

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 SCRAMBLE

Makes 1 to 2 servings



TIP

Chop any additional vegetables you have at home and add to the frying pan with the potatoes and onion. For example, mushrooms, peas (fresh, frozen, or canned), broccoli, spinach, bell peppers, tomatoes, or green onions.

INSTRUCTIONS

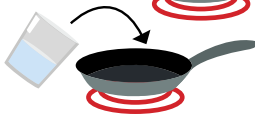
1 Add butter, margarine, or oil to a frying pan over medium-high heat.



2 Add the potatoes and onion to the frying pan.



3 Add water.



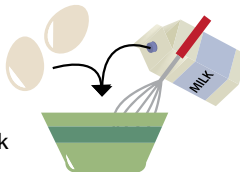
4 Cover and let simmer for 5 to 8 minutes or until the water has evaporated and the potatoes start to brown. Stir as needed to prevent the potatoes and onions from burning.



5 Turn the heat down to medium-low.



6 In a bowl, mix egg and milk together with a whisk or fork.



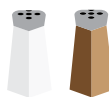
7 Pour the egg and milk mixture into the frying pan and stir until the eggs are cooked through (no more runny egg mixture).



8 Sprinkle with grated cheese and stir until melted (optional).



9 Add salt and pepper to taste (optional).



SUPPLIES



Fork or whisk



Bowl



Vegetable peeler



Measuring cups



Measuring spoons



Cutting board



Frying pan



Knife



Stovetop

INGREDIENTS



1 Tbsp milk



1 tsp butter, margarine, or oil



2 eggs



1/4 cup chopped onion



1/2 cup chopped, peeled potato

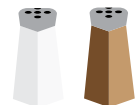


1/2 cup water

OPTIONAL



Shredded cheese



Salt and pepper

EXPLORE YOUR SENSES

How do your different senses affect the flavour of food? Try this experiment to find out:

- 1 Cut a small piece of two different similar fruits or vegetables (like apple and pear or broccoli and cauliflower). Make sure they are the same shape and size.
- 2 Have someone cover your eyes with a blindfold.
- 3 Have someone hand you a piece of fruit/vegetable but not tell you which one it is.
- 4 Hold your nose while you chew and swallow the first piece. Take a drink of water to clear your mouth.
- 5 Hold your nose and eat the second piece.
- 6 Now try to guess which is which.
- 7 Try this again, but don't hold your nose. Does having your sense of smell help you determine the flavour?



"EGG"CELLENT MENU IDEAS



CHEF SALAD

Add a peeled and sliced hard-boiled egg to a salad for extra protein.



EGG SALAD SANDWICH

Make a sandwich by mixing sliced hard-boiled eggs, mayonnaise, salt, and pepper. Add the mixture to whole wheat bread with lettuce or sliced cucumber to make a sandwich.



PIZZA TOPPER

Crack an egg on top of homemade or frozen pizza before cooking.



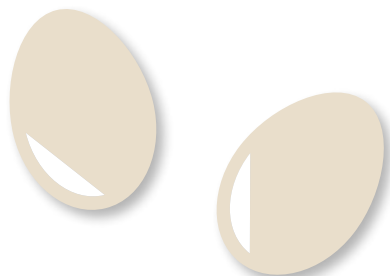
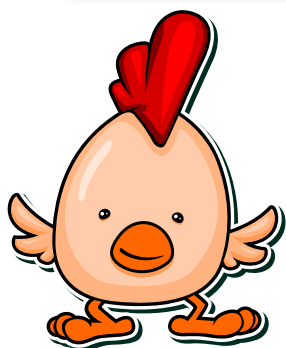
MINI QUICHES

Get creative with the vegetables you have in the house. Mix vegetables, egg, and cheese to make mini crustless quiches.



BREAKFAST BURRITO

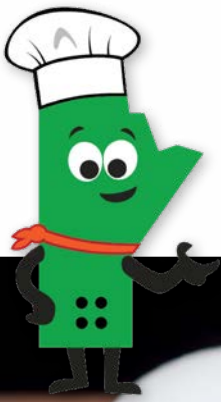
Wrap a scrambled egg with vegetables and shredded cheese in a whole wheat tortilla for a quick breakfast.



GET KIDS IN THE KITCHEN!

With adult supervision and direction, children can be great helpers in the kitchen. For example, they can use the vegetable peeler to peel vegetables, crack an egg, peel a hard-boiled egg, and measure ingredients for recipes.

TIP



HARD-BOILED EGG

Makes 1 serving



TIP

Crack the shell and loosen it by gently tapping and then rolling the egg on the counter. It is easier to start peeling the shell at the larger end of the egg. Run cold water over the egg to rinse away the excess shell.

Try slicing the hard-boiled egg and serving it on toast with sliced tomatoes on top.

SUPPLIES



Pot with lid



Stovetop

INGREDIENTS

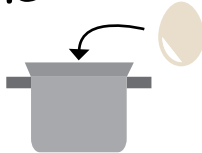


1 egg

INSTRUCTIONS

1

Place the uncracked, whole egg in a pot.



2

Cover with cold water, about 1 inch or so higher than the egg.



3

Cover pot with lid and bring to a boil.



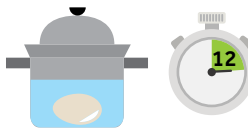
4

Remove the pot from heat.



5

Let stand in water for 10 to 12 minutes.



6

Drain the water and run cold water over the egg until cooled.



7

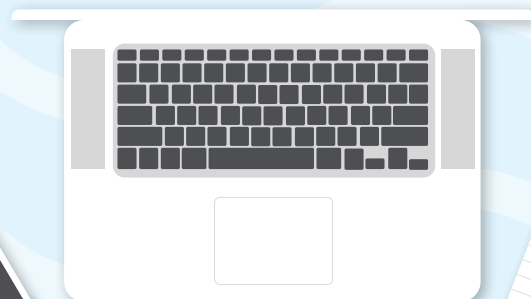
Peel the egg.



PHONE A FRIEND

Phone a friend or relative and ask them to tell you about their favourite recipe. You can also look up a recipe idea in a cookbook or on the Internet.

Write the recipe down in your own words so the instructions are easy to follow. If you were to make this recipe, what changes would you make? Would you change any ingredients or would you use different cooking equipment?



FIND YOUR FOOD

Find and circle the words below:

- banana
- eggs
- peas
- cereal
- broccoli
- hummus
- smoothie
- crackers
- carrots
- milk
- soup
- pancakes
- peaches
- soybutther
- berries
- yogourt

E	A	P	R	S	O	U	P	A	C	R
C	E	A	E	S	T	L	E	R	B	E
E	Y	N	K	B	A	N	A	N	A	H
R	Z	C	B	R	O	C	C	O	L	I
E	T	A	I	S	K	A	H	O	F	I
A	Y	K	A	E	R	N	E	G	G	S
L	B	E	R	R	I	E	S	Q	L	L
L	P	S	O	Y	B	U	T	T	E	R
H	M	T	P	S	H	U	M	M	U	S
W	S	M	O	O	T	H	I	E	T	E
M	I	L	K	Y	O	G	O	U	R	T

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.



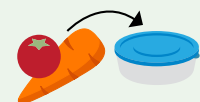
- Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to carefully read the labels and ingredient lists on each package.



- 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.

