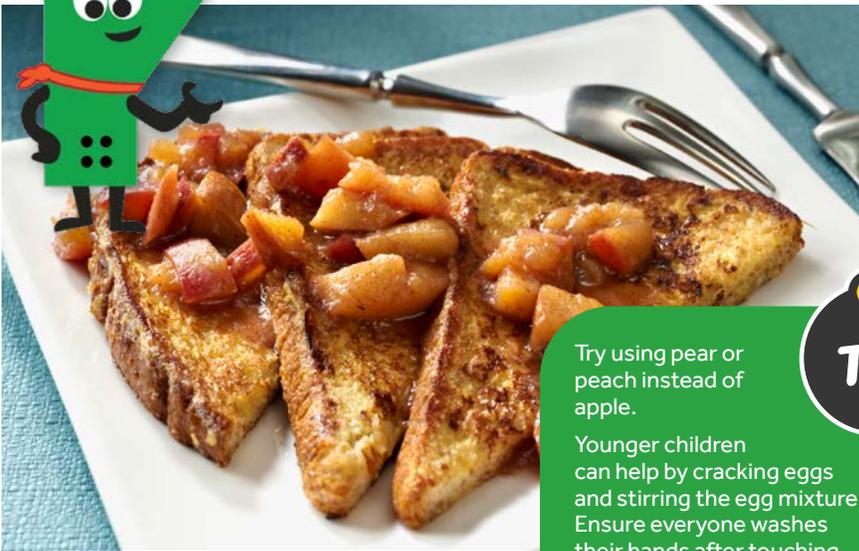
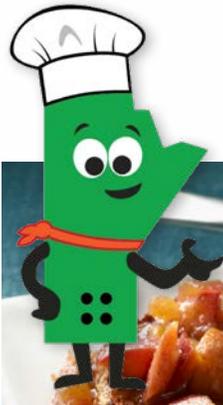


# FAMILY ACTIVITIES & Recipes

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.

## APPLE FRENCH TOAST

Makes 1 serving



### TIP

Try using pear or peach instead of apple.

Younger children can help by cracking eggs and stirring the egg mixture. Ensure everyone washes their hands after touching raw egg. Wash for 20 seconds with warm water and soap.

## SUPPLIES



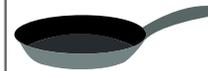
Bowl



Cutting board



Fork or whisk



Frying pan



Measuring cups



Measuring spoons



Knife

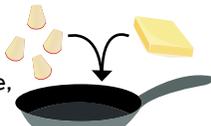
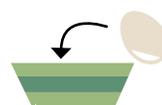
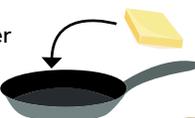
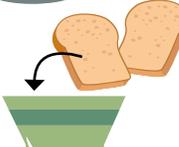
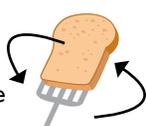


Spatula

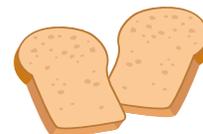


Stove

## INSTRUCTIONS

- 1 Slice the apple into small pieces and add cinnamon, if using. 
- 2 Heat 1 tsp butter or margarine in a frying pan, add apple, and cook until soft. 
- 3 Move cooked apple to a bowl or plate and set aside. 
- 4 Crack egg into a bowl. 
- 5 Add milk to egg. 
- 6 Beat milk and egg together with a fork or whisk until well blended. 
- 7 Heat 1 tsp butter or margarine in a frying pan at medium heat. 
- 8 Dip each slice of bread into the egg and milk mixture until coated. 
- 9 Place bread in the frying pan, and cook for 1 minute or until brown on the bottom. 
- 10 Flip and cook on the other side until brown on the bottom. 
- 11 Serve French toast with cooked apples on top. 

## INGREDIENTS



2 slices of bread



1 egg



1/4 cup milk



1/2 apple chopped into small pieces



2 tsp butter or margarine

### OPTIONAL



Dash of cinnamon

## GUESSING GARDEN

Can you name 3 things you need to grow vegetables in the garden? Some hints: One is wet, one is black, and one is bright.



## YOUR VERY OWN GARDEN

Draw a picture of a garden. What would you grow in your garden? What equipment might you need for your garden? What will help your garden grow?



## GET CREATIVE!

Check out these ideas to add some variety and creativity to your pancakes, waffles, or French toast.

### ADD TO BATTER BEFORE COOKING

- canned pumpkin
- cinnamon
- chopped spinach
- shredded coconut
- oatmeal flakes
- raisins
- bite-sized pieces of fresh, canned, or frozen fruit (such as grated apple, apple sauce, crushed pineapple, sliced strawberries)



### TASTY TOPPERS

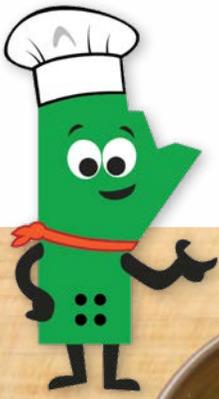
- yogourt
- peanut butter/alternative
- mashed fruit
- cottage cheese
- nuts and seeds



### GRAB & GO

Cut your pancakes, waffles, or French toast into strips, so you can eat with your hands. Try serving with yogourt to dip.

TIP



# EGG-IN-A-MUG

Makes 1 serving

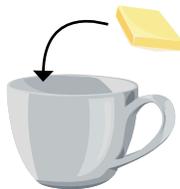


## TIP

You can also cook this on the stove top in a frying pan, similar to scrambled eggs.

## INSTRUCTIONS

**1** Rub the inside of a microwave-safe mug with butter, margarine, or oil (optional—this will make it easier to remove the egg).



**3** Microwave on HIGH for 1 minute or until cooked through.



**2** Beat egg, milk, tomatoes, salt, and pepper together in a microwave-safe mug, until well blended.



**4** If using cheese, sprinkle on top.



## SUPPLIES



Cutting board



Fork or whisk



Knife



Measuring spoons



Microwave



Microwave-safe mug

## INGREDIENTS



1 egg

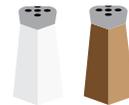


1 Tbsp milk



1 Tbsp chopped tomato

### OPTIONAL



Dash of salt and pepper



Butter, margarine, or oil



Shredded cheese

## A POEM FOR YOU

Write a poem about one of your favourite foods.

Line 1: Write the name of the food.

Line 2: Write two words that describe how you prepare it.

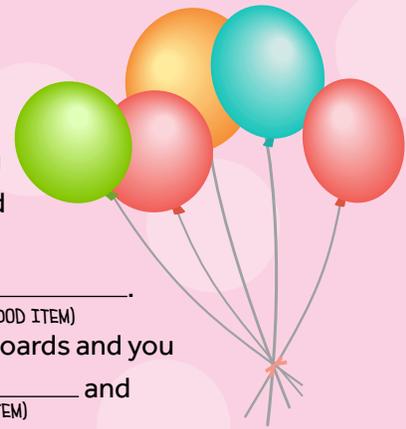
Line 3: Write three words that describe how it tastes.

Line 4: Write four words that describe why you like it.

Line 5: Write five words that describe how it looks.



# BIRTHDAY SURPRISE



Fill in the blanks below without reading the story. Then insert the words into the blanks on the right to complete the story.

DESCRIPTIVE WORD \_\_\_\_\_

FOOD ITEM \_\_\_\_\_

FOOD ITEM \_\_\_\_\_

FOOD ITEM \_\_\_\_\_

DESCRIPTIVE WORD \_\_\_\_\_

NAME \_\_\_\_\_

ARTICLE OF CLOTHING \_\_\_\_\_

ANIMAL \_\_\_\_\_

SOMETHING YOU SAY WHEN YOU'RE EXCITED \_\_\_\_\_

EXCITED \_\_\_\_\_



You wanted to bake a surprise for your best friend's birthday, so you decided that you should bake your famous \_\_\_\_\_

(DESCRIPTIVE WORD) (FOOD ITEM)

You looked in your cupboards and you were missing \_\_\_\_\_ and \_\_\_\_\_

(FOOD ITEM)

, which are the most important ingredients! You hopped on your bike and rode down to \_\_\_\_\_'s

(DESCRIPTIVE WORD) (NAME)

store to get all the ingredients. When you got home and were ready to bake, you decided to put on your special chef \_\_\_\_\_ with \_\_\_\_\_

(ARTICLE OF CLOTHING) (ANIMAL)

on it. When you were done baking, you delivered the present to your best friend, who said

" \_\_\_\_\_ " and

(SOMETHING YOU SAY WHEN YOU'RE EXCITED)

you both enjoyed eating and celebrating together!

## 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.



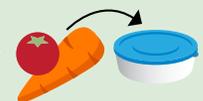
- Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to carefully read the labels and ingredient lists on each package.



- 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.

