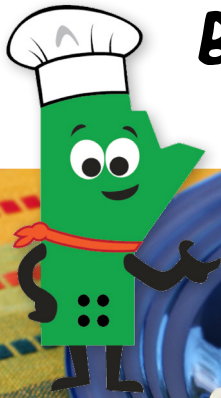


FAMILY ACTIVITIES & Recipes

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 BURRITO

Makes 1 serving

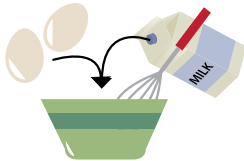


TIP

Get children involved! Children of all ages can roll up their own burrito.

INSTRUCTIONS

- 1** In a bowl, whisk together eggs and milk.



- 2** Stir in green onion, tomato, and salt and pepper (optional).



- 3** Add butter, margarine, or oil to a frying pan over medium-low heat.



- 4** Pour egg mixture into the frying pan and gently stir with a spatula until cooked through (so there is no more runny egg mixture).



- 5** Sprinkle with cheese and cook until the cheese is melted (optional).



- 6** Remove the egg and vegetable mixture from the frying pan and place onto a tortilla.



- 7** Roll up into a burrito.



SUPPLIES



Stovetop



Cutting board



Knife



Measuring spoons



Measuring cups



Bowl



Fork or whisk



Spatula



Frying pan

INGREDIENTS



2 large eggs



1 Tbsp milk



1/2 cup diced tomato



1/4 cup chopped green onion



1 whole wheat tortilla

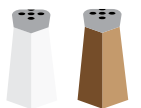
OPTIONAL



1 tsp butter, margarine, or oil



Shredded cheese



Pinch of salt and pepper

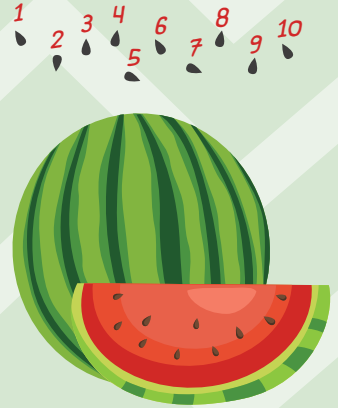
FROM ANOTHER WORLD

You have met an alien from another planet. The alien tells you they have never heard of "breakfast." How would you tell the alien what breakfast is? What foods would you suggest they try at this meal? Describe your favourite breakfast to them—using your senses such as taste, colour, smell, and appearance.



SEED COUNTING

Find a food in your house that has seeds in it, such as a tomato, apple, orange, cucumber, bell pepper, or watermelon. How many seeds do you think there are? Before eating the food or using it in a recipe, count how many seeds it has. Was it more or less than you thought?



GETTING KIDS INVOLVED!

Children of all ages can be great helpers in the kitchen, while building their skills and interest in food. Use the lists below as a guide for getting children involved in the kitchen. Check each task off after they have tried it! Add to the list as you try new tasks.

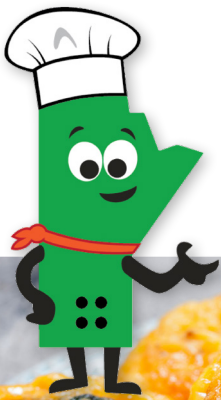
YOUNGER CHILDREN (3-5) CAN HELP WITH

- rinsing fruits and vegetables
- adding ingredients to a recipe
- measuring ingredients
- stirring ingredients in a bowl
- cracking an egg
- making decisions about changes to make to a recipe
- assembling their own meal or snack
- _____
- _____
- _____

OLDER CHILDREN (6 AND UP) CAN HELP WITH EVERYTHING ABOVE, AS WELL AS WITH

- reading a recipe
- using small kitchen appliances such as a blender or toaster (with assistance)
- using a knife on soft and easy-to-cut foods (with assistance)
- deciding which foods to have with a meal or snack
- using a can opener
- making a grocery list
- helping put the groceries away
- washing dishes
- _____
- _____
- _____





EGG AND VEGETABLE MUFFINS

Makes 12 muffins



TIP

Try putting muffin liners in the muffin tin to make the egg muffins a grab-and-go snack.

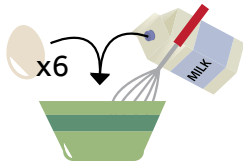
Leftovers can be stored in the fridge for 3 to 4 days or frozen for up to 2 to 3 months.

INSTRUCTIONS

- 1 Preheat the oven to 350°F.



- 2 Add egg and milk to a bowl and whisk together.



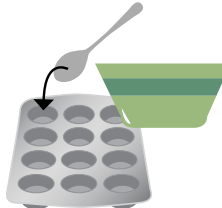
- 3 Stir in vegetables, cheese (optional), and salt and pepper (optional).



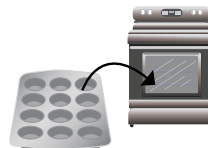
- 4 Rub each muffin tin with butter, margarine, or oil (this will make the egg muffins easier to remove after baking).



- 5 Spoon egg and vegetable mixture into a muffin tin. Fill each cup approximately 3/4 full.



- 6 Bake for 20 to 25 minutes or until cooked through.



SUPPLIES



Cutting board



Knife



Fork or whisk



Bowl



Measuring spoons



Measuring cups



Muffin tin



Spoon

INGREDIENTS



6 eggs



1/2 cup milk



1 cup diced or shredded vegetables such as bell pepper, onion, broccoli, spinach

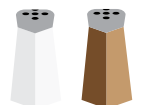
OPTIONAL



2 tsp butter, margarine, or oil



1/4 cup shredded cheese



Pinch of salt and pepper

REFRESHING MENU

A local restaurant would like you to develop a new flavoured water drink for their menu. You can use any fruit, vegetable, herb, or spice to flavour your water and ice cubes or to use as a garnish. What will your drink be called? What are the ingredients? Develop a sign that will go outside on the menu board to promote your drink. Add a sketch to show what it will look like.



SEASONAL FAVOURITES



Many different types of vegetables and fruits can be grown in Manitoba. Some are in season in the summer, some in the fall, and some are in season in both summer and fall. Guess when these fruits or vegetables are in season in Manitoba. Draw a line from each fruit or vegetable to the season.

- STRAWBERRIES
- SASKATOON BERRIES
- APPLES
- PEARS
- CARROTS
- CUCUMBER
- ASPARAGUS
- POTATOES
- PUMPKINS
- RHUBARB
- BRUSSEL SPROUTS
- ZUCCHINI



ANSWERS: Strawberries: Summer and fall, Carrots: Summer and fall, Cucumbers: Summer, Apples: Summer and fall, Pears: Summer and fall, Zucchini: Summer and fall, Brussel sprouts: Fall, Potatoes: Fall, Pumpkins: Fall

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.



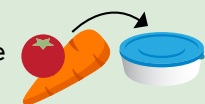
- Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to carefully read the labels and ingredient lists on each package.



- 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.

