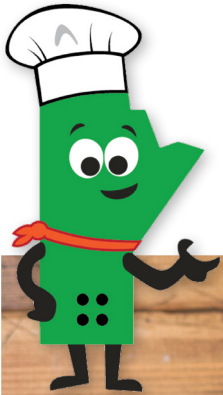


# FAMILY ACTIVITIES & Recipes

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.



## MORNING BREAKFAST PIZZA

Makes 1 serving



### TIP

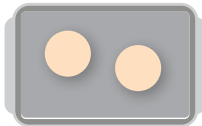
Younger children can separate the muffin halves and rinse tomatoes under running water for 10 seconds. Once diced and grated, they can add the tomatoes and cheese to the muffin halves.

## INSTRUCTIONS

- 1 Preheat the oven to 375°F.



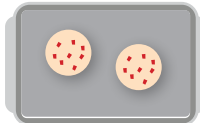
- 2 Place the English muffin on the baking sheet cut-side up.



- 3 Cut tomatoes into bite-size pieces.



- 4 Add tomatoes onto each muffin half.



- 5 Top with shredded or thinly sliced cheese.



- 6 Bake for 10 minutes in the preheated oven, or until the cheese is melted.



## SUPPLIES



Baking sheet



Knife



Cutting board

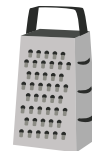


Oven mitts



Oven

### OPTIONAL



Grater

## INGREDIENTS



1 English muffin  
(can also use  
bagel or tortilla)



1/4 cup diced  
tomato



1/4 cup shredded or  
thinly sliced cheese

# COOKING WITH FRACTIONS

What is a smaller size: 1/4 cup or 1/2 cup? If you have a set of measuring cups, use them to find your answer. Put the cups in order from smallest to largest.



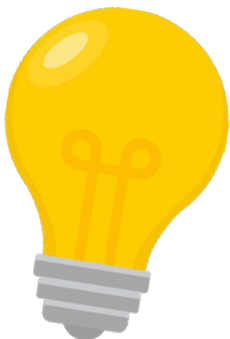
Did you know that 4 tablespoons equal 1/4 cup? If you have measuring spoons and measuring cups, try it out using water! How many teaspoons in a tablespoon?

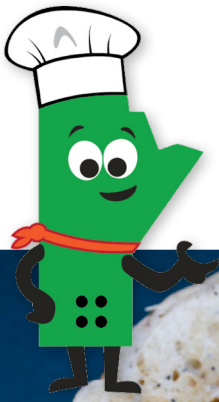


# BREAKFAST BRAINSTORM

Here are some quick breakfast ideas.

- 1 Banana wrap made with banana, peanut butter/alternative, and whole grain tortilla
- 2 Yogourt parfait made with frozen berries, yogourt, and granola topping
- 3 Whole grain toast with warm baked beans and cherry tomatoes
- 4 Snap peas, sliced cucumber, and mini-carrots with cereal and milk
- 5 Instant oatmeal with raisins, cinnamon, and milk
- 6 Pear, sliced hard cheese, and whole grain toast
- 7 Apple, toasted bagel, and boiled egg
- 8 Whole wheat tortilla with tomato, lettuce, and cheese
- 9 Celery with peanut butter/alternative, and raisins with toasted English muffin
- 10 Cucumber and cheese on a whole wheat bagel
- 11 Sliced apple and cheese on whole wheat toast
- 12 Cheese quesadilla with salsa





# CUCUMBER SUSHI

Makes 1 serving



## TIP

You could also stuff the cucumber with celery, bell pepper, green onion, avocado, or radishes.

You could make a dip for your sushi using salad dressing.

## INSTRUCTIONS

**1** Cut peeled carrot lengthwise into matchstick-size pieces.



**2** Cut cheese lengthwise into matchstick-size pieces.



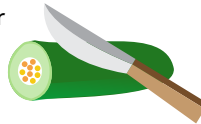
**3** Remove seeds from the middle of the cucumber with a teaspoon to leave a small hole in the centre. Depending on the length of the cucumber, it might be easier to cut 2 or 3 smaller pieces.



**4** Stuff the inside of the cucumber with carrot and cheese pieces until the centre is filled.



**5** Slice cucumber into pieces about 3/4 to 1 inch thick.



**6** Serve with toasted bagel, English muffin, or bread.



## SUPPLIES



Knife



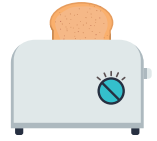
Cutting board



Teaspoon



Vegetable peeler



Toaster

## INGREDIENTS



1/4 carrot



Slice of cheese 1/4-inch thick



1/2 cucumber



Whole wheat bagel (or English muffin or bread)

## TRICKY CUPS

Which one has more? Choose a short, wide cup and a tall, narrow cup. Any cup can be used.

Which one do you think will hold the most water? Fill each cup with the same amount of water (use a measuring cup to make sure). Ask a friend or family member which cup they think has more water. Did the size of the cup trick them?



## MYSTERY WATER

Water is a great drink to quench your thirst. Pour water into 3 glasses. Add a different slice of fruit or vegetable (like apple, lemon, orange, cucumber) to each glass. Let it sit for a few minutes. Close your eyes and taste each one. When you drink it, can you guess which fruit or vegetable was added? Which one is your favourite flavour?



## MEALTIME MANAGER

Create a mealtime checklist, listing all the duties involved with eating meals with your family. Who is responsible for each one? Create a chart that lists the days of the week and the duties for each family member.

Examples of duties:

- make a meal plan and grocery list
- help prepare the meal
- set table
- make table decorations
- let everyone know the meal is ready
- clear table
- wipe table
- wash dishes/load dishwasher
- put away clean dishes

### Mealtime Manager

Duties	S	M	T	W	Th	F	S
Make a meal plan and grocery list							
Help prepare the meal							
Set table							
Make table decorations							
Let everyone know the meal is ready							
Clear table							
Wipe table							
Wash dishes/load dishwasher							
Put away clean dishes							

## 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.



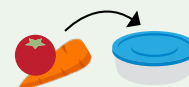
- Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to carefully read the labels and ingredient lists on each package.



- 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.

