

FAMILY ACTIVITIES & Recipes

LET'S MOVE!

This booklet will get you moving! It includes food and nutrition activities, ideas, and recipes.

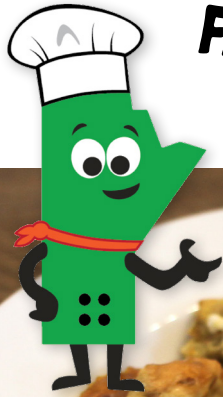
Food gives your body the energy it needs to grow, play, and think, and it's also an important part of celebrations, culture, science, math, geography, and much more.

Have fun in the kitchen and use your imagination and creativity!

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



FAST FRENCH TOAST



Makes 1 to 2 servings



TIP

Try topping with fresh, frozen, or canned fruit, maple syrup, or a spoonful of yogurt.

For apple cinnamon French toast, you could try using margarine or butter with cinnamon and sliced apples instead of peanut butter/alternative.

SUPPLIES



Knife



Microwave



Microwave-safe mug or bowl



Fork



Measuring spoons



Measuring cups

INSTRUCTIONS

1 In a microwave-safe mug or bowl add the milk and egg and stir with a fork until mixed. Set aside.



5 Let soak for 1 to 2 minutes.



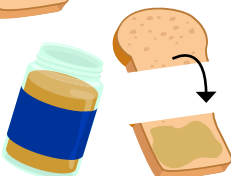
2 Cut the slice of bread in half.



6 Cook in the microwave for 1 minute. Check to see if the French toast appears cooked through and no excess liquid is left. Cook for an additional 30 seconds at a time until cooked through. Be careful when removing the mug/bowl from the microwave—you may need oven mitts.



3 Spread the peanut butter/alternative onto one-half of the bread, and put the other slice on top to make a sandwich.



4 Cut or tear the sandwich into small pieces, and add them to the milk and egg mixture.



7 Once cooked through, let cool for 1 to 2 minutes.



INGREDIENTS



1 slice of whole wheat bread



1 egg



1/4 cup milk



1 Tbsp peanut butter/alternative

WORDY WALK

WHAT YOU WILL NEED

- ✓ paper
- ✓ pens or pencils
- ✓ bowl, bucket, or hat
- ✓ 3 or more players

OBJECT OF THE GAME

Be the first to get to the finish line.

INSTRUCTIONS

1. Cut up a sheet of paper into 10 pieces, and write one of the 10 categories below on each piece.
2. Fold up the papers and toss them into a hat (or a bowl or bucket).
3. Mark a start line and finish line approximately 10 feet apart (it could be against a wall or, if playing outside, you could mark the starting line with some sticks or stones). Have all players line up against the starting line.
4. Designate one person to be the game host. The game host picks a paper at random from the hat and calls out the category. Each player writes an answer down. Once all answers are written, the host asks everyone to share their answers. If your answer is correct and no one has the same answer as you, you take a step forward. If you have the same answer as someone else, you take a step back (or remain at the starting line). If your answer is not correct, you stay in the same spot. The first person to get to the finish line wins.

CATEGORIES



TEAMWORK IN THE KITCHEN

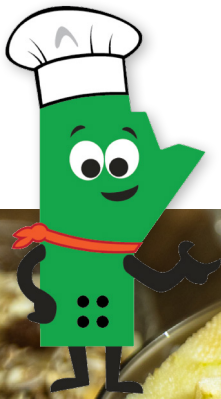
Just like how a sports team works together to win a game, team members in the kitchen can work together to make a meal. Children of all ages can get involved with mealtime planning and preparation. Getting involved in cooking can build vital food skills, but assisting with other mealtime tasks can also help build so many other skills.

WAYS TO GET INVOLVED IN MEALTIMES

- ✓ Help make a meal plan.
- ✓ Write out the grocery list.
- ✓ Grab the dishes and utensils needed.
- ✓ Make table decorations.
- ✓ Let everyone know the meal is ready.
- ✓ Clear dirty dishes.
- ✓ Wipe table/counters.
- ✓ Wash dishes/load dishwasher.
- ✓ Put away clean dishes.

WHAT OTHER TASKS CAN YOU THINK OF FOR YOUR HOUSEHOLD?

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____



POWER-UP OATMEAL

Makes 1 serving

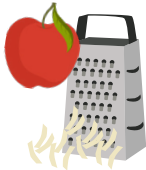


TIP

You can also bake it in a muffin tin in the oven at 350°F for 20 to 25 minutes or until cooked through.

INSTRUCTIONS

1 Grate or finely dice the apple.



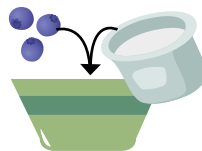
4 Once cooked through, let cool for 1 to 2 minutes.



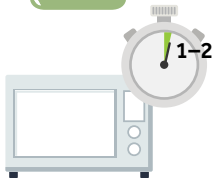
2 In a bowl, add oatmeal, apple, peanut butter/alternative, and milk. Stir well.



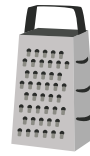
5 Top with fresh, frozen, or canned fruit, milk, or a spoonful of yogurt (optional).



3 Microwave on high for 1 to 2 minutes.



SUPPLIES



Grater or knife



Cutting board



Microwave-safe mug or bowl



Measuring spoons



Measuring cups

INGREDIENTS



1 packet oatmeal or 1/4 cup oats



2 Tbsp grated apple



2 Tbsp peanut butter/alternative



1/4 cup milk

OPTIONAL



1/4 cup fruit, milk, or yogurt

OLYMPIC SALAD BAR



Pretend you are making a salad bar for the Olympic Village at the Summer Games. Athletes come from all over the world to stay at the village while they compete at the Olympics. What ingredients would you include (for example, vegetables, fruits, protein sources, grain products, toppings, and dressings)?

Make up a menu with 3 to 4 sample salads that the athletes could put together to eat as part of their meal before their event. Here's one you might like.

DELICIOUS DIVING SALAD

- ✓ Romaine lettuce
- ✓ Red bell peppers
- ✓ Sliced strawberries
- ✓ Red onions
- ✓ Sunflower seeds
- ✓ Balsamic vinaigrette

FOOD GUIDE RELAY RACE

WHAT YOU WILL NEED

- ✓ Paper
- ✓ Pen/pencil/crayons
- ✓ 5 buckets/containers
- ✓ Enough space to run

LABEL THREE BUCKETS AS FOLLOWS:



Cut paper into 30 pieces. Draw or write the following words on separate pieces of paper. Make two sets of the 15 words (there will be two of each):

PROTEIN FOODS

- Egg
- Chickpea
- Lentil
- Fish
- Sunflower seeds

VEGETABLES AND FRUIT

- Apple
- Carrot
- Zucchini
- Potato
- Corn

WHOLE GRAIN FOODS

- Rice
- Oatmeal
- Popcorn
- Naan
- Bannock

INSTRUCTIONS

1. Choose an area where there is plenty of space to run—at least 20 feet from your starting line and finish line.
2. Place the three empty labelled buckets, spaced at least 4 feet apart, at the finish line.
3. Place the 2 other buckets at the starting line and fill them with the pieces of paper that have the food items written or drawn on them. Each bucket gets one set of the 15 words.
4. Divide players into two teams and line up at the buckets at the starting line.
5. Have someone shout "Go" and the first person in line from each team grabs a piece of paper and has to put it in the correct bin.
6. Once the first person returns to the starting line, the second player in line grabs a paper and puts it in the bin. The first team to place all papers in the bins wins.

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.



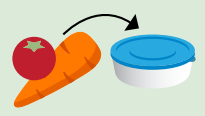
Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to read the labels and ingredient lists on each package carefully.



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.

