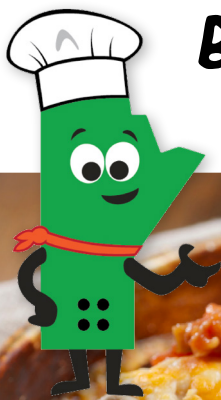


FAMILY ACTIVITIES & Recipes

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.



BREAKFAST ENCHILADAS



Makes 4 to 6 servings



TIP

This recipe can be scaled up or down, depending on how many enchiladas you want to make. Any leftovers can be stored in the fridge for 3 to 4 days or frozen for up to 2 to 3 months.

INSTRUCTIONS

- 1 Preheat the oven to 400°F. 
- 2 Chop vegetables so they are all about the same size (half-inch pieces). 
- 3 Coat vegetables in oil. 
- 4 Spread vegetables evenly on a baking sheet and roast for about 30 minutes or until tender. 
- 5 Mix roasted vegetables, rinsed black beans (optional), and ½ cup salsa (optional). 
- 6 Place filling into tortillas, sprinkle evenly with ½ cup cheese, and roll tightly. 
- 7 Place the rolled tortillas side by side in a baking dish. 
- 8 If using salsa, spread remaining ½ cup over the rolled tortillas. 
- 9 Sprinkle remaining cheese on top. 
- 10 Cover with foil and bake for 15 to 20 minutes or until it is heated through and the cheese is melted. 

SUPPLIES



Oven



Cutting board



Knife



Measuring spoons



Measuring cups



Baking sheet



Baking dish



Tin foil



Oven mitts

INGREDIENTS



2 cups chopped vegetables, such as onion, bell pepper, sweet potato, broccoli, corn, zucchini, or spinach



1-2 Tbsp oil, melted butter, or margarine



1 cup shredded cheese



4-6 whole wheat tortillas

OPTIONAL



1 cup salsa



1 14-oz can black beans, well rinsed

OUT OF THIS WORLD!

Use your imagination and think of a fruit that grows on a make-believe planet. What does it look like? How does it taste? How do they usually eat it? Is there a special way to cook it? How does it grow?



DINNER FOR BREAKFAST

Think outside the box when deciding what to have for breakfast. As long as your meal has a balance of nutritious foods to help you learn and play in the morning and it's tasty, then you are good to go! You don't need to choose only foods that are typical breakfast foods. Try dinner for breakfast!

HOMEMADE SOUP

Make your own soup including fresh or frozen vegetables, meat, beans or lentils, and pasta or rice.



PASTA

Make a pasta dish with tomato and vegetable sauce, and top with cheese.



HOMEMADE PIZZA

Make your own pizza with vegetables and cheese on top of a tortilla, pita, naan bread, bagel, or English muffin.



PASTA OR BEAN SALAD

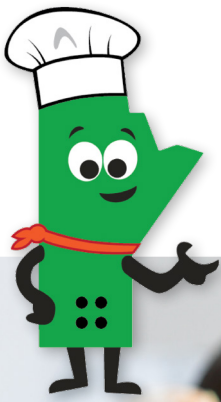
Make a cold pasta and bean salad. You can make it colourful with vegetables and dress it with oil and vinegar or salad dressing.



BAKED POTATO

Get creative with your baked potato toppings to make it a full meal. Try adding cooked vegetables, meat, or beans, and top with cheese.





CHEESE AND VEGETABLE WRAP

Makes 1 serving



TIP

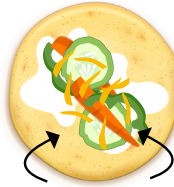
Adding hummus to your wrap will add extra protein and fibre, which will fill you up for longer.

INSTRUCTIONS

1 Chop vegetables into small pieces or strips.



3 Fold up the bottom, fold in each side, and roll your tortilla into a wrap.



2 Lay a tortilla flat and spread out cheese, vegetables, and sauce.



SUPPLIES

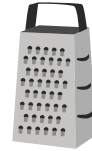


Cutting board



Knife

OPTIONAL



Grater

INGREDIENTS



1 cup fresh vegetables, such as lettuce, cucumber, bell pepper, shredded carrot, tomato, and onion

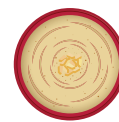


1 whole wheat tortilla



1/4 cup shredded or thinly sliced cheese

OPTIONAL

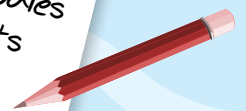


1 Tbsp of sauce such as hummus, mayonnaise, mustard, or salad dressing

THE INITIAL RECIPE

See how many delicious (or hilarious) recipe names you can create using your initials. First, choose an adjective (descriptive word) that begins with the first letter of your first name. Then choose foods that begin with the first letter of your middle name(s) and your last name. For example, if your initials were TNW, your recipe could be called "Tasty Nectarine Waffles" or "Terrific Noodles with Walnuts."

Tasty Nectarine Waffles
Terrific Noodles with Walnuts



GUESS THE PRICE

Play your own "The Price is Right" game at home. Use flyers or look online to get prices of different foods. Choose two different food items at a time and ask a friend/family member which is higher in price. The person who guesses the most food items correctly wins.



WHAT AM I?

1. I am a vegetable that looks like a cucumber, but don't be fooled. I am great in a stir-fry or soup. I can even be baked into cakes or muffins.

2. I grow in a pod on a vine and I'm a great snack. I can be different kinds, like sugar, snow, and snap. I can also be used in stir-frys and salads.

3. I am actually a red fruit, but you may have thought I was a vegetable. I also come in orange and yellow, and I can be called mini, cherry, grape, or roma. I am very popular, as I am found in many recipes.

4. I am a plant that comes up every year. You eat my long red stems, but not my leaves as they are not edible. I am actually a vegetable, but you use me like fruit in recipes for pies or jams. I am also very high in fibre!

5. Although I am a fruit, I am not sweet. I have thick skin and a hard pit. My flesh is green and mushy. People like to eat me on toast or mashed up for a tasty chip dip.

ANSWERS: 1. Zucchini 2. Pea 3. Tomato 4. Rhubarb 5. Avocado

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.



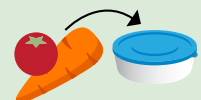
- Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to carefully read the labels and ingredient lists on each package.



- 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.

