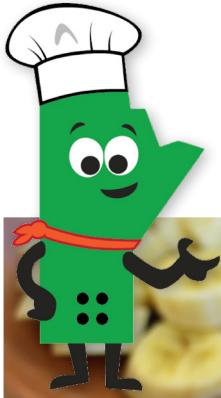


# FAMILY ACTIVITIES & Recipes

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.



## NO-BLENDER BANANA SMOOTHIE

Makes 1 serving



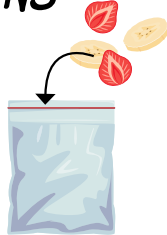
### TIP

Before freezing your banana, remove the peel and place it into a sealed bag or container.

This recipe can also be made in a blender.

### INSTRUCTIONS

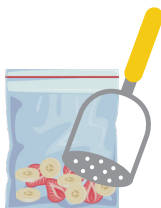
- Put the fruit into a clean resealable plastic bag. Let frozen fruit thaw for 5 to 10 minutes.



- Seal the bag tightly.



- Squish the fruit with your hands or a potato masher.



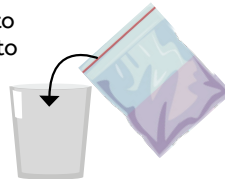
- Add the yogourt and milk mixture to the bag and reseal.



- Continue squishing the bag until all ingredients are mixed together.



- Pour into a glass to serve.



### SUPPLIES



Glass



Resealable plastic bag



Spoon



Measuring spoons



Measuring cups



Potato masher (optional)

### INGREDIENTS



1/2 frozen banana



1/2 cup yogourt



2 to 4 Tbsp milk

— OPTIONAL —



1/4 cup fresh or frozen berries

# APPLES, PAIRS, AND BANANAS

Make your own food matching game to play on your own or with family and friends.

**STEP 1:**

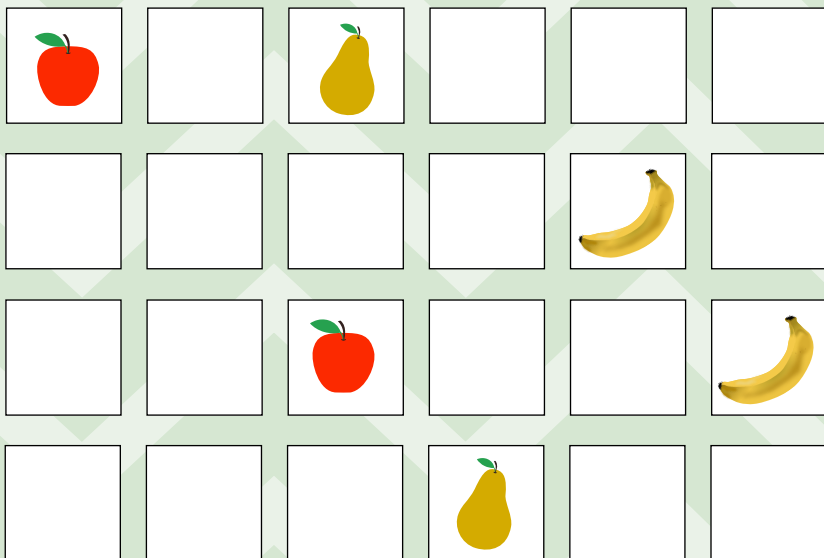
Think of 12 different foods.

**STEP 2:**

Cut out 24 pieces of paper about the size of the palm of your hand.

**STEP 3:**

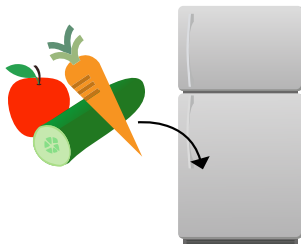
Make pairs by drawing each food on 2 pieces of paper. You can colour them all too!



To play, put all the pictures face down and mix them up. Take turns turning over two pieces of paper to see if they match. If they aren't a match, turn them back over. If the two pieces match, you get to keep them. The person with the most pairs at the end of the game wins!

## KEEP YOUR FOOD FRESH!

Store **apples, cucumber, and carrots** in the fridge (although apples will survive on the countertop too—just not as long).



If **tomatoes** are starting to wrinkle, they can be frozen or roasted and used in recipes like pasta sauce or soup.



Store fresh **tomatoes, bananas, oranges, grapefruit, melon, and pears** on the countertop (although oranges, grapefruits, and pears can be stored in the fridge to lengthen their shelf life).



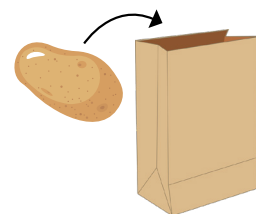
Store **onions** on the countertop in a ventilated space away from potatoes, as gases from the onions can speed up sprouting in potatoes.

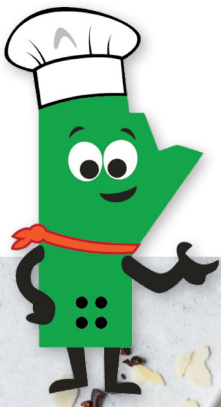


If **bananas or pears** are turning brown and getting soft, they can be frozen and used in smoothies, on top of oatmeal, or in other recipes like muffins, pancakes, or waffles. Peel bananas and slice pear into quarters and remove the core before freezing.



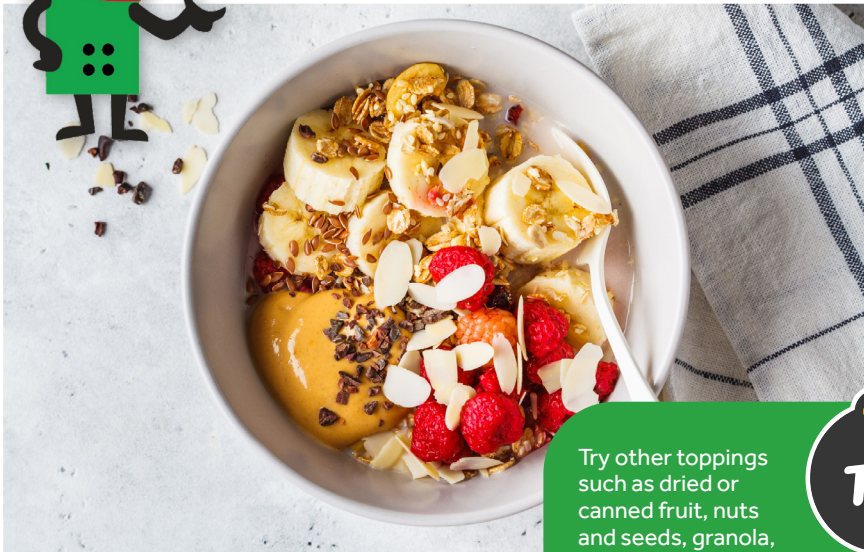
Store **potatoes** in the pantry or cupboard inside a paper bag. If potatoes grow sprouts, remove and discard them before eating the potato.





# YOGOURT BREAKFAST BOWL

Makes 1 serving



Try other toppings such as dried or canned fruit, nuts and seeds, granola, chocolate chips, dried coconut, cinnamon, or nutmeg.

**TIP**

## SUPPLIES



Cereal bowl



Cutting board



Knife



Mixing bowl



Spoon

## INGREDIENTS



1/2 cup yogourt



1/4 cup cereal



1/2 cup sliced fruit such as banana, berries, apple, kiwi, or peach



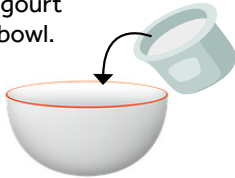
1 Tbsp peanut butter/alternative



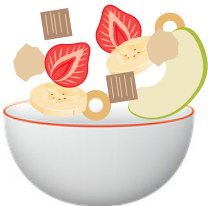
1 1/2 Tbsp milk

## INSTRUCTIONS

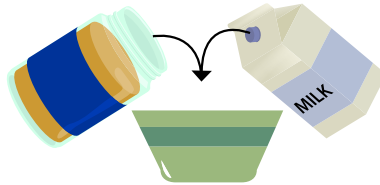
**1** Put yogourt into a bowl.



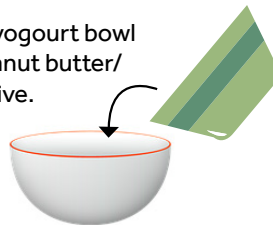
**2** Top with fruit and cereal.



**3** Add peanut butter/alternative and milk to a bowl and stir until combined.



**4** Drizzle yogourt bowl with peanut butter/alternative.



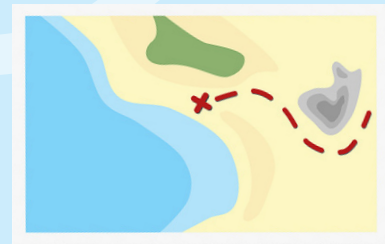
## FOOD TRAILBLAZING

You can get your food from so many different places. For example, from the grocery store, a garden (at your house or a community garden), farmers' market, orchard, farm, lake/river, or in the wild.

Imagine you had to gather the following foods:

- Fish
- Milk
- Pineapple
- Berries
- Potato
- Apple
- Carrot

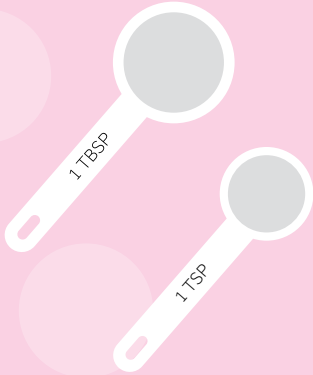
Draw a map showing where you would go. Include your starting point, and draw a line showing the route you would take.



## MATCH AND MEASURE

Draw a line to match the recipe measurements from cups, teaspoons, and tablespoons to metric measurements.

Investigate the measuring spoons, cups, and bowls in your home to see what other measurement matches you can find.



1/2 CUP

2.5 ML

1 TEASPOON

15 ML

1 CUP

1.25 ML

1/2 TEASPOON

125 ML

1/4 TEASPOON

250 ML

1 TABLESPOON

5 ML

ANSWERS: 1/2 cup=125 mL, 1 teaspoon=5 mL, 1 cup=250 mL, 1/2 teaspoon=2.5 mL, 1/4 teaspoon=1.25 mL, 1 tablespoon=15 mL

## 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.



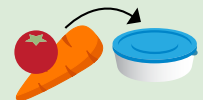
- Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to carefully read the labels and ingredient lists on each package.



- 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.

