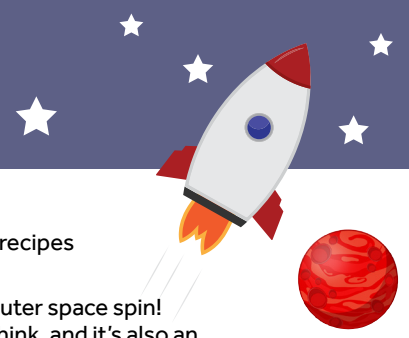


# FAMILY ACTIVITIES & Recipes

## OUT OF THIS WORLD



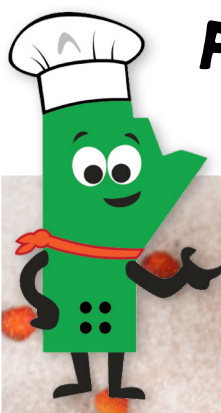
### Prepare for Take-off!

This booklet is full of food and nutrition activities, ideas, and recipes from outer space!

It can be fun to talk about food and to learn about it with an outer space spin! 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 space explorers may need to ask someone to help them with the recipes.



## FROZEN FLYING SAUCERS

Makes 5 to 6 servings



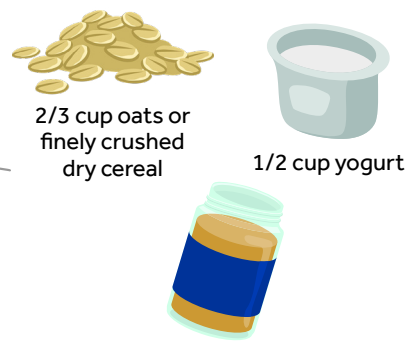
**TIP**

This recipe can be made in a baking pan. Spread the oat mixture thinly on the bottom of the pan, spread yogurt on top, and add additional toppings. Once frozen, cut using a knife and serve.

### SUPPLIES



### INGREDIENTS



2/3 cup oats or finely crushed dry cereal

1/2 cup yogurt

1/4 cup peanut butter/ alternative

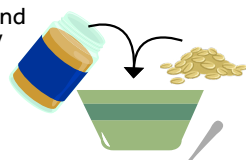
#### OPTIONAL



Approximately 1/4 cup toppings  
Examples: chocolate chips, nuts, seeds, and frozen, fresh, or canned fruit

### INSTRUCTIONS

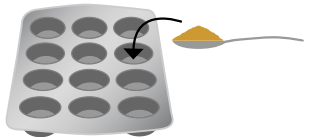
**1** Add the oats and peanut butter/ alternative together in a bowl.



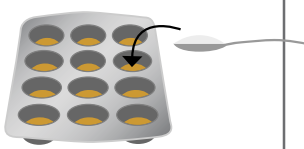
**2** Mix with a spoon or your hands until combined.



**3** Scoop 1 Tbsp of the mixture into the bottom of a muffin tin, or scoop it onto a plate and flatten it into a disc shape. Repeat until the oat mixture is gone.



**4** Scoop 1 Tbsp of yogurt on top of the oat mixture.



**5** Top with additional ingredients (optional). For example, place 2 or 3 frozen berries on top of the yogurt.



**6** Freeze for 30 minutes.



## LET'S TALK!

### MEALTIME CONVERSATIONS

Sitting down to eat with others at meal and snack times is a great way to connect and engage with all ages! Meal times are a great time to have fun conversations with friends and family. Try out these conversation starters at your next sit-down meal or snack to learn more about each other and to have fun while you eat.

- What's one thing that made you happy today?
- If you were a superhero, what would your powers be?
- What are three things that make you laugh?
- What's the first question you would ask an alien from another planet?

#### Make up Your Own!

- Have each person come up with their own question or conversation starter at your next meal or snack.

### MEALTIME GAMES

#### Would You Rather?

Have one person come up with two things they might enjoy doing, and have everyone choose which option they would rather do (for example, *would you rather walk on the moon or fly through the sky?*).

#### Two Truths and a Lie

Have one person come up with two statements that are true and one that is false (for example, *I have been fishing, I have tasted a jalapeno pepper, and I have made a snowman*). Everyone guesses which answers are true or false.

#### Build on the Story

Have one person say a statement to start the story; each person then takes turns adding to the story (for example, *Once upon a time there was an astronaut who loved to...visit other planets so she could see if they had...*).



## KITCHEN CO-PILOT

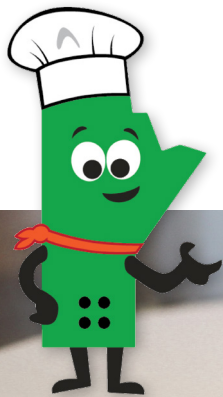
Cooking can be lots of fun! There are many ways to get everyone involved with the recipes included in this booklet.

### YOUNGER CHILDREN CAN HELP BY

- ✓ mixing ingredients
- ✓ reading numbers on a recipe
- ✓ adding measured ingredients into the recipe
- ✓ crushing cereal
- ✓ peeling a banana
- ✓ spreading peanut butter/ alternative

### OLDER CHILDREN CAN HELP BY

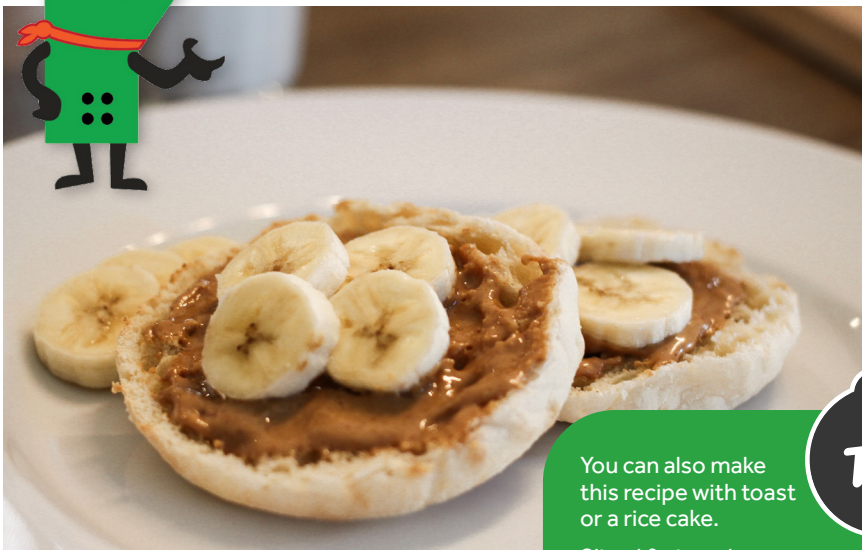
- ✓ toasting bread
- ✓ cutting a banana
- ✓ measuring ingredients
- ✓ reading recipes
- ✓ contributing ideas for recipes
- ✓ suggesting what to serve with the recipes to make a meal



# MOONWALK TOAST

MAKE TOAST THAT LOOKS LIKE CRATERS, JUST LIKE THE CRATERS FOUND ON THE MOON!

Makes 1 serving



## TIP

You can also make this recipe with toast or a rice cake.

Sliced fruit and vegetables should be refrigerated after cutting.

## INSTRUCTIONS

1

Slice the banana into coins.



3

Arrange banana slices on top of the peanut butter/alternative.



2

Toast the English muffin and spread with peanut butter/alternative.



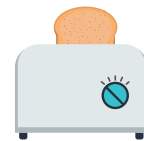
## SUPPLIES



Cutting board



Butter knife



Toaster

## INGREDIENTS



1 banana



1-2 Tbsp peanut butter/alternative



1 English muffin

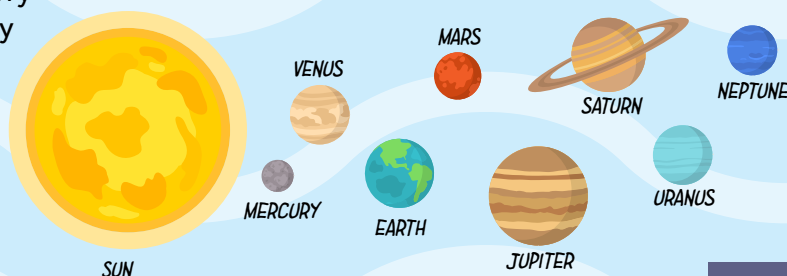
## EDIBLE SOLAR SYSTEM!

Let's build our own solar system...and then eat it! To get started, first plan out all the planets in the solar system, and then try to find some foods that could represent each planet. Don't forget to include the Sun! If you don't have the right colours of foods, that's okay—use your creativity to make it your own. Instead of using food, you could also use pieces of paper or draw the planets.

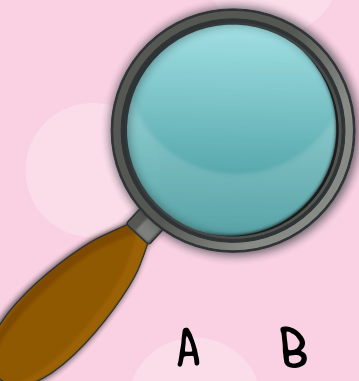
What could you use to build your planets? Canned and frozen work great too!

- ✓ Cheese
- ✓ Carrot
- ✓ Orange
- ✓ Peach
- ✓ Nectarine
- ✓ Yogurt
- ✓ Peanut butter
- ✓ Bread
- ✓ Banana
- ✓ Cracker
- ✓ Kiwi
- ✓ Peas
- ✓ Pear
- ✓ Cucumber
- ✓ Cherry tomato
- ✓ Apple

- ✓ Strawberry
- ✓ Blueberry
- ✓ Grapes
- ✓ Beets
- ✓ Raisin
- ✓ Plum

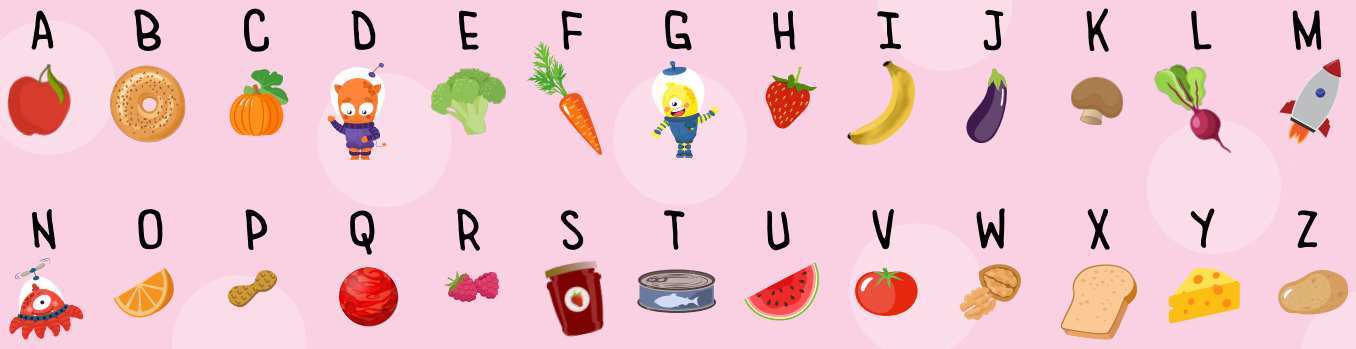
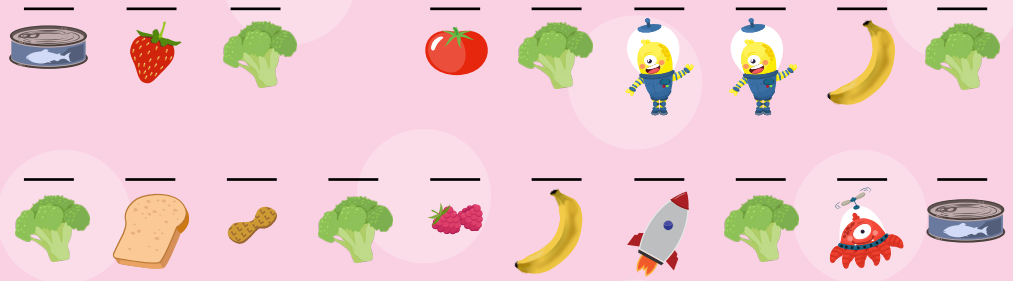


# CAN YOU CRACK THE CODE?



Use the secret code below to answer this question:

Astronauts on the International Space Station figured out how to grow plants and vegetables so that they can eat fresh greens when in space. What is the name of the research project that helped them do this?



ANSWER: The Veggie Experiment

## 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.
 