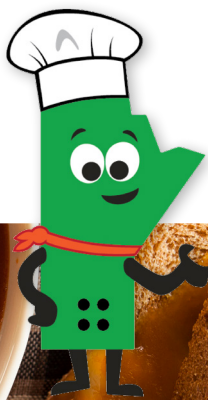


FAMILY ACTIVITIES & Recipes

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.



BREAKFAST GRILLED SANDWICH

Makes 1 serving



TIP

You can add vegetables like sliced tomato or spinach inside the sandwich before grilling for extra flavour.

INSTRUCTIONS

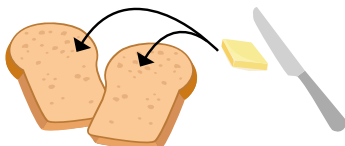
- 1 Heat up an electric griddle or frying pan to medium heat.



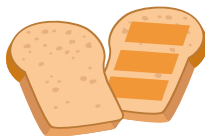
- 2 Separate the English muffin (if using).



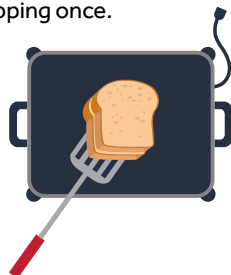
- 3 Spread butter or margarine on one side of each bread slice or English muffin half.



- 4 Put cheese between the two slices of bread or inside the English muffin.



- 5 Grill, butter- or margarine-side down until the cheese melts, flipping once.



SUPPLIES



Cutting board



Knife



Spatula or fork



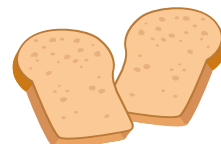
Electric griddle or frying pan



INGREDIENTS



1 to 2 tsp butter or margarine



2 slices of bread or 1 English muffin



Enough thinly sliced cheese to cover one slice of bread or an English muffin

WE'RE OPEN!

Make your own sandwich shop. Draw and cut out all the fixings for your sandwiches, such as bread, lettuce, tomato, cheese, and condiments like mayonnaise and mustard. Make a menu that lists the types of sandwiches you sell at your shop. Make and put up your OPEN sign and invite customers (friends and family) to come and order sandwiches.



FEATURING FRUIT!

Check out these 5 quick ideas with fruit.

BREAKFAST BANANA SPLIT

Slice a banana lengthwise and serve with a spoonful of yogurt and diced fruit topping. Add some crushed cereal on top for some crunch.



FRUIT SALSA

Dice ripe fruit such as apple, mango, pineapple, berries, or kiwi. Mix together and serve with toasted tortillas or crackers for dipping.



FRUIT TOPPING

Try cooking fruits like sliced banana, apple, pear, plums, or pineapple in a pan with butter or margarine and cinnamon on medium heat. Serve on yogurt or oatmeal.



BANANA POPS

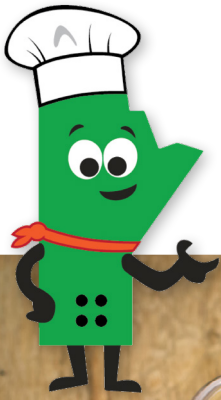
Roll a peeled banana in vanilla yogurt and freeze. Before you freeze, you can cut the banana in half and add a popsicle stick or cut it into bite-size pieces.



FRUIT SAUCE

Mash ripe fruit like berries or peaches and use it as a topping for pancakes, yogurt, or oatmeal.





FRUIT SALAD

Makes 2 to 3 servings



TIP

Younger children can help by rinsing fruit and adding ingredients to the bowl.

You can make a larger salad and store the leftovers in the fridge and use within 3 days. If using banana in your salad, wait until you are ready to eat before you add it.

INSTRUCTIONS

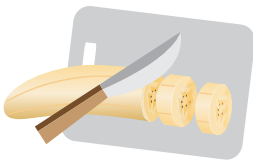
1 Rinse fruit.



2 Remove peels if needed.



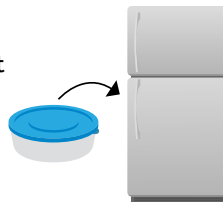
3 Dice fruit.



4 Mix fruit together in a bowl.



5 Store leftover cut fruit in an air-tight container in the fridge and use within 3 days.



SUPPLIES



Bowl



Cutting board



Knife



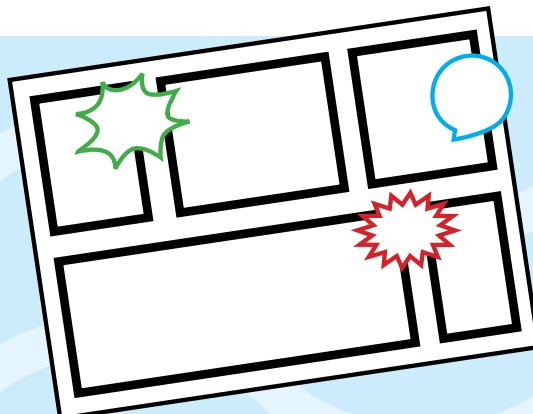
Measuring cups

INGREDIENTS



2 cups diced fruit such as banana, apple, pear, pineapple, melon, berries, or orange.

GET CREATIVE



Create a comic strip about cooking, including all the food and supplies that you would need.

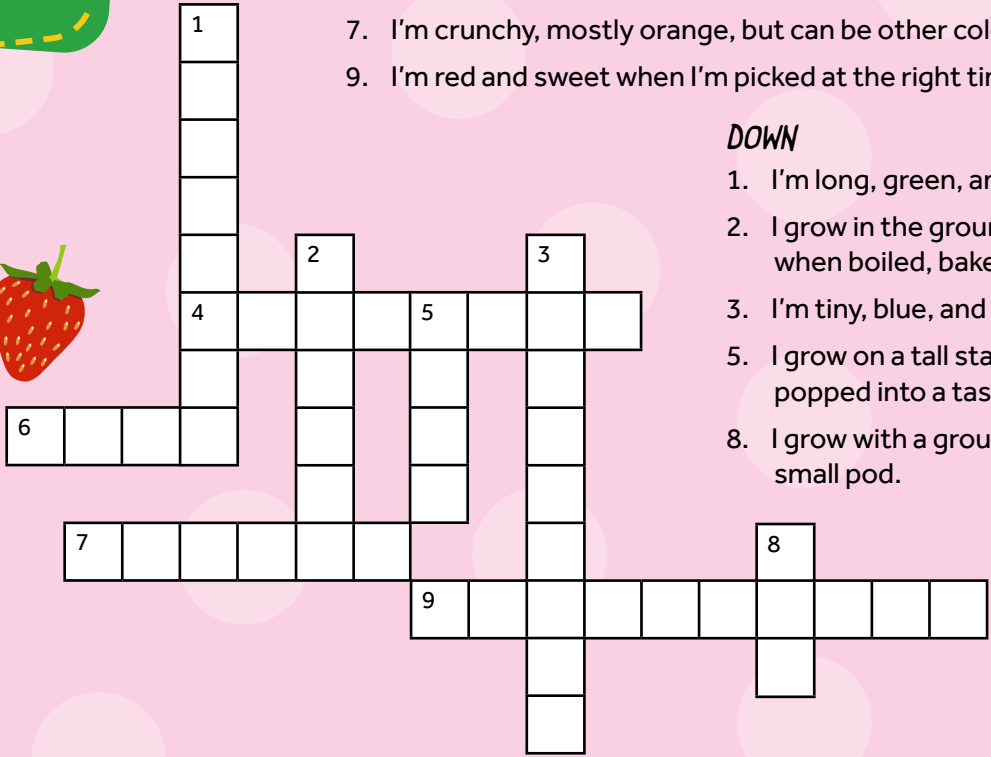
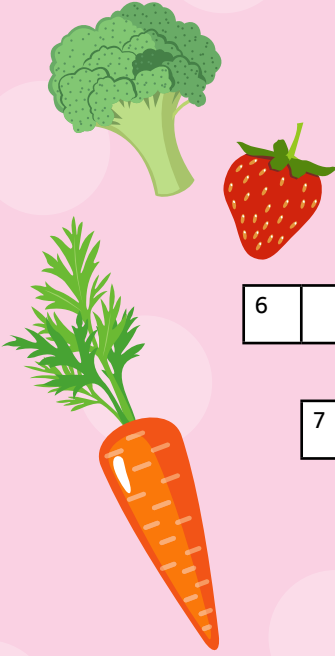
WHAT AM I?

ACROSS

- 4. I am green and look like a tree.
- 6. I have a curvy shape and grow on a tree.
- 7. I'm crunchy, mostly orange, but can be other colours too.
- 9. I'm red and sweet when I'm picked at the right time.

DOWN

- 1. I'm long, green, and grow on a vine.
- 2. I grow in the ground and taste great when boiled, baked, or fried.
- 3. I'm tiny, blue, and grow on a low bush.
- 5. I grow on a tall stalk and I can be popped into a tasty snack.
- 8. I grow with a group of my friends in a small pod.



ANSWERS: 1. cucumber 2. potato 3. blueberry 4. broccoli 5. corn 6. pear 7. carrot 8. pea 9. strawberry

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.



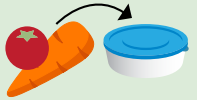
Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to carefully read the labels and ingredient lists on each package.



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.

