

# THE WCR LEARNING COMMUNITY

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Leane Ma holds an edible bouquet she made in her store  
Photo by Doug Shanks, WE Vancouver

## A bouquet you can eat

Adapted from WE Vancouver

Level 2

We often visit friends or family for a meal. Sometimes we take flowers as a gift for the host. Flowers are nice but they last about a week. Sometimes we take chocolates. However, some people do not want to eat candy. They don't want their children to have candy, either. These gifts can be expensive, as well.

## A gift you can eat

There is a gift which is a healthy choice. You can give it to a woman, or a man. You can take it to a family dinner. You can take it to a **potluck**. You can buy this gift. Or you can make it yourself.

## Edible bouquets

Make your own gift. It's easy to do. This is called Do It Yourself or DIY. You can save half the cost.

A fruit **bouquet** is edible. This means you can eat it. And it's healthy. You choose different fruits. The fruits are colourful. What is the best part? The bouquet looks beautiful.

## Fruit salad on a stick

Many people today think about healthy meals. They don't want **to gain weight**. Some walk or run for their health. Other people go to a gym. Some ride bicycles. Some never eat **dessert**. After a meal, they don't want pie, cake or cookies. Fruit is a healthy choice. You can eat a little or a lot.

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### Popular gift

One woman does not use a basket for fruit sticks. She pushes the sticks into a pineapple. Or she uses a melon. She said, "I've also made bouquets from luncheon meat and olives, pickles, etc. Also a seafood one. They are lots of fun."



Almost finished bouquet.  
Photo by Nancy Carson

### Vocabulary:

- **potluck:** an event where each person brings something to eat
- **bouquet:** ( boo - **kay**) a bunch of flowers sometimes given as a gift
- **dessert:** (duh - **zert**) sweet food eaten at the end of a meal

### Learn a new expression:

- **to gain or put on weight** (wayt): to add kilograms to someone's size, to get fat

*I think I have put on a little weight.  
So, I am now on a diet.*

*No thank you. I won't have dessert.  
I don't want to gain weight.*

### Links:

Step by step directions:

<http://www.do-it-yourself-gifts.com/edible-fruit-bouquet.html>

Fruit kabobs:

<http://www.food.com/recipe/colorful-fruit-kabobs-304813>

Video:

<http://www.youtube.com/watch?v=tYGXmVMVfuw>

Sandwich on a stick:

<http://familyfun.go.com/recipes/sandwich-on-a-stick-687359/>