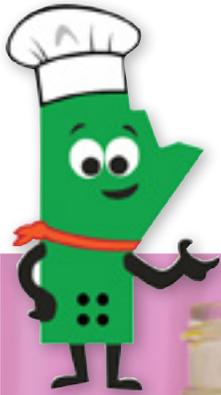


FAMILY ACTIVITIES & Recipes

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.



LAYERED YOGOURT PARFAIT

Makes 1 serving



If you use a clear glass or bowl, you will be able to see the layers of the parfait.

TIP

SUPPLIES



Glass or bowl for serving



Spoon



Measuring cups

INGREDIENTS



1/2 cup chopped fruit



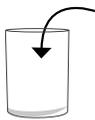
1/2 cup vanilla yogurt



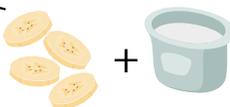
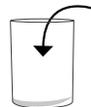
1/4 cup crushed cereal

INSTRUCTIONS

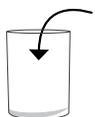
1 Add 1/4 cup of chopped fruit.



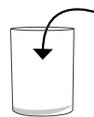
4 Repeat steps 1 and 2.



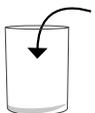
2 Place 1/4 cup of yogurt on top.



5 Top with all cereal left over.



3 Add 2 spoons of crushed cereal.



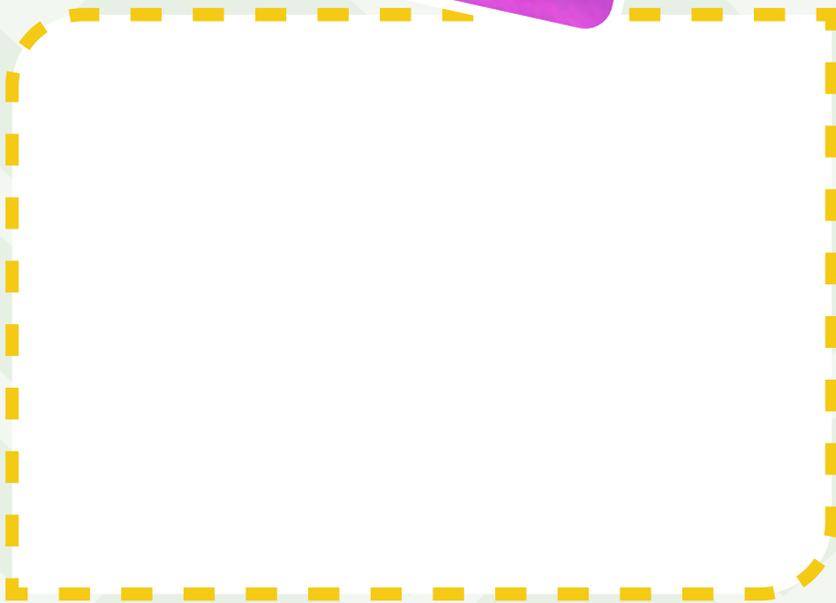
PERFECT PARFAIT

If you were to make your own unique yogurt parfait creation, what would it look like? What flavour of yogourt would you choose? What fruits would you add? What would you add for crunch?



SELL IT!

Make an advertisement for your parfait creation in the space provided. What would you name your parfait?



DIY: MAKE IT WITH YOGOURT

Yogourt is great for baking and cooking, snacks, and breakfasts!



SMOOTHIES

Add yogourt to smoothies for a creamier texture and more flavour.



YOGOURT POPSICLES

Add yogourt and chopped fresh or frozen fruit to a popsicle mould, and freeze.



YOGOURT DIP FOR FRUIT

Mix vanilla yogourt, peanut butter/wowbutter®, or cinnamon.



YOGOURT SAUCE FOR PANCAKES AND FRENCH TOAST

Mix yogourt and cinnamon. If you want a thinner consistency, stir in a small amount of milk.



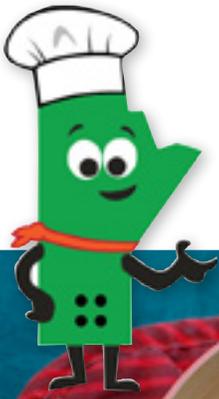
TOPPING FOR OATMEAL

After oatmeal is cooked, top with a spoonful of yogourt for added calcium and protein.

GET KIDS IN THE KITCHEN!

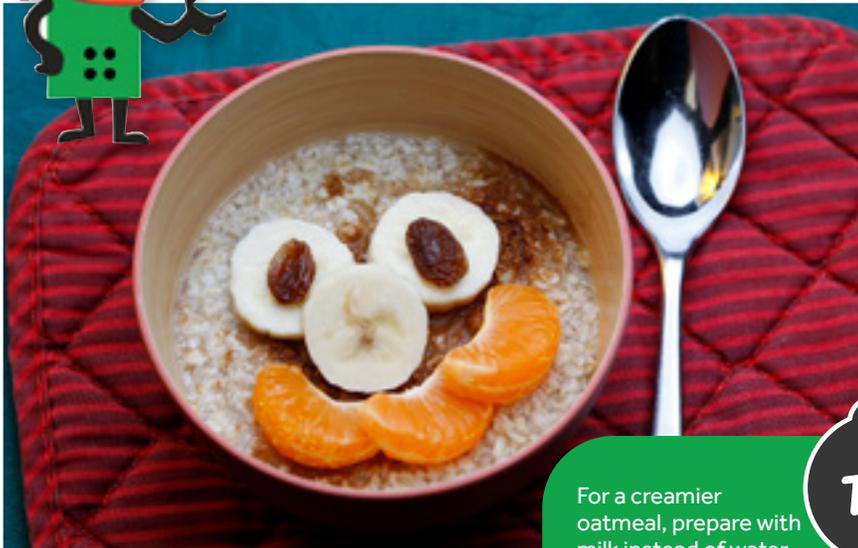
There are lots of great reasons to cook with kids! When cooking with younger children, give yourself more time than you would need to make a recipe on your own.

TIP



FRUITY OATMEAL

Makes 1 serving



SUPPLIES



Kettle OR pot to boil water



Cutting board

Knife

TIP

For a creamier oatmeal, prepare with milk instead of water. This will also increase protein and calcium.

Keep your food safe! Rinse fruit under running water for 10 seconds before cutting. This is a great task for younger children to help with.

INSTRUCTIONS

1

Prepare oatmeal using packet instructions.



2

Sprinkle with cinnamon (optional).



4

Sprinkle with raisins.



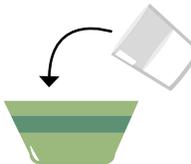
3

Cut pieces of fruit and add to the top of the prepared oatmeal.



5

Add milk (optional).



INGREDIENTS



1 packet oatmeal

3/4 cup water OR milk (to prepare oatmeal)



A few pieces of orange and banana



A few raisins

OPTIONAL



Dash of cinnamon

1/4 cup milk

COLOURFUL BREAKFAST

How many different colours were in your breakfast this morning? What foods could you include with your breakfast to add more colour?



RAINBOW FOOD

In the space provided, draw a picture of a meal that has every colour of the rainbow in it.



A MANITOBA MYSTERY

Did you know that there is a hot cereal that was created in 1924 in Manitoba? It's a blend of cracked wheat, rye, and flaxseed. To reveal the name of this cereal, answer the following questions. Take the first letter of each answer and fill in the blank spaces below.



1 Fruits and vegetables need to be _____ before they are ready to eat. Otherwise, they can be too bitter, sour, or hard.

6 Potatoes, carrots, and beets are _____ that grow in the ground.

2 This food can be boiled, scrambled, poached, or used in baking: _____

7 A(n) _____ muffin is flat, not sweet, and usually sliced in half and served with a fried egg and cheese in the middle. (Hint: It's named after the country it's from.)

3 Milk, cheese, and yogurt are types of _____ products.

4 If you let oil or nuts go bad, they will be _____.

8 A dried grape: _____

5 A dessert made by churning cream in a canister surrounded by ice and salt: _____

HIDDEN MESSAGE: _____

ANSWERS: 1. ripe 2. egg 3. dairy 4. rancid 5. ice cream 6. vegetables 7. English muffin 8. raisin
HIDDEN MESSAGE: Red River

KEEP YOUR FOOD SAFE!

- Some of the food included in this package may be a potential choking hazard for children under four years old.
- 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.
- Always wash your hands before you touch food. Wash for 20 seconds with warm water and soap.
- Wash all surfaces and supplies before and after they contact food.
- 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.
- Put leftovers in the refrigerator as soon as you finish eating and use them within the next 3 days. Only reheat leftovers once.

