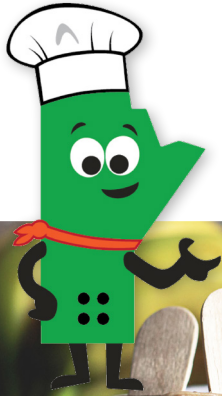


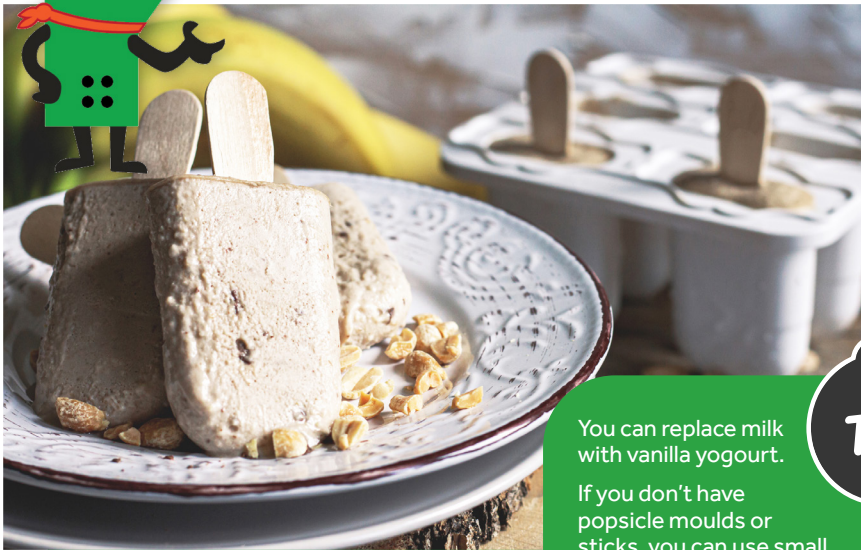
FAMILY ACTIVITIES & Recipes

Food gives your body the energy it needs to grow, play, and think. It is also an important part of celebrations, culture, science, math, geography, and much more. It can be fun to talk about food and learn about it in different ways. This booklet includes food and nutrition activities, ideas, and recipes. Have fun in the kitchen and use your creativity! Younger children may need to ask someone to help them with the recipes.



PEANUT BUTTER BANANA POPSICLES

Makes 6 servings



TIP

You can replace milk with vanilla yogourt.

If you don't have popsicle moulds or sticks, you can use small cups with spoons as the sticks, or an ice cube tray for bite-sized icy treats.

SUPPLIES



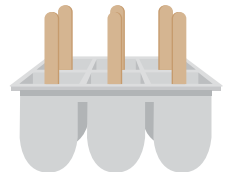
Measuring cups



Mixing bowl



Potato masher or fork



Popsicle mould and popsicle sticks

INGREDIENTS



1/2 cup peanut butter/alternative



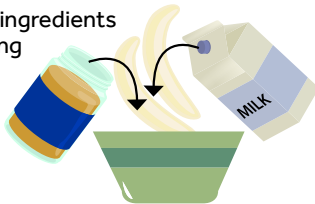
1/2 cup milk



1 or 2 ripe bananas

INSTRUCTIONS

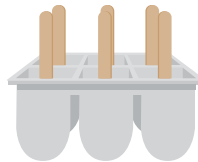
- 1 Place all ingredients in a mixing bowl.



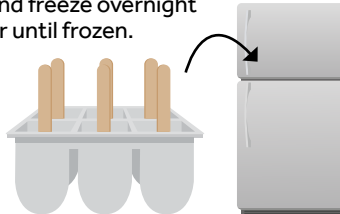
- 2 Mash and stir ingredients together until well blended (it's okay if there are a few banana lumps).



- 3 Carefully pour mixture into popsicle moulds and insert popsicle sticks.



- 4 Place in the freezer and freeze overnight or until frozen.



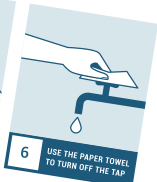
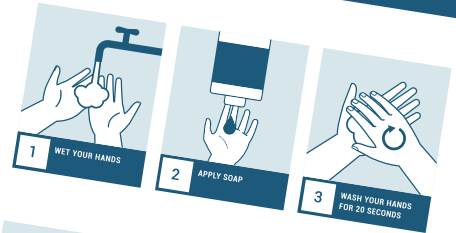
SETTING THE TABLE

On a piece of paper draw your own placement, showing where to place your dishes and utensils needed for a meal. Use this placemat when you help set the table. If you have a large resealable plastic bag, you can put your placemat inside so that you can wipe it off and reuse.

SAFETY FIRST!

Design a poster with pictures showing how to properly wash your hands before starting to cook in the kitchen.

HOW TO WASH YOUR HANDS



BREAKFAST SNACK PLATES



Make your own breakfast snack plate. This is a fun way to mix and match foods to create an assortment of foods to snack on for breakfast. Choose foods from each of the three categories to create your snack plate.

1 PROTEIN

Hard-boiled eggs



Hard cheese

Peanut butter/alternative

Hummus



Yogourt

Cottage cheese

Tuna salad

Nuts



Seeds

Roasted chickpeas



2 VEGETABLES AND FRUIT

Tomatoes

Cucumber

Celery

Carrots



Broccoli florets

Dried fruit

Apples

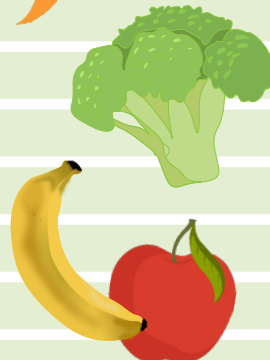
Bananas

Oranges

Berries

Melon

Canned fruit



3 WHOLE GRAINS

Crackers

Rice cakes

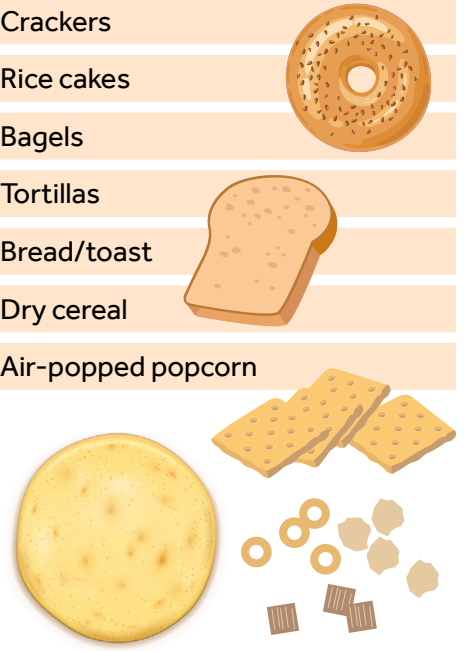
Bagels

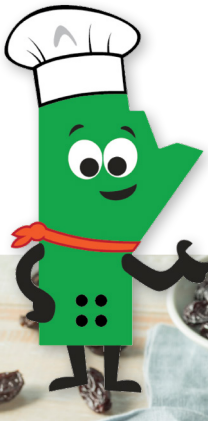
Tortillas

Bread/toast

Dry cereal

Air-popped popcorn





ANTS ON A LOG

Makes 1 serving



Younger children can spread the peanut butter/alternative and put on their own raisins.

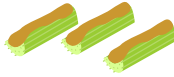
TIP

INSTRUCTIONS

- 1 Cut celery in 2- to 3-inch pieces or leave as a whole stalk.



- 2 Spread peanut butter/alternative onto each piece of celery.



- 3 Add raisins on top.



SUPPLIES



Butter knife or spoon

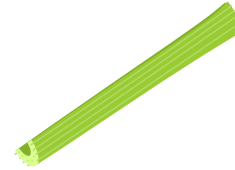


Cutting board



Knife

INGREDIENTS



1 stalk of celery



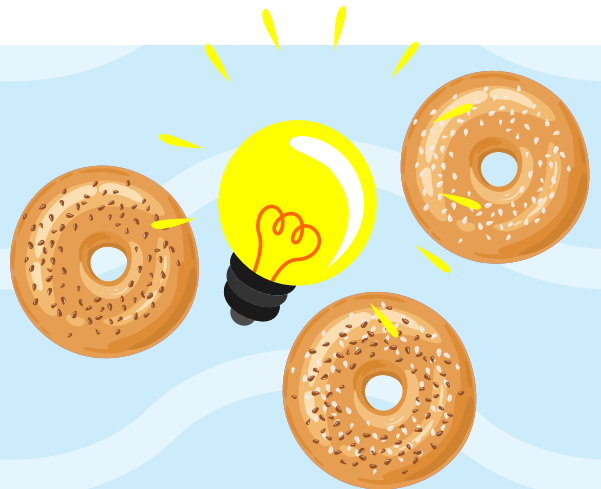
A few raisins



2 Tbsp peanut butter/
alternative

BUILD YOUR OWN BAGEL BRAINSTORM

Bagels come in many different flavours and varieties. Create your own unique bagel flavour (the crazier the better) and describe what ingredients you might need to make it.



BACK IN TIME FOR BREAKFAST

You are a host of a talk show called "Back in Time for Breakfast" and the guest this week is an older member of your family—parent, aunt/uncle, or grandparent. Viewers want to learn how breakfasts have changed over the years. Prepare questions ahead of time for your interview (see below for some ideas). Film yourself interviewing your family member (optional).

SAMPLE QUESTIONS:

- What time did you eat breakfast in the morning?
- Who made breakfast?
- What foods did you typically eat?
- Was breakfast different on the weekends? If so, what foods were eaten?
- Who did you eat breakfast with?

Compare this to what you eat now. Are the foods the same or different? Are there any foods you eat now that were not available back then? Are there foods they ate that you still eat today?



KEEP YOUR FOOD SAFE!

Some of the food included in this package may be a potential choking hazard for children under four years old.



Wash all surfaces and supplies before and after they contact food.



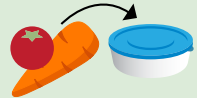
Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to carefully read the labels and ingredient lists on each package.



Rinse fresh fruits and vegetables under running water for 10 seconds.



Place rinsed produce in clean containers and not back into the original unwashed packaging.



Always wash your hands before you touch food. Wash for 20 seconds with warm water and soap.



Put leftovers in the refrigerator as soon as you finish eating and use them within the next 3 days. Only reheat leftovers once.

