

FAMILY ACTIVITIES & Recipes

COLOURFUL RAINBOW OF FOODS

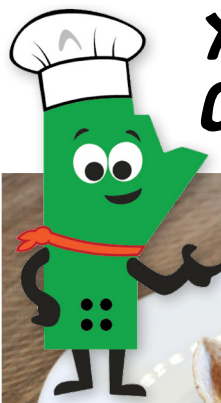


In this booklet, we are going on an adventure through the colourful rainbow of foods, using fun food and nutrition activities, ideas, and recipes. Food is colourful, which makes it so much fun to talk and learn about.

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.



YOGURT & FRUIT TORTILLA CUPS

Makes 1 to 2 servings



TIP

To make folding the tortilla easier, you can try putting it in the microwave for 5 to 10 seconds first.

You could coat the inside of the tortilla with a little bit of oil, sugar, and cinnamon before baking.

SUPPLIES



Muffin tin or small oven-safe bowl or dish



Spoon



Oven

INGREDIENTS



2 small whole wheat tortillas



4 Tbsp yogurt



1/4 cup fresh, frozen, or canned fruit

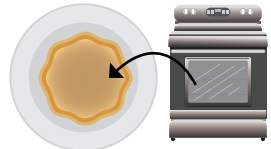


INSTRUCTIONS

1 Preheat the oven to 375°F.



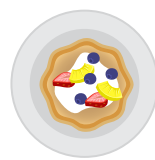
4 Remove from the oven and let cool.



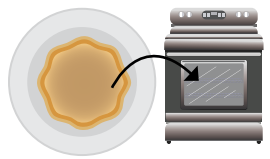
2 Fold each tortilla into a muffin-tin hole to make a small cup shape. You can also bake each tortilla in a small oven-safe bowl or dish.



5 Once cooled, add yogurt in the bottom of the cup and top with fruit.



3 Bake for approximately 10 minutes or until the tortillas are golden brown and hold their shape.



RAINBOW FRUIT BOWL

Draw and colour different fruits to fill the fruit bowl. Try to choose fruits of different colours so that you have every colour of the rainbow in your bowl!



PLAN A PICNIC!



What food would you pack? Can you think of a food of every colour to bring?

How would you pack food to keep it safe?

What utensils or equipment would you need?

Where would you go to eat and what would you eat on?

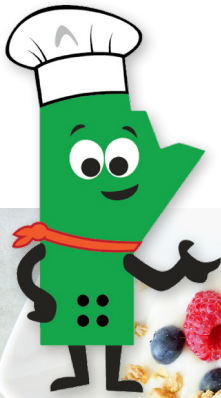
EATING TOGETHER!

Eating is about fueling our bodies, but it can also be about so much more. Eating together with friends and family can help us all connect and spend valuable time together. Eating together doesn't have to be at a particular time or place. There are many different ways to enjoy a meal or snack together.

Different ways to enjoy a meal or snack with family and friends:

- ✓ in a park
- ✓ at the beach
- ✓ at a picnic table
- ✓ under a tree
- ✓ on the front step
- ✓ on a blanket on the floor
- ✓ virtually with friends and family
- ✓ in a fort
- ✓ sitting at the counter





BREAKFAST BANANA SPLIT

Makes 1 to 2 servings



TIP

Use half a banana, cut lengthwise, for a smaller portion.

If possible, try to use a different colour of fruit for each spoonful of yogurt.

INSTRUCTIONS

1 Cut the banana in half lengthwise.



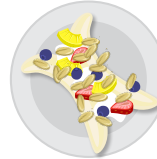
4 Cut fruit into bite-size pieces and sprinkle on top of each spoonful of yogurt.



2 Place the banana on a plate.



5 Sprinkle with granola or crushed cereal (optional).



3 Top the banana with 3 spoonfuls of yogurt.



SUPPLIES



Cutting board



Knife



Plate



Spoon

INGREDIENTS



1 banana



1/2 cup yogurt



3 Tbsp fresh, canned, or frozen fruit such as pineapple, peach, blueberries, kiwi, or strawberries

OPTIONAL



granola or crushed cereal

I SPY

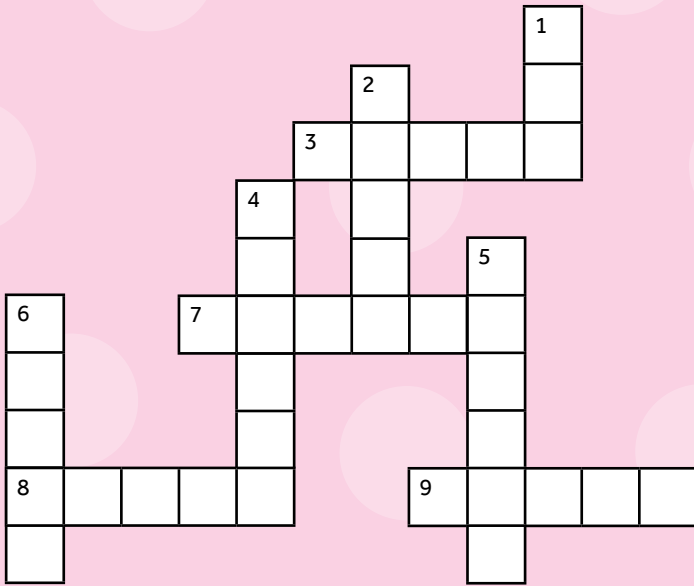
At your next meal, challenge your friends or family to a game of I Spy. In your head, choose a food that you see at the table. Say "I spy with my little eye something that is...." and say what colour it is. For example, I spotted lettuce in my grandma's sandwich, so I say "I spy with my little eye, something that is green" and everyone has to guess which food I spied. Take turns being the spy. How many different colours did you spy?



COLOURFUL CROSSWORD

WHAT COLOUR AM I?

Use the hints to find the colours of each food to complete the crossword.

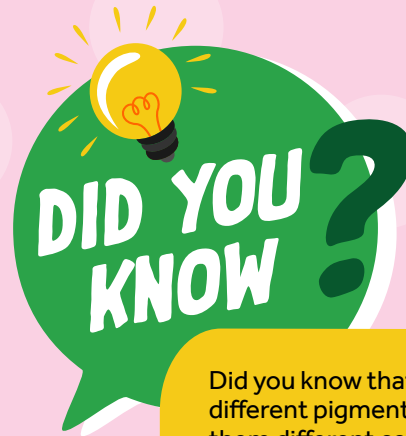


DOWN

1. Chickpea
2. The top of a carrot
4. Cabbage
5. A box of cereal
6. Chocolate cake

ACROSS

3. Stalks of celery
7. Cheddar cheese
8. Cauliflower
9. Inside a cantaloupe



Did you know that foods have different pigments that make them different colours? They also have different nutrients that play an important role in our bodies. That's why it is important to eat many different colours of foods.

ANSWERS: 1. tan 2. green 3. green 4. purple 5. yellow 6. brown 7. orange 8. white 9. coral

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.



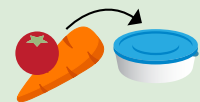
- Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to read the labels and ingredient lists on each package carefully.



- 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.

