

FAMILY ACTIVITIES & Recipes

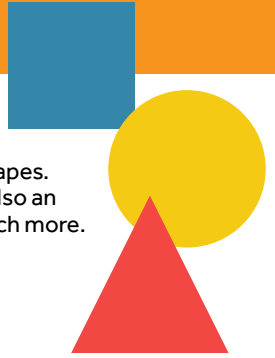
EXPLORING SHAPES

In this booklet, we are going to explore the many shapes of our foods through fun food and nutrition activities, ideas, and recipes.

It can be fun to talk about food and to learn about it as we explore using shapes. Food gives your body the energy it needs to grow, play, and think, and it's also an important part of celebrations, culture, science, math, geography, and much more.

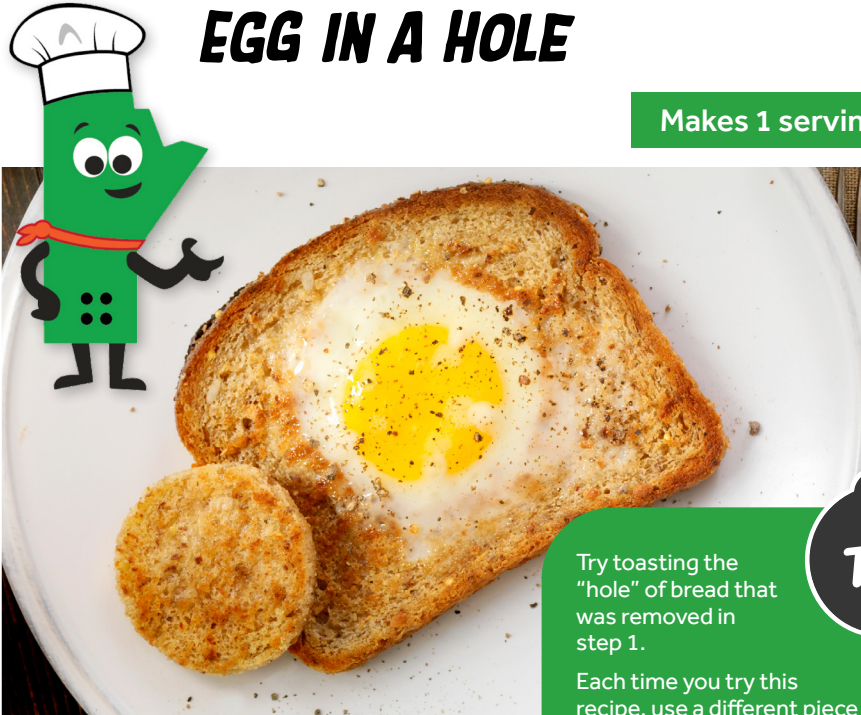
Have fun in the kitchen and use your imagination and creativity!

Younger children may need to ask someone to help them with the recipes.



EGG IN A HOLE

Makes 1 serving



TIP

Try toasting the "hole" of bread that was removed in step 1.

Each time you try this recipe, use a different piece of kitchen equipment or cut the bread in a different way to make a unique shape in the middle.

SUPPLIES

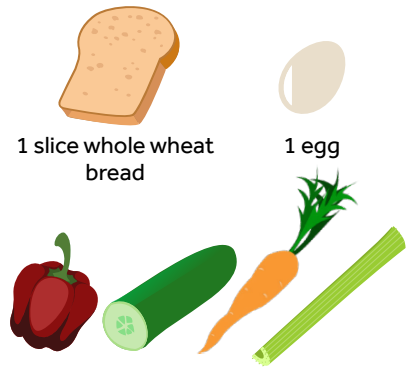


Knife, cookie cutter, or cup

Spatula

Frying pan

INGREDIENTS



1 slice whole wheat bread

1 egg

1/2 cup sliced vegetables, such as bell pepper, cucumber, carrots, and celery

OPTIONAL



1 tsp butter, margarine, or oil

Salt and pepper

INSTRUCTIONS

- 1 Cut a hole in the middle of a piece of bread, using a knife, cookie cutter, or cup. Save the circle of bread to serve on the side.



- 5 Cook until the egg starts to harden and is no longer runny. Flip over using a spatula.



- 2 Heat a frying pan over medium heat; add butter, margarine, or oil (optional).



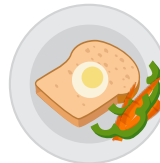
- 6 Cook until the bread is toasted and until the egg is cooked.



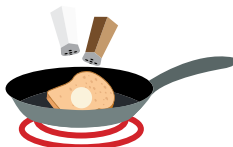
- 3 Place the piece of bread in the frying pan and crack an egg into the hole in the centre.



- 7 Serve with sliced vegetables.

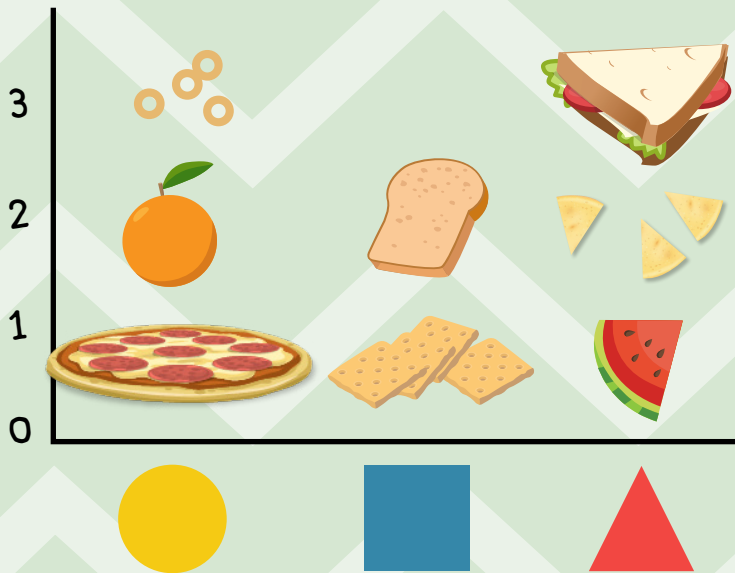


- 4 Sprinkle salt and pepper over the egg (optional).



ALL SHAPES AND SIZES!

Foods come in all shapes and sizes. What is the most common shape for the foods that you like to eat? Make a chart or table to help count. Create a chart by listing or drawing all the foods you can think of for each shape.



SILLY STORIES

Create your own fill-in-the-blank story about a friend or family member making their favourite recipe.



STEP 1:

Ask what their favourite recipe is and how to make it.

Here are some ideas: Why is this their favourite? Where did they learn to cook it? Where did they get the ingredients? What is a special memory they have about this recipe?

STEP 2:

Write a story but with some missing nouns (person, place, or thing), verbs (action words), and adjectives (descriptive words).

STEP 3:

Have friends or family members fill in the missing words before reading the story to see how silly the recipe story can be.

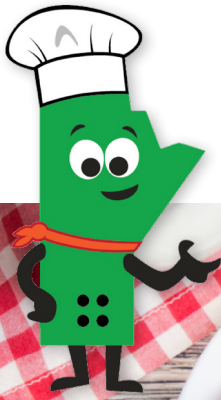
LEARNING FROM OTHERS!

One of the best ways to learn about food and cooking is by watching friends and family! There are so many opportunities to learn from each other to make meal times fun and enjoyable.

Here are some ideas:

- ✓ Sit down to eat together.
- ✓ Discuss the taste, texture, colour, and/or shape of different foods.
- ✓ Prepare a recipe together.
- ✓ Menu plan or go grocery shopping together.
- ✓ Share stories about food and cooking.





EGG AND BANANA PANCAKES

Makes 2 pancakes



TIP

If mashing berries, use a clean fork, and not the one that mixed the raw egg.

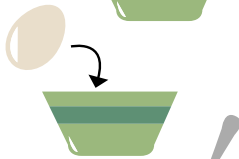
Try topping with peanut butter and half a banana cut into thin slices.

INSTRUCTIONS

1 Mash the banana with a fork.



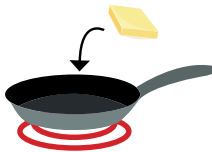
2 Add 1 egg.



3 Stir the banana and egg together until well mixed.



4 Heat a frying pan over medium heat; add butter, margarine, or oil (optional).



5 Pour the egg mixture into a frying pan, making 2 pancakes.



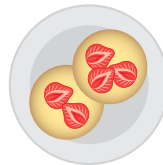
6 Cook until the edges start to firm up and the bottom is light brown.



7 Flip the pancakes using the spatula and cook until done.



8 Top with chopped or mashed fruit (optional).



SUPPLIES



Bowl



Fork



Spatula



Frying pan

INGREDIENTS



1/2 ripe banana



1 egg

OPTIONAL



1 tsp butter, margarine, or oil



Finely chopped or mashed fruit, such as berries or peaches for topping

FOOD CONTAINER SHAPE ART

Not only do foods come in different shapes, so do their containers. Next time you finish a container of food, before you recycle it, save it for this activity. Use the containers to create shape art. Trace around the containers to draw shapes. Can you put the shapes together to make a picture?



FIND YOUR FOOD

See if you can find and circle the round foods listed below.

- apple
- bagel
- bun
- cake
- egg
- grape
- meatball
- melon
- pancake
- peach
- pumpkin
- radish
- rice
- tortilla



E	P	I	O	H	H	C	A	K	E	M	B	J	M	E
V	L	U	K	E	S	X	W	R	J	R	H	E	A	E
E	O	P	A	E	A	I	S	Y	E	M	A	L	O	L
S	T	H	P	B	L	N	D	L	R	T	U	R	W	P
M	G	J	M	A	L	E	G	A	B	I	I	F	Z	E
K	H	N	D	A	I	J	G	A	R	N	H	N	E	G
P	P	G	Q	C	T	B	L	G	E	U	D	C	P	R
H	C	A	E	P	R	L	A	P	M	B	I	Z	U	A
U	F	Z	W	W	O	P	G	G	S	R	S	S	M	P
A	U	M	A	G	T	S	W	E	E	L	S	F	P	E
Q	N	R	D	N	L	X	W	Z	O	L	Z	X	K	Y
Q	P	B	O	X	M	O	Z	G	L	A	H	O	I	P
X	H	L	L	I	J	S	E	G	Z	N	I	H	N	W
O	E	F	Y	E	R	P	A	N	C	A	K	E	L	K
M	K	D	I	Q	L	R	J	G	P	Q	K	K	D	A

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.



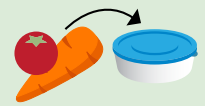
Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to read the labels and ingredient lists on each package carefully.



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.

