curriculum Teaching and Learning

RESOURCES:

- [Online storybook](#) for Murray & Bird: Water Works!
- Large Jugs
- Large Spoon
- Cutting Board
- Knife
- Ice
- Serving Cups
- [Veggie & Fruit Infused Water Safety Tips](#)
- [Veggie & Fruit Infused Water Recipes](#)
- [Vegetables and Fruit Food Safety Facts](#)

Veggie & Fruit Infused Water

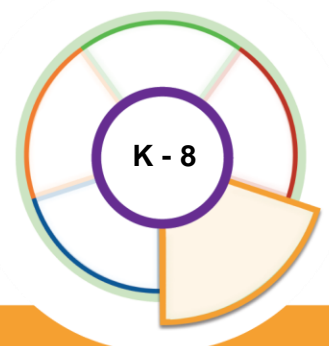
ACTIVITY GOAL: To provide students with the opportunity to learn about beverage choices and to make and taste infused water.

ACTIVITY INSTRUCTIONS:

1. Visit the [Middlesex-London Health Unit website](#) to download a copy of Murray & Bird: Water Works! Storybook.
2. Read the book for the class.
3. Review the [Veggie & Fruit Infused Water Safety Tips](#).
4. As a class, prepare infused water using the [Veggie & Fruit Infused Water Recipes](#).

Ideas to complement this activity:

- Use this activity as an opportunity to provide further education about food safety. Refer to [Vegetable and Fruit Food Safety Facts \(Unlock Food\)](#).
- Have intermediate students or a school committee run an infused water station as a school-wide activity or at a school event (e.g., family night, track and field).





Veggie & Fruit Infused Water Safety Tips



Follow these safety tips preparing veggie- and fruit-infused drinks to reduce the risk of food-borne illness:

1. When using fresh vegetables or fruit, make sure that the fruit is not bruised or damaged. If there is any area that is bruised or damaged be sure to cut it out.
2. When using frozen fruit, keep it in the freezer until ready to use.
3. Before preparing any fruits or vegetables, wash your hands with soap and water.
4. Ensure all utensils, containers and counter surfaces are clean and have been thoroughly washed, rinsed, and sanitized before starting any preparation.
5. When using fresh vegetables or fruit, wash it thoroughly under cool running water using friction. A produce brush is recommended to wash vegetables and fruit with firm surfaces (e.g., melons). Herbs should also be washed.
6. Cut and prepare vegetables and fruit and keep cold (at or below 4 degrees Celsius) until use.
7. Add ice to the infused water. It keeps for up to 4 hours, after this, throw it out.
8. Wash, rinse and sanitize the drink container before and after each use. A sign should be posted on the container to remind those using the container to follow this procedure.





Veggie & Fruit Infused Water Recipes



Cherry Berry Blast

Yield:

64 X 125 mL (1/2 cup) servings

Ingredients:

- 2 cups frozen cherries
- 2 cups frozen sliced strawberries
- 8 L cold tap water
- Ice



Minty Fresh Cucumber

Yield:

64 X 125 mL (1/2 cup) servings

Ingredients:

- 2 cups thinly sliced cucumber
- 1 cup of mint leaves (or to taste)
- 8 L cold tap water
- Ice



Berries are Peachy

Yield:

64 X 125 mL (1/2 cup) servings

Ingredients:

- 2 cups frozen sliced peaches
- 2 cups frozen sliced strawberries
- 8 L cold tap water
- Ice



Mango Berry Zinger

Yield:

64 X 125 mL (1/2 cup) servings

Ingredients:

- 2 cups frozen mango
- 2 cups frozen raspberries
- 1 piece fresh ginger peeled and thinly sliced
- 8 L cold tap water
- Ice

