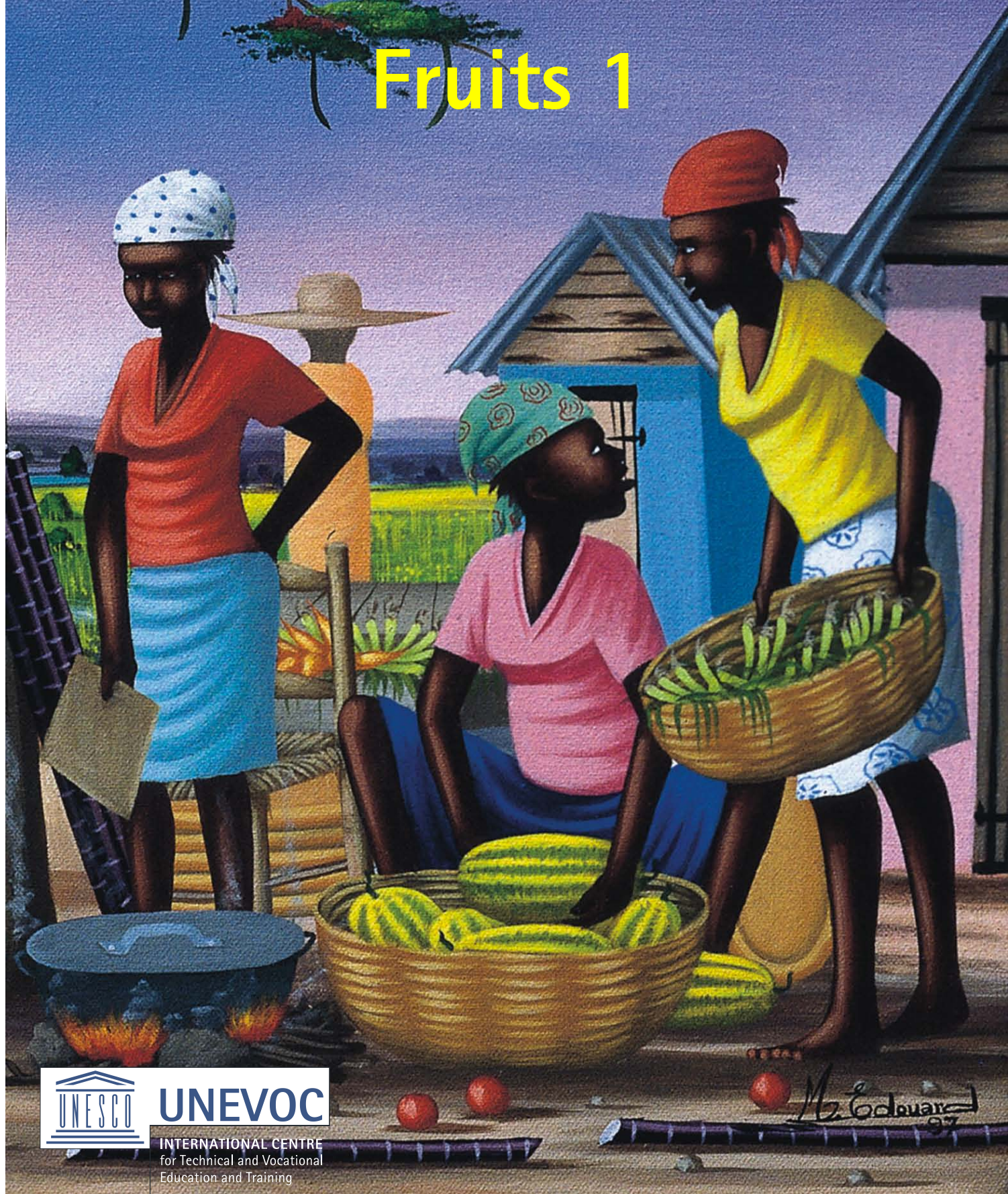


Global Action Programme on Education for All Youth Project

Fruits 1



UNEVOC

INTERNATIONAL CENTRE
for Technical and Vocational
Education and Training

Learning and Working

Motivating for Skills Development: A Campaign Package

Version February 2006

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Booklet 7.06 – FRUITS 1

This booklet complements the video clip on "Fruits 1" on DVD 1. It gives a short summary of the content of the video and contains illustrations followed by technical texts, which will make it easier to understand and recall the activities shown in the video. The booklet can be copied and handed out to participants, so that they can make notes on them or use them as a reference for later.

A transcript of the soundtrack of the video is included at the back of the booklet. Whenever the locally spoken language is different from the language used in the video, the facilitator may wish to use this text transcript as a basis for comments and explanations in a local language.

Comments and Observations

This video shows how fruit can be preserved by drying them in a solar oven. How to build a solar oven is shown in the video on "WOOD" (first video clip on DVD1). It might be a good idea to show both video clips one after the other. This way the practical value of the solar oven becomes obvious.

Because fresh fruits and vegetables are available in tropical countries throughout most of the year, the real market for preserved fruit is abroad. The facilitator should draw the attention of the participants to this option and be able to provide advice on where to obtain assistance.

Occupational Health, Safety and Hygiene

It is the facilitator's responsibility to draw the attention of the participants to hygiene issues arising from the scenes shown in the video. Hygiene is always an issue when handling food items. In the following text, the facilitator finds some general advice, but further information should be obtained by anybody who wants to take up the food production activities shown in the video.

It is very important to prepare food safely to avoid harmful bacteria from spreading and growing. Hands should be thoroughly washed and cleaned with soap before handling food. The use of sterile latex gloves is also an option. It is recommended to wear a face mask when handling food. Anything that touches the food before, after and during preparation – utensils, working surface, storage containers, etc. – has to be kept clean. How food is stored is also important for making sure it is safe to eat. Use sealed bags and containers. Keep the storage area dry and not too warm.

The area where you are preparing and storing the food should be kept very clean. Keep out flies, mice, ants and other pests.

Video FRUITS 1: Summary

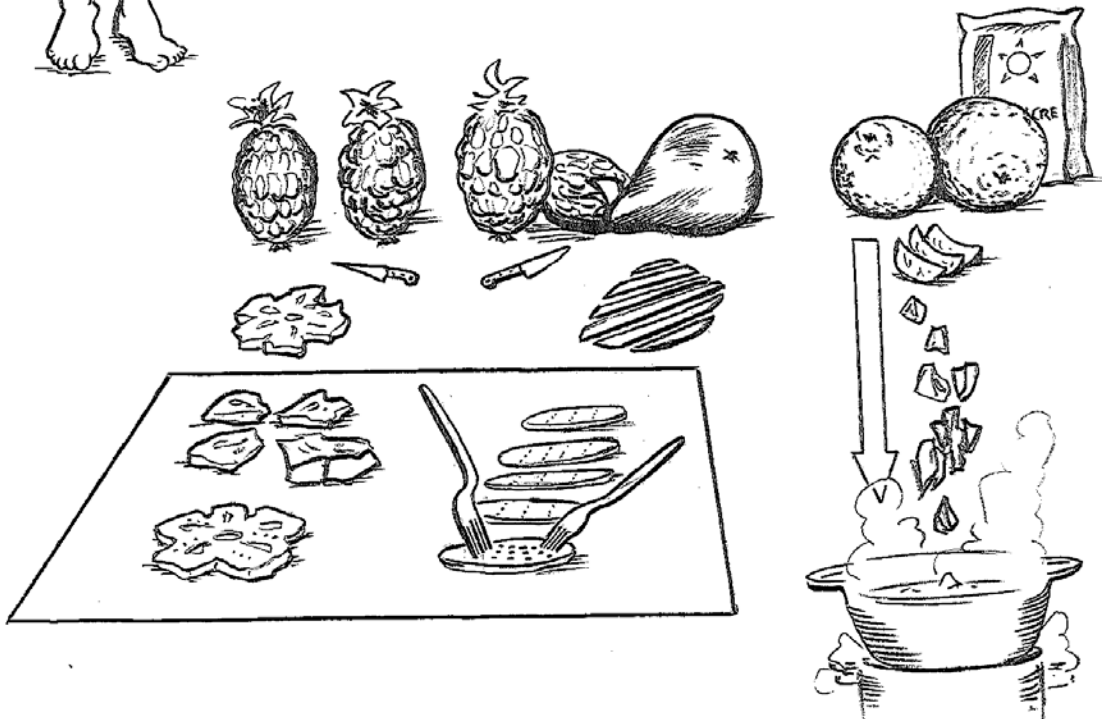
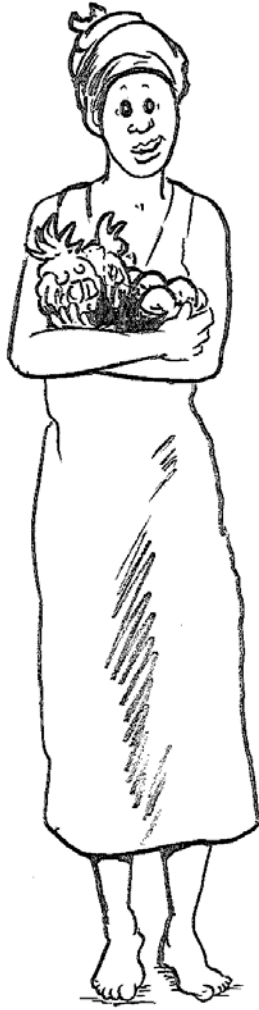
Loads of fruit suffer from the penury of means concerning the transport: whole crops rot on the spot.

A solution is to treat and preserve the fruits. How? This is shown in the video. The film describes the methods to dry fruits to preserve their nutritious value for nearly a year.

Another proposed solution is to prepare jam.



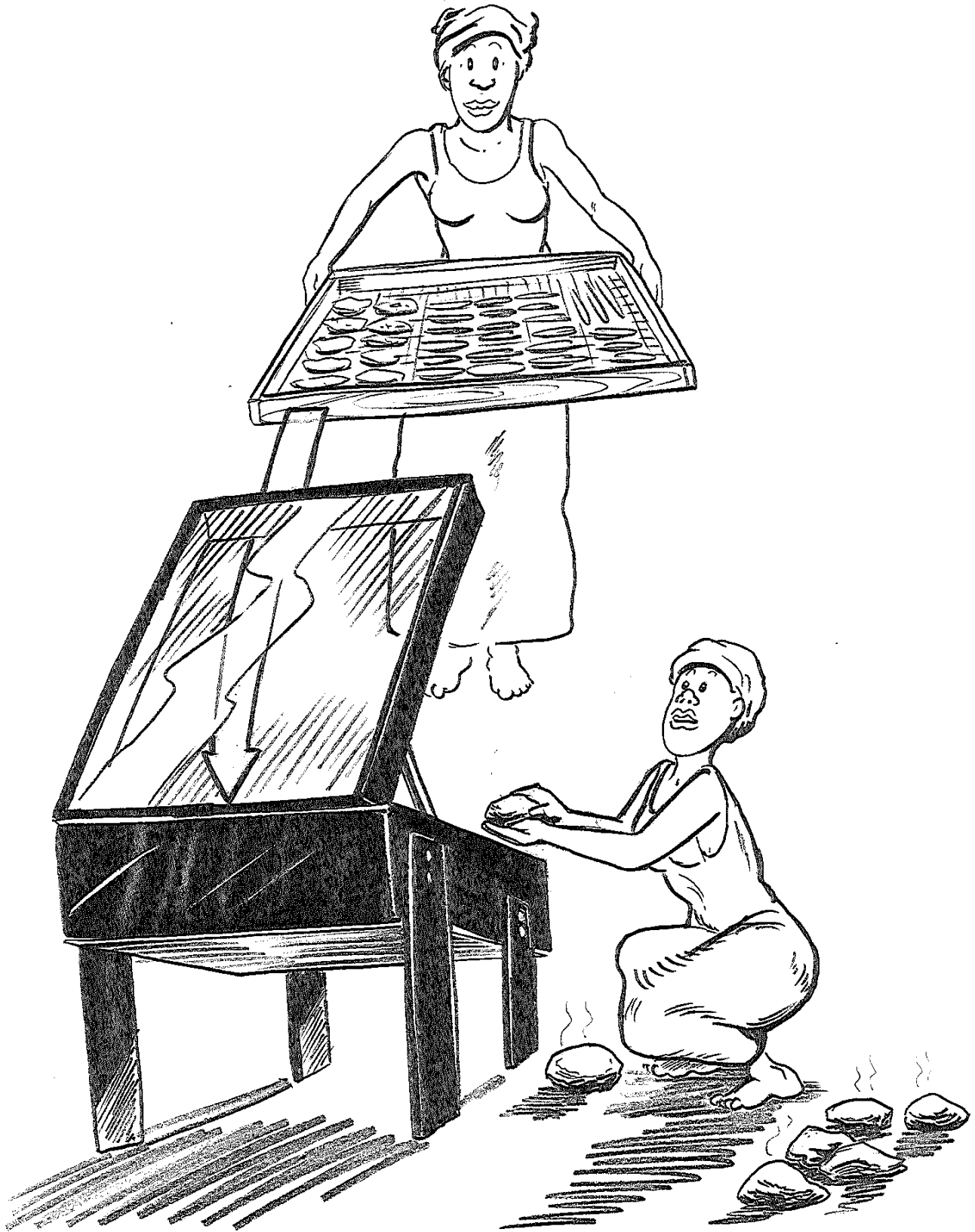
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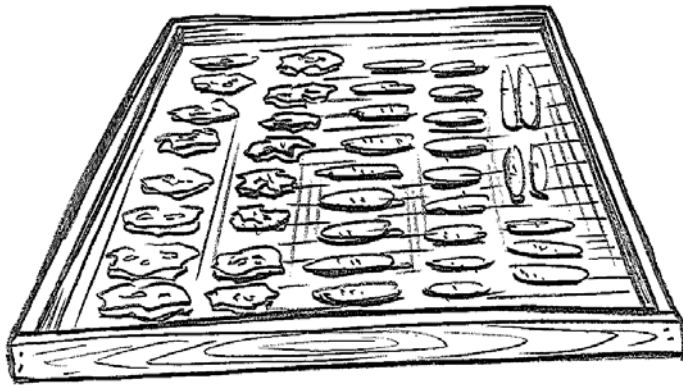
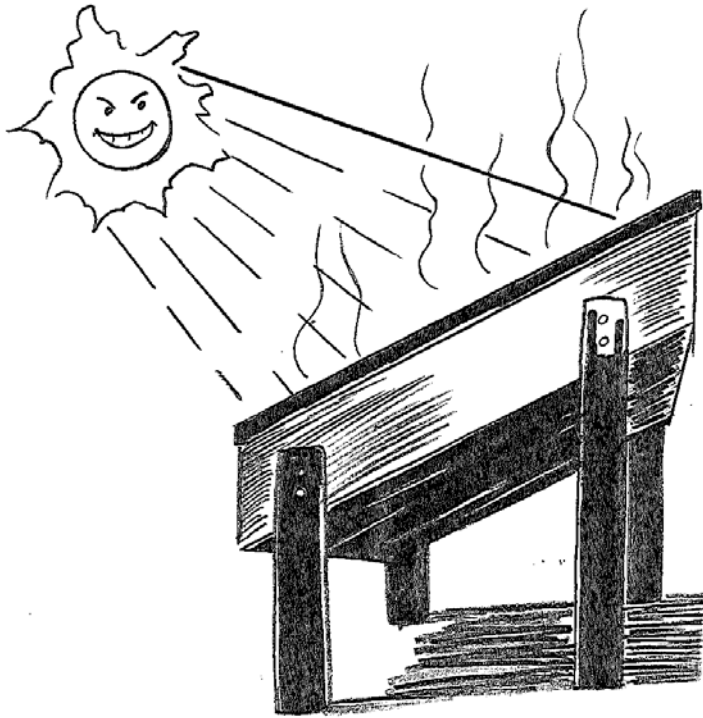
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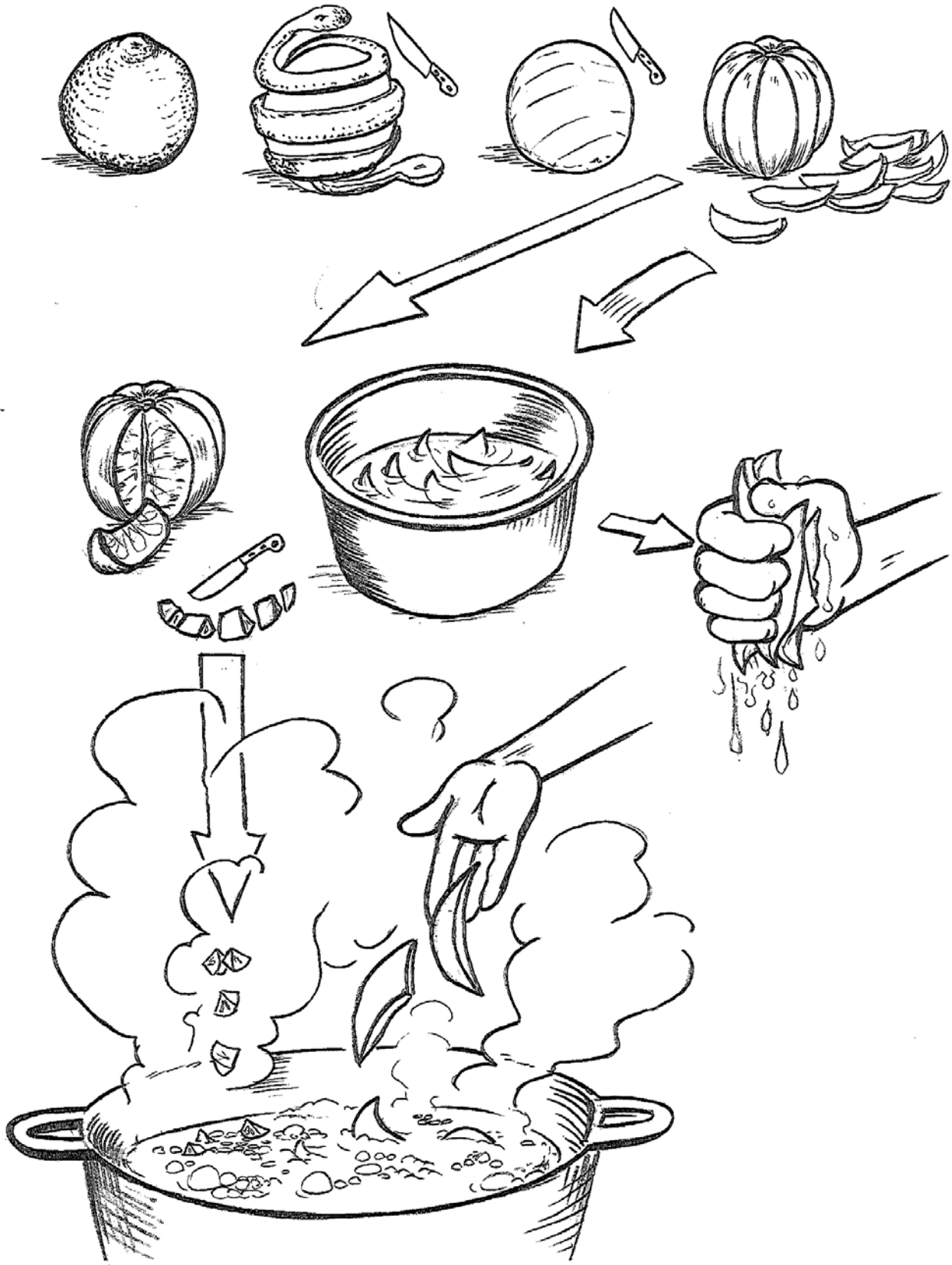
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Video FRUITS 1: Technical Information

Drying the Fruits

Hygiene is very important.

Clean the fruits, slice them and pierce them with a fork. Then spray syrup made with sugar and lemon on them to bring out the flavour.

Put the fruit slices side by side so they dry evenly.

Once the wire netting is covered with fruits, put them into the solar oven, a black wooden or metallic box which is covered with a pane of glass or a transparent plastic.

Big stones inside the box absorb the sun heat and increase the drying effect.

After three or four days the fruits will have dried and they keep their nutritious value. Dried fruits can be kept for almost a year.

Jam (Pineapple and Grapefruit)

The jam constitutes another possibility to convert and keep fruits.

To prepare one type of jam you can use three pineapples, two grapefruits and five 500 g bags of sugar.

Clean the fruits, peel them and cut them into small pieces.

Put the pineapple pieces into a big saucepan and add water and sugar.

Now, stir the mixture and put the saucepan on the fire.

While the mixture cooks, peel the grapefruits to get the white pith that is under the skin. Once soaked into water and wrung, this pith gives the jam both – a special taste and a jelly-like consistency.

After some time of cooking, in which the water can be reabsorbed, let everything cool down.

The jam is ready and can be filled into boxes.

Drying Fish

You can also dry fish. You just have to empty and clean the fish and add salt to it.

Then, let it sun-dry on a string. Dried fish can be kept for several months.

Video FRUITS 1: Text of Soundtrack

Harvest time has started on the Central Plateau – one of the main agricultural regions of Haiti. The fruit is picked, put into baskets, and transported to the large towns or markets where it is sold.

Unfortunately, the country lacks infrastructure. The roads are sometimes flooded, the vehicles are limited in number, and much of the harvest cannot be transported. It rots alongside the roads when it could, in fact, be processed on the spot.

For example, the nuns at Ondiasue preserve their fruit by drying it in the sun.

With the women from the village, they wash the fruit, peel it, cut it into slices, and place it on wire netting inside wooden frames.

The slices are placed side by side, so they dry evenly.

The same can be done with mangos. They are peeled, cut into thin slices and placed on wire netting. These solar ovens, made out of wood, are easy to make and repair. These women make a bit of money by selling this dried fruit.

Once the wire netting frames are covered with fruit, they are placed inside the solar ovens, which are large cases pointed towards the sun, and covered by a sheet of glass or transparent plastic.

After three or four days, the fruit is dried and keeps all its goodness.

The dried fruit can be kept for nearly a year until the next harvest – time to provide everyone with nutritious food, full of vitamins.

There is another possibility for processing fruit – this is to make it into fritters. The fruit is cut into thin slices, coated in a mixture of water and flour, and then fried in oil.

In Maissade, the organisation "Save the Children" has helped a group of women create a cooperative named "The Determined Women" where fifty or so women work drying fruit.

Hygiene is important: Here the women are very careful about hygiene. Fruit is washed and cut into slices.

It is then pierced with the help of a fork, and sprinkled with a syrup made of sugar and lemon to bring out all the flavour.

The fruit, coated in this syrup, is placed on the wire netting and then in the solar ovens – here painted in black.

Large stones are placed in these boxes to absorb the heat of the sun and increase the drying effect.

Three or four days later, the fruit is ready to be packed and sold as far away as Port-au-Prince, the capital. These women earn money through this activity and are proud of their work.

Jam is another way of processing and conserving fruit. In Cayes-Jacmel we meet Micheline. In the market she chooses her fruit.

To prepare her jam, she uses three pineapples, two grapefruits and five 500-g-packets of sugar.

She washes the fruit, peels it, and cuts it into small pieces. Nothing goes to waste.

She puts these pieces of pineapple into a big saucepan. Afterwards, she adds water and sugar.

She stirs the mixture and puts the saucepan on the fire. As the mixture cooks Micheline peels the grapefruit, not for their flesh, but for the white pith under the skin. Once it has been washed and dried this pith ensures that the jam has a good taste and a jelly-like consistency.

Once the water has been reabsorbed, she leaves the mixture to cool down. The jam is then ready. Micheline puts it into pots which she then sells in the market.

Haiti is not only a country of tropical fruit; it is also an island rich in fish. Fish can also be dried like fruit. To do this you simply have to gut the fish, clean it, salt it, and then dry it on a piece of string in the sun. It can be kept for months in this way.

Further Notes

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The Campaign Package

This Campaign Package has been developed and provided by the UNESCO-UNEVOC International Centre for Technical and Vocational Education and Training, Bonn, Germany. Its purpose is to facilitate the organisation of campaigns for mobilisation and motivation of young people, and for providing them with vocational orientation and guidance. The focus is on marginalised youth in the informal sector of least developed countries.

The package consists of eight components.

The current pilot version is being provided in English only. It will be evaluated in the field. Depending on the feedback that UNESCO-UNEVOC will receive, the package will be developed further.

The activities presented in this Campaign Package are not a guarantee of monetary success. The content is based on research, examples and advice from experts. Every attempt was made to ensure accuracy, and neither the authors nor the UNESCO-UNEVOC International Centre can be held responsible for incorrect information or changing circumstances.

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Booklets accompanying the Video Series "Learning and Working"

The video series was filmed in Haiti. We would like to express our special gratitude to the people of Haiti.

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