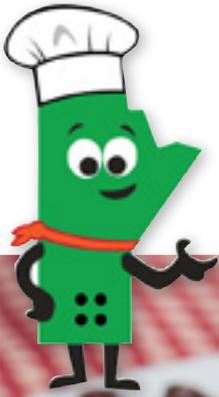


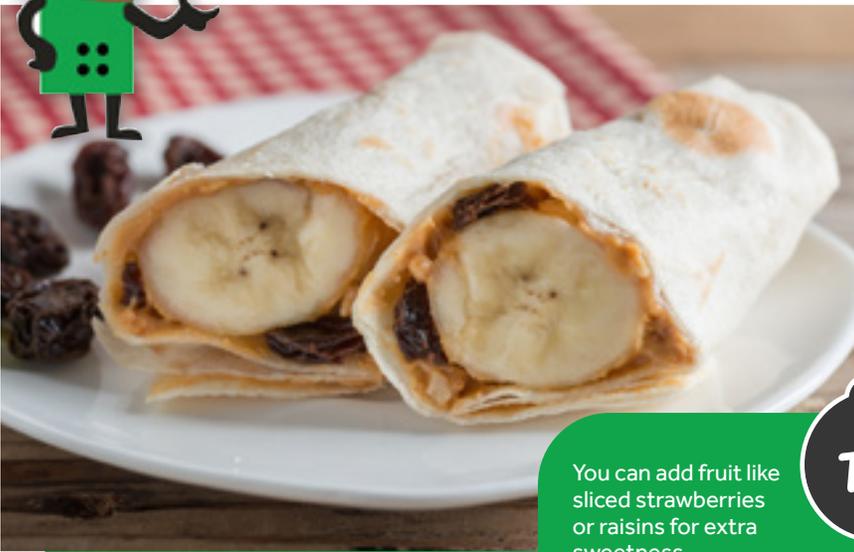
FAMILY ACTIVITIES & Recipes

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.



BANANA WRAP

Makes 1 to 2 servings



TIP

You can add fruit like sliced strawberries or raisins for extra sweetness.

Let children take the lead on this recipe. Have them complete each step of the recipe on their own!

INSTRUCTIONS

- 1 Lay tortilla flat on a cutting board or plate.



- 2 Apply an even layer of peanut butter/alternative all over the tortilla.



- 3 Place the banana on one edge of the tortilla and roll it up tightly.



- 4 Serve whole, cut in half, or cut in slices.



SUPPLIES



Cutting board or plate



Butter knife



Measuring spoons

INGREDIENTS



1 whole wheat tortilla



1 banana



2 Tbsp peanut butter/
alternative

COULD IT BE?

What do you think are the most popular vegetables? Ask everyone in your house or poll some friends and ask them what their favourite vegetables are. Were their answers what you thought they might be?



Make a bar graph showing your results or draw someone a picture of their favourite vegetable, including how it is grown (in the ground, on a vine).



COLOUR AND CRUNCH

Five great ways to add vegetables to breakfast



SIMPLE RAW VEGETABLES

Try carrot and celery sticks, cherry tomatoes, and cucumbers with or without dip.



PANCAKES AND MUFFINS

Add vegetables to the batter of any recipe. Try canned pumpkin purée or shredded carrots with cinnamon in pancakes or shredded carrots and zucchini in muffins.



BREAKFAST SANDWICHES

Toasted tomato or cucumber sandwiches are great for breakfast. Try adding sliced tomato to grilled cheese and egg sandwiches.



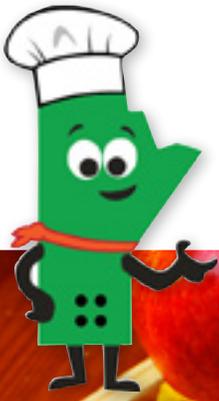
SCRAMBLED EGGS & OMELETTES

Vegetables like bell peppers, mushrooms, onion, broccoli, spinach, and cauliflower are perfect in scrambled eggs and omelettes.



EGG TOPPER

A mix of finely diced vegetables like potatoes, onions, carrots, or bell peppers can be baked or pan fried to serve with eggs.



VEGETABLE AND FRUIT DIPPERS

Makes 1 serving



TIP

Add yogourt to your peanut butter/ alternative for a creamier dip.

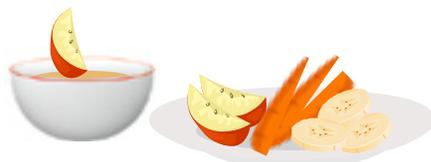
Sliced fruit and vegetables should be refrigerated after cutting.

INSTRUCTIONS

1 Slice vegetables and fruit.



2 Serve vegetable and fruit pieces with peanut butter/ alternative on the side for dipping.



SUPPLIES



Cutting board



Knife



Measuring spoons



Measuring cups

INGREDIENTS



1 cup (a large handful) sliced vegetables and fruit such as apple, pear, banana, carrot, or celery



2 Tbsp peanut butter/ alternative

READY, SET, ACTION!

Grab a few scraps of paper and write down a cooking word on each piece. Fold and put the papers in a bowl. Give them a good stir! With a friend or family member, have one person choose and act out the word, and have the other person guess the word. No talking or making sound effects while you are acting! Some fun words to try are *mix*, *whip*, *cut*, *knead*, *smell*, and *pour*.



BREAKFAST ALLITERATION

List all the foods you ate for breakfast. Come up with a descriptive word or two that starts with the first letter of each food.

EXAMPLE: **CRUNCHY CARROT**

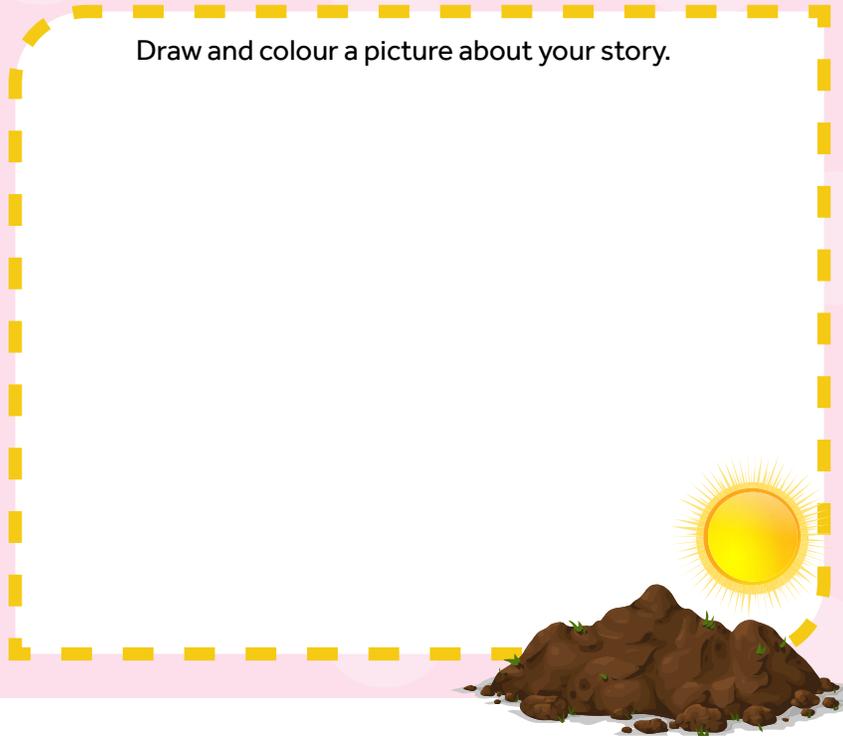


DIRT PILE

Fill in the blanks to make your own story.

Draw and colour a picture about your story.

One day, I _____ to a garden.
It smelled _____. I took a
step and—bam!—I was right in the middle
of _____. The sun was
_____. I saw rows and rows of
_____. I reached down and pulled,
and out came a _____. I reached
up high and touched _____. That
was sure _____. That was the
_____ trip to the garden. Next
time, I wish I could see _____.
I'm sure it would be _____.



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.

