

FAMILY ACTIVITIES & Recipes

FOOD THROUGH THE SEASONS

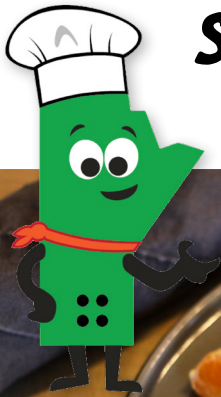


Let's *spring* into *summer* before we *fall* back to *winter*! It can be fun to talk about food and learn about it as we explore the four different seasons! This booklet includes seasonal food and nutrition activities, ideas, and recipes.

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 children may need to ask someone to help them with the recipes.



SUNSHINE BAGEL

Makes 1 serving



TIP

Instead of orange slices, you can use other fruits or vegetables like canned pineapple pieces, carrot sticks, an orange bell pepper, or celery sticks.

You can heat up the bagel and cheese in the microwave or the oven, or try toasting the bagel.

SUPPLIES

- Cutting board
- Knife
- Plate

INGREDIENTS

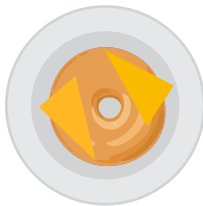
- 1/2 whole wheat bagel
- 1 or 2 slices of hard cheese
- 1 orange

INSTRUCTIONS

1 Place 1/2 bagel on a plate with the cut side facing up.



2 Cover the bagel surface with sliced cheese.



3 Peel and section the orange.



4 Place the orange wedges around the bagel so they look like sun rays.



GETTING TO KNOW YOUR FOOD

Next time there is a new food offered with a meal or snack, try writing a story about it before you try it. Get creative and see what wacky story you can write about the new food and its journey to your home.

Ideas to write about:

- ✓ Where do you think it came from?
- ✓ What kind of animals might eat this, if any?
- ✓ Does it grow in a specific season?
- ✓ How do you think it was made?
- ✓ What do you think it will taste like?
- ✓ Do you think you have tried something before that tasted like it?
- ✓ What other foods do you think would taste best with it?



LEARNING TO LIKE NEW FOODS

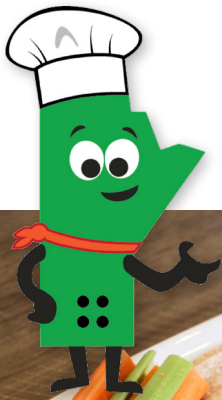
Learning to like new foods takes time! It may take a while for you to get used to a new food. It may also take a while before you are even ready to try it. That's okay! It's fine to say "no, thank you" to a food you aren't interested in eating. Our tastes are always changing. There may be foods you like today that you get tired of later, or there may be a food you are not interested in now that becomes your favourite next year.

If you aren't interested in trying a food, you can still

- ✓ smell it
- ✓ touch it
- ✓ cook with it
- ✓ grow it in a garden
- ✓ watch others in the household eat it
- ✓ see it at the grocery store
- ✓ read a book about it
- ✓ do an activity about it
- ✓ ask questions about it

You never know—maybe one day you will find a new favourite!





SNOWFLAKE QUESADILLA

Makes 1 to 2 servings



TIP

You can also add in additional quesadilla ingredients such as vegetables (tomato, bell pepper, onion, corn, salsa) and canned beans (black beans, kidney beans, refried beans, mixed beans).

SUPPLIES



Baking sheet



Cutting board



Knife



Spatula



Oven mitts



Oven

OPTIONAL



Grater



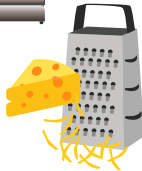
Kitchen scissors

INSTRUCTIONS

- 1 Preheat the oven to 350°F.



- 2 Grate the cheese or cut it into thin slices.



- 3 Lay a tortilla down and add the cheese on top.



- 4 Cut the second tortilla into a snowflake shape, fold it in half, and then fold it in half again to make a triangle. Use kitchen scissors or a knife (with supervision) to cut small random shapes into the edges.



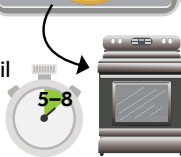
- 5 Unfold your tortilla snowflake and place it on top of the cheese.



- 6 Place on a baking sheet snowflake side up.



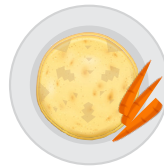
- 7 Bake in the oven for 5 to 8 minutes or until the cheese is melted and the tortilla is golden brown.



- 8 Remove from the oven and let cool for 2 to 3 minutes before cutting.



- 9 Serve with sliced vegetables.



INGREDIENTS



2 whole wheat tortillas



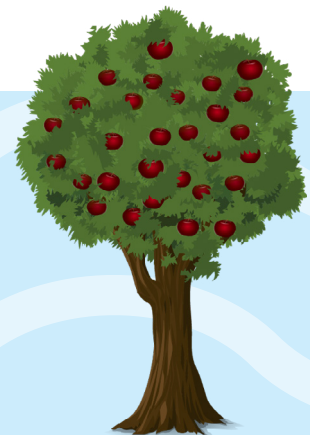
Enough sliced or grated cheese to cover one tortilla



1/2 cup sliced vegetables, such as bell pepper, cucumber, carrots, celery

THE FOUR SEASONS OF AN APPLE TREE

As the seasons change, so does the shape and colour of an apple tree. In the spring, an apple tree grows flowers that turn into apples in the summer. Draw what an apple tree might look like in the winter, spring, summer, and fall.



BINGO

Colour in every activity that you have done. Can you get a full row up, down, or diagonally? If not, fill in activities that your friends or family members have done. Or save this bingo card and see how many activities you can do throughout the seasons!

How many of these activities are for each season? How many activities could you do in more than one season? How many activities involve fruits or vegetables?



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.



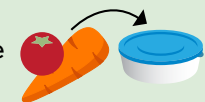
- Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to read the labels and ingredient lists on each package carefully.



- 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.

