



Quebec Maple Syrup Challenge



Maple syrup is a staple across the wonderful country that is Canada. *Tap* into one of our national icons, learning about its history, where it's produced, what you can make with it and much more!

Learning Objectives

- Girls will discover how maple syrup is part of Canadian history and how it has become such a big part of Canadian culture.
- Girls will explore the scientific and creative sides to maple syrup.
- Girls will use their imagination in relation to maple syrup.
- Girls will take on a leadership role when completing activities.

Learning Outcomes

- Girls will discover and further understand the history of maple syrup.
- Girls will take part in traditional Canadian winter activities.
- Girls will learn about the impacts of maple syrup in their lives.



All branches must complete Option A or B, and up to 9 challenges below.

Sparks must complete 3 other challenges, Brownies 5, Guides 7, Pathfinders and Rangers 9.

Options

A. Maple Syrup Around the World

Test the girls to see if they know where else in the world you can find maple syrup.

Research the top producers of maple syrup. How much maple syrup does Canada produce?

- <https://www.maplesyrupworld.com/pages/Top-Regions-Producers-of-Maple-Syrup.html>
- <http://www.purecanadamaple.com/pure-maple-syrup/facts-about-maple-syrup/>

B. How Did it Come to Be?

Who were the first people to discover the sap hidden inside maple trees? How did they gather the sap and turn it into maple syrup? What other historical importance does it have in Canadian culture?

- Heritage Canada <https://www.historicacanada.ca/content/heritage-minutes/syrup>
- University of Vermont <https://library.uvm.edu/maple/history/>

Challenges:

1. Maple Syrup flavours. Did you know there are different flavours of maple syrup? Take a look at the flavours wheel chart. Have any of your girls tried different flavours? Do you think you'd enjoy them? Try infusing different flavours into your maple syrup. Can you tell the difference between maple syrup and table syrup?

- <https://goo.gl/rOYOCd>

2. Visit a Cabane a sucre/Sugar Shack. Take your unit on a trip in-person or virtually! Experience the wonders of seeing how maple syrup is made and the other activities offered. If you cannot attend one, plan a pretend visit. Make a budget, travel arrangements, etc.. The Québec c'est la fête Challenge has a lot of fun activities relating to this!

- <https://www.sucrieriedelamontagne.com/en/>
- <https://goo.gl/bwYCSz>



3. Play with Maple Syrup. Make maple syrup playdough*.

- <http://www.firefliesandmudpies.com/graded-maple-syrup-playdough/>

*Adjust recipe as needed

4. How does Maple Syrup Impact You? So much sugar can't be good for you, or can it? Before researching, how do you think maple syrup impacts your health? Use the link provided or find your own to find the answer to the question.

- <https://www.organicfacts.net/health-benefits/maple-syrup.html>
- <https://authoritynutrition.com/maple-syrup/>
- http://www.internationalmaplesyrupinstitute.com/uploads/7/0/9/2/7092109/nutrition_and_health_benefits_of_pure_maple_syrup.pdf

5. Make a Treat. Make a maple syrup treat with your unit or share it with others. Suggestions: maple butter, vanilla ice cream with maple syrup and flakes, maple-glazed meat, cookies, maple fudge, fondue, traditional sugar shack breakfast, etc.

Recipes:

- Maple Butter: <http://www.marthastewart.com/318635/maple-butter>
- Maple Glaze for Meat & Fish: <https://goo.gl/rjjuvP>
- Maple Cookies: <http://allrecipes.com/recipe/9773/maple-cookies/>
- Maple Fudge: <https://goo.gl/ALjM8Q>
- Dairy-Free Fudge: <https://goo.gl/wnJuVC>
- Maple Fondue: <https://goo.gl/dVTdTF>
- Traditional Sugar Shack Breakfast: <https://goo.gl/3tyNxw>

6. Maple Arts & Crafts. Try something new by making art inspired by maple syrup! Here are some ideas:

- Leaf rubbing: <https://goo.gl/vYV0QT>
- Leaf stamps: <https://goo.gl/MPzVbp>
- Maple Syrup Paint*: <https://goo.gl/53Hdl5>

*Adjust recipe as needed



7. Winter Treats. Indulge in one of Canada's finest treats: maple taffy.

Here's the recipe: <https://goo.gl/bwYCSz> (pg. 5)

8. Active Game. It's time for a relay race. Divide the girls into teams. They run/hop/skip/crab walk/ etc. across the room to a jar of maple butter (or any other maple product you may have) Next to the the maple butter is a cracker/apple slice/etc.. The girls then have to spread the maple butter on whatever you choose and, once completed, they walk back to their group, eat the cracker/apple, and tag the next girl in line.

9. Maple Trees. How many kinds of maple trees are there? Which type(s) can produce maple syrup? Research a maple species and present it to your group. Include facts like: location, colour, and other uses (beside maple syrup).

- <https://en.wikipedia.org/wiki/Maple>
- http://garden.lovetoknow.com/wiki/Types_of_Maple_Trees
- <https://www.gardeningknowhow.com/ornamental/trees/maple/maple-tree-types.htm>

10. How it's Made. How is maple syrup made? Go on a journey and discover the production line to make maple syrup. How much sap does it take to make 1L of maple syrup?

- <https://www.tapmytrees.com/pages/collect-sap-make-syrup>
- <https://www.tapmytrees.com/>
- <http://www.purecanadamaple.com/pure-maple-syrup/how-maple-syrup-is-made/>

11. Act it Out. After learning all about the production of maple syrup, have the girls act it out by making a skit. Encourage them to be as creative as possible.

12. Sell it! True or False: **Do maple flavours of these items exist?** Butter, potato chips, milk, ice cream, bacon, peanut butter, water, soda, almonds, tea, coffee, cake icing
(Answer: All true)

Make up your own maple product and create an advertisement for it. Pitch it to your unit.



13. What Else? What other maple products do you think exist? Research maple products, both traditional (ex: maple butter) and non-traditional ones (ex: maple potato chips)!

14. A Little Stuck? Have the girls create create their own challenge. Have them read through the challenges provided and let their minds explore other maple themed challenges.