



KIDS in the KITCHEN



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Government of Yukon Health Promotion Unit is pleased to present the Yukon edition of the **Kids in the Kitchen** how-to manual. We hope this manual will give Yukon children the opportunity to learn that cooking can be easy and fun!

ACKNOWLEDGEMENTS

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INTRODUCTION

What is Kids in the Kitchen?

Kids in the Kitchen is a how-to manual that includes recipes, activities and sample forms for parents, funders and community partners. It was created to help inspire children to learn to cook easy, inexpensive, tasty foods through participation in a kids' cooking club. **Kids in the Kitchen** supports the foundation of healthy eating habits by:

- providing opportunities for children to learn about food and where it comes from
- teaching children healthy nutrition practices in a fun manner
- providing children an opportunity to socialize by sharing food with friends and family
- encouraging children to cook and eat together with their families
- improving children's food preparation skills
- teaching kitchen safety and safe food handling practices
- enhancing community partnerships around the issue of child health
- encouraging food security through promotion of affordable meal and snack ideas

Learning how to cook can be fun and educational. Just like learning to swim or speak a second language, learning to cook is more effective when it's started early in life and when you have fun doing it.

Did You Know?

When families work together to plan and prepare a meal, everyone wins. Families eat better when they cook and eat together. Home cooked meals are usually more balanced and nutritious. Meals at the dinner table generally include more fruits, vegetables and dairy products and less salt, fat and sugar.

Mealtime gives families a chance to bond, connect, plan and learn from one another. Family mealtimes provide structure and security for children and create a sense of belonging for the entire family.

Kids in the Kitchen provides an opportunity for kids to develop the following skills:

Sensory – Through tasting, hearing, touching, smelling and seeing, children will be exposed to different foods and asked to identify them.

Motor – Active involvement in food preparation will help develop gross and fine motor skills as well as enhance hand-eye coordination.

Mathematics – Children will count, measure and follow recipe directions in the food-related activities.

Safety – Children will learn the importance of safety when handling food, utensils and appliances.

Social – Working with other children will give the kids a sense of sharing and cooperation and an understanding of how to interact with others in groups. They will be able to learn from one another.

Emotional development – Learning to cook fosters confidence, independence and a sense of accomplishment.

Language – Food activities provide a rich opportunity to learn the names of foods and utensils. Many food activities can also encourage conversations about food likes, dislikes and experiences children have had with food.

GETTING STARTED

Creating a Kids' Cooking Club

COMMUNITY PARTNERSHIPS

Working with other groups and organizations makes planning, fundraising and implementing a kids' cooking club easier. Assembling a team with other community groups may help with finding facilitators, recruiting children, and finding a location for your club. You may want to contact school councils, community health centres, local stores, your local First Nations, recreation or community centres, social service agencies, churches, community health centres, summer day camps or other youth groups and community programs to see if they are interested in working together.

LOCATION

Organizations within your community such as schools, community centres and churches usually have great facilities for a kids' cooking club. Here is what you will need for a location:

- A convenient location that is familiar to your target group
- A kitchen that can accommodate the size of your group (no more than 12 children per group recommended)
- Cooking equipment and cleaning supplies
- Additional space to run the activities

TIMELINE

- Decide how many sessions you want to include in the program in order to decide on start and finish dates.
- Identify what day of the week works best, based on availability of your location, volunteers or facilitators and the convenience of your participants.
- Determine what time of day you will run the cooking club.

Who can use Kids in the Kitchen?

You do not need to be a nutrition expert to use **Kids in the Kitchen**.

The recipes are easy to follow and prepare. The "Important Nutrients in the Food Guide" chart found in Appendix A shows the important functions of nutrients found in foods.

So get ready, get messy, and make some fun, healthy snacks and meals!



GETTING STARTED

FUNDING AND DONATIONS

Before you approach someone to support or fund your program, determine, as accurately as possible, what your needs will be. Consider :

- The number of children in your program
- The number of sessions you want to include
- What donated resources or money you already have available
- Hiring a paid facilitator – to ensure your program runs smoothly
- Potential expenses, such as food, paid facilitator(s), art supplies and materials for activities, rental costs for the facility, cooking equipment, cleaning supplies
- A free or low cost program will ensure money is not a barrier for children who would enjoy and benefit from the program

Fortunately, there are many organizations that have a mandate to support children's education. Many private businesses also seek to be good corporate citizens by supporting children's programs.

Helpful Hint

When looking for donations or support, try approaching: grocery stores (community and corporate), local community centres, community businesses, social service agencies, First Nations, local service clubs, school councils and local health and/or community programs. "Support" can come in the form of money or in-kind services (i.e., food, supplies, facilities, volunteers and administrative support).

FACILITATORS

Possible facilitators may include:

- **Parents** – contact school councils in neighbouring schools, ask teachers for parents who may be interested, advertise in school or community newsletters or on community centre bulletin boards
- **Seniors** – contact seniors' clubs and recreational organizations; you could also try to find a retired home economics teacher
- **High school students** – contact leadership programs in local high schools, ask teachers and guidance counselors to discuss the idea with their students



GETTING STARTED

- Post secondary students – contact your local university or college (i.e., Education, Home Economics, Culinary Arts, etc.)
- Local health program staff, seniors or elders
- Churches – may have members interested in food, cooking and working with young people

Once you have found your facilitators, they need to become familiar with the material in this manual. Facilitators will be responsible for grocery shopping, organizing supplies, demonstrating and helping children with food preparation and evaluating the program.

PARTICIPANTS

Work with your community partners to recruit program participants through:

- school newsletters
- local community centre newsletters/bulletin boards
- posters
- word of mouth
- local stores
- First Nations
- health centres
- local/community radio stations

COMMUNICATE WITH PARENTS OR GUARDIANS

- Appendix B sample recruitment letter to parents
- Appendix C registration form and parental consent

SESSION PLANNING

- Decide how many sessions you want to hold.
- Choose a recipe for each session.
- Review food talk contents.
- Plan your groceries and equipment supply lists for your whole program based on the recipes you have chosen.
- Purchase non-perishable food items, supplies and equipment at the beginning of the program.
- Purchase perishable food items before each session.
- Purchase a first aid kit or ensure that one is fully stocked and available in the kitchen.



GETTING STARTED

DEVELOP A ROUTINE

Use the checklist below for facilitators to follow at each session. The checklist can be expanded to suit specific needs.

WHILE WAITING FOR THE CHILDREN TO ARRIVE:

- Clean and sanitize food preparation surfaces
- Set up food, equipment and utensils

AS THE CHILDREN ARRIVE:

- Have the children sign up for their daily duty (See Appendix G for sample of clean-up duties)
- Have the children start with their duty or help the facilitators while waiting for the group to arrive
- Take attendance (See Appendix E for sample attendance sheet)

ONCE ALL THE CHILDREN ARRIVE:

- Review rules – have children take turns reading the rules out loud (See Appendix F for sample rules)
- Provide each child with a copy of the recipe for the day
- Review the recipe and procedure – have the children take turns reading the recipe out loud
- Put on aprons and tie hair back or put on hats
- Wash hands
- Prepare the recipe
- Set the table
- Sit down at the table to eat
- Discuss the recipe, complete the **“Kids in the Kitchen At Home”** section of the recipe
- Clean up

Helpful Hint

Facilitators may be paid or volunteer their time. University and high school students are often interested in volunteering to get important work experience, while retired individuals or elders may be looking for a challenge and an opportunity to pass on their knowledge to young people. One adult facilitator for every three to four children is recommended.



GETTING STARTED

AFTER THE CHILDREN LEAVE:

- Discuss how the recipe went
- Discuss behavioural issues
- Discuss suggestions or changes for the future to improve the session

USING *Kids in the Kitchen* RECIPES

The manual provides 32 recipes to choose from. Each recipe appears in two formats: the first is for the facilitator and the second is intended as a reproducible handout for participants.

FACILITATOR GUIDES

The facilitator guide appears in the following format:

A. The Name of the Recipe

Each recipe has a name that is fun and kid friendly

B. Peanut/Nut Allergy Alert

Recipes with peanuts or nuts will be marked 'Peanut/Nut Allergy Alert'. Please note that only recipes using peanuts or nuts have been identified because this is the most common serious food allergy. These recipes have instructions on how they can be prepared if the peanut or nut product is left out.

C. Children

The number of chef hats (one, two, or three) refers to the recommended number of children needed to prepare the recipe at the club (i.e.: if you have 8 participants in the club and the recipe indicates two chef hats, you will have four groups of two for that recipe).

D. Skill Level

Each recipe states whether it is a Easy-Intermediate or Intermediate-Advanced.

Helpful Hint

Since some recipes contain allergenic foods, change the recipe if a child in your group has an allergy to any of the ingredients listed. Also be sensitive to children who have food restrictions and food intolerances. All allergies and food intolerances can be serious. See Food Allergy and Intolerance section on page 10 for more detail.

ABBREVIATIONS AND EQUIVALENTS

Abbreviations for recipes

tsp	=	teaspoon
tbsp	=	tablespoon
oz	=	ounce
lb	=	pound
mL	=	millilitre
g	=	gram
kg	=	kilogram
L	=	litre
c	=	cup
qt	=	quart



GETTING STARTED

E. Equipment

All cooking utensils required for the recipe are listed. Most are common items found in the majority of kitchens.

F. Purchase List (ingredients for recipe)

For each session, the quantities given in the 'purchase' list are for 12 children; therefore, you may need to modify the purchase amount if you have fewer than 12 children.

G. Suggestions

Different ideas are given to change the recipe if certain ingredients are difficult to find or if you would like some variety in the recipe.

H. Food Talk

This section contains suggested questions and comments about the recipes and ingredients. There are many references to the nutrition content of the foods, so you may want to familiarize yourself with the "Important Nutrients in the Food Groups" chart in Appendix A.

I. Strange But True And That's Disgusting

These sections contain odd trivia about food and eating that can be shared with the children.

PARTICIPANT RECIPE:

A participant recipe accompanies each facilitator recipe. These recipes should be photocopied for use in the cooking sessions and can also be sent home with the children.

Each participant recipe has a section called **Kids in the Kitchen – At Home**. Use this section to talk about what potential challenges and possible solutions there are to continue using the recipes from the club with their families by asking the following questions:

I would make this recipe at home if I could...

1. use a different ingredient (e.g., use apples instead of raisins)
2. use a different kind of cooking equipment (e.g., use a fork or whisk instead of a blender)
3. have someone help me with the recipe (i.e., an older sibling, parent, caregiver)

Facilitators play an important role in guiding this discussion to increase the likelihood the recipe will be used beyond the cooking club setting.



GETTING STARTED

Tips for Overcoming Challenges

Every challenge has a solution. Here are some solutions shared by previous **Kids in the Kitchen** facilitators:

We lacked facilities so we:

- partnered with other programs.
- used the school kitchen.
- asked to use the home economics room.
- asked a church.
- We couldn't get transportation so we asked parents to drop off and pick up children.
- We lacked adult supervision so we asked for parents to volunteer. Some parents flexed their work hours.
- We had young cooks so we were more patient.
- We had limited cooking utensils/cooking equipment so we:
 - Planned out recipes accordingly.
 - We did not have enough space at the stove, so we took turns and were patient.
- Too many kids wanted to participate – so we offered smaller more frequent groups.
- We needed more resources like pots and pans so we borrowed from other facilities.

For Additional Cooking Fun

- Have the kids make a scrapbook. They can decorate the cover with drawings or food pictures and fill them with recipes or any other food/nutrition information.
- When the children work in groups, have them develop team names.
- When the kids finish their recipes, have them do a show and tell to the rest of the group. Let them take pride in their work.
- Practice proper table setting and appropriate table manners when eating. Pretend you are at a fancy restaurant having a fine dining experience.



GETTING STARTED

Food Allergy and Intolerance

FOOD ALLERGY

A food allergy occurs when the body's immune system reacts to a protein or ingredient in a food. Common reactions include a runny or plugged nose, difficulty breathing, wheezing and coughing, diarrhea and vomiting, hives (small or large red, itchy welts), swollen body tissues, and eczema. Reactions can occur immediately or up to days after eating the food.

ANAPHYLAXIS

Anaphylaxis is a severe allergic reaction to a food. Without emergency treatment, anaphylaxis can be life threatening. Foods that most commonly cause anaphylaxis are peanuts, tree nuts (walnuts, hazelnuts, pecans, almonds, etc.), fish, shellfish, eggs, milk, wheat, soy, sesame seeds, sulphites and mustard; however, a child can be severely allergic to any food.

An anaphylactic reaction can develop within seconds of exposure, or as long as eight hours later. It may begin with itching, hives, sneezing, difficulty breathing, vomiting, diarrhea, or swelling of the lips or face. Within moments, the throat may begin to close, choking off breathing and leading to unconsciousness and death. Anaphylaxis is an emergency and must be treated with Adrenalin, usually administered through an EpiPen®. It is recommended that children with a life-threatening allergy have an EpiPen® with them at all times, and that facilitators/volunteers know how to use them.

Children at risk of anaphylaxis must completely avoid all contact with the food to which they are allergic. The severity of a previous reaction does not predict the severity of the next reaction. For example, a child with a peanut allergy who only suffered hives upon his first contact with peanuts could experience full anaphylactic shock upon a second exposure to peanuts. For this reason, all reports of significant reactions to foods must be taken seriously and the food completely avoided by the allergic individual.

REPORTING OF FOOD ALLERGY

When accepting registrations for your kids' cooking club it is important to ensure the 'allergy' section on the registration form is completed. You can use the sample summary chart (Appendix D) to keep track of any participant food allergies, intolerances or restrictions for quick reference and planning. With the right precautions, children with a food allergy can participate fully in a kids' cooking club.

WHERE TO GO FOR MORE INFORMATION ON FOOD ALLERGY

It is recommended that you contact your local public health nurse to provide training for your facilitators on the recognition of anaphylaxis and use of an EpiPen®. The allergic child's parents are often a good source of information.

FOOD INTOLERANCE

Food intolerance or sensitivity occurs when the body cannot properly digest a certain component of a food. Symptoms often include nausea, diarrhea, abdominal cramps, slight itching or redness of the skin, runny nose, congestion, coughing and possibly headaches. Common types of food intolerance or sensitivity include lactose (the sugar in milk), gluten (the protein in wheat), sulfites (used as a food preservative), monosodium glutamate (MSG), and artificial food dyes.

Depending on the type of food intolerance, most people can eat small servings of the problem food without unpleasant side effects. For example, people with difficulty digesting lactose may be able to consume small amounts of milk (i.e., 1/4 to 1/2 a cup) with meals or snacks.

GETTING STARTED

They can enjoy hard cheese which contains very little lactose and yogurt which contains bacteria that help break down lactose. They can also choose lactose-reduced or lactose-free milk. People with gluten intolerance and those with sulfite-sensitivity are exceptions and should avoid foods with these ingredients.

Ensure that each participant has fully completed the food intolerance section on the registration form. If you are unsure of how to change recipes for food allergy or intolerance, call your local community dietitian for assistance.

Safety in the Kitchen

Potential hazards exist in a kitchen whether it is slipping on a wet floor or undercooking meat. Simple precautions can prevent these types of situations from occurring. Preparing and cooking food with children provides opportunities to teach kitchen safety and safe food handling practices.

KITCHEN SAFETY

It is important for children to be familiar with general rules about kitchen safety. Hot stoves, knives and other appliances may cause injury, so it's important to practice kitchen safety at all times.

GENERAL GUIDELINES

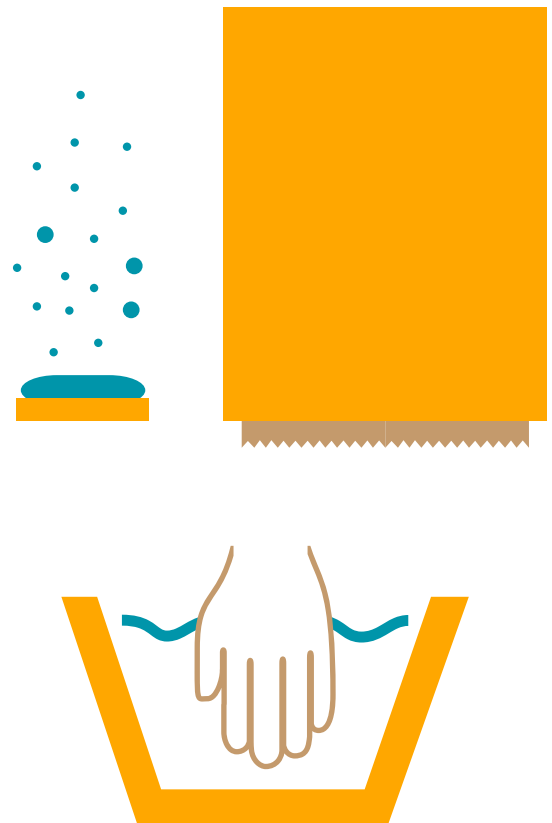
- Familiarize children with all aspects of the kitchen.
- Teach children how to use appliances (blender, toaster, skillets, microwave, oven and stove tops) properly.
- Demonstrate safe cutting techniques (peel away from your hand and keep fingers away from the blade).
- Establish a no running or roughhousing rule.
- Section off the oven by placing masking tape on the floor. Tell children to stay behind the tape whenever the oven door is open.
- Wipe spills off floors and counter tops immediately.
- Keep a fully stocked first aid kit at your sessions.
- Be familiar with the facility's fire plan.

SAFE FOOD HANDLING

No one wants to get sick from the food they eat. Here are some simple steps to follow to make sure harmful bacteria are not part of your **Kids in the Kitchen** experience.

Do the following hand-washing demonstration with each child

- Wet hands under warm running water.
- Add soap, lather and scrub hands for 20 seconds (scrub palms, in between fingers, backs of hands and under nails).
- Rinse well under warm running water.
- Dry hands with a paper towel.
- Turn off taps with the paper towel.
- Discard towel in the garbage.



GETTING STARTED

CLEAN – Wash hands, cooking equipment, kitchen surfaces and fruits and vegetables.

Always wash hands

- before starting to cook
- after coughing, sneezing or blowing your nose
- after touching your face or hair
- after handling raw food (i.e., raw eggs or meat)
- after handling dirty dishes or garbage
- after using the washroom

- Wash hands using warm soapy water for 20 seconds (sing a verse of Old MacDonald).
- Keep a scrub brush handy to get under fingernails.
- Use a clean cloth or paper towel to dry.
- Wear non-latex disposable gloves over bandages when preparing food.
- Wash all fruits and vegetables, including those you peel and cut.
- Rub firm-skin fruits and vegetables, such as: melons, oranges and cucumbers under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Always wash cooking utensils, cutting boards and kitchen countertops.
- Always use a clean dishcloth for washing dishes. Use different towels for wiping surfaces and for wiping dishes.
- Sanitize your kitchen using a chlorine bleach solution (mix 2 teaspoons/10 mL bleach with 4 cups/1 L water to sanitize cutting boards, sinks, and countertops).

CHILL – Refrigerate/freeze foods promptly.

- Use the two hour rule. Refrigerate at 4°C (40°F) or cooler or freeze all perishable food within two hours of purchase or preparation. If the weather is hot (above 26°C or 80°F) reduce the time to one hour.
- Never defrost foods at room temperature. Thaw foods in the refrigerator.

- Foods that will be cooked immediately can be thawed in the microwave or enclose the food in an airtight package and submerge it in cold water. Change the water every 30 minutes until thawed.
- Marinate foods in the fridge.
- Cook thawed meat, poultry and seafood before refreezing.

How do I properly wash dishes?

Use a three-sink compartment to

Wash, Rinse, Sanitize

- Wash dishes in the first sink with hot soapy water.
- Rinse dishes in the second sink with hot clean water.
- Sanitize dishes for 1 to 2 minutes in the third sink with a sanitizer solution (1/2 of a large sink will need 1 capful of bleach). Option: If you only have 2 sinks in your kitchen, use a clean bucket to sanitize as your third sink.
- Air-dry dishes. If this is not possible, use clean towels to dry dishes.
- Discard used paper towels in the garbage.



GETTING STARTED

SEPARATE – Do not cross-contaminate.

- When shopping, keep packages of meat, poultry and seafood separate from other groceries.
- Prevent meat, poultry and seafood juices from dripping onto other foods in the refrigerator by placing them on a plate and storing them on the bottom shelf.
- Place washed produce in clean containers, not back into the original unwashed packaging.
- Wash scissors or blades used to open food packages.
- Use a clean, separate cutting board for each type of food you are preparing (i.e.: raw meat, poultry or seafood, cooked meat, poultry or seafood, washed fruits and vegetables).
- Use one plate for raw meat, poultry or seafood and a different plate for cooked.
- To avoid double dipping, don't put the tasting spoon back in the pot. Ensure children use each spoon, wooden stick or tongue depressor only once for tasting.

COOK – Cook meat, poultry and eggs to proper temperatures.

- Remember heat can kill harmful bacteria. Use a food thermometer to ensure safe internal temperatures are reached.
- Do not let foods linger at temperatures where bacteria can grow. The danger zone (i.e., the temperature at which bacteria multiply the quickest) is between 4°C (40°F) and 60°C (140°F).
- Always wash food thermometers with hot soapy water after use.

One More Thing...

The last thing anyone wants to find in food is hair. Make sure long hair is tied back in a ponytail or that a hat or bandana is used as a head covering.

That's Disgusting

Up to one billion micro-organisms can live on a moist cloth that has been left on a kitchen counter too long. That's why it is important to use a clean dry dishcloth daily.

Did You Know?

Digital instant-read thermometers are not designed to stay in food during cooking. Insert thermometer in the centre of the thickest part of the food (at least 1.5 cm deep) for 10 seconds. Dial oven-safe thermometers are designed to stay in the food during cooking. Place the tip 2 to 2.5 inches (5 to 6.5 centimeters) deep in the thickest part of the food at the beginning of the cooking time. This thermometer does not work for thin food like boneless chicken breast.

What is the proper temperature for cooked food to reach?

Ground beef 71°C (160°F)
Turkey and chicken 74°C (165°F), egg dishes 74°C (165°F)

FACILITATOR GUIDES & PARTICIPANT RECIPES

Using Kids in the Kitchen Recipes

Each recipe appears in two formats: the first is for the facilitator and the second is intended as a reproducible handout for participants. The participant version is intended for children to use at home.

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FACILITATOR GUIDE

Recipe 1. Ground Up Frog Smoothie

CHILDREN: 

DIFFICULTY: Easy-Intermediate

EQUIPMENT:

- cutting board
- measuring cups & spoons
- blender

PURCHASE:

100% unsweetened orange juice	9 cups
ripe bananas	6
frozen mango chunks	3 cups
baby spinach	6 cups
vanilla yogurt	3 cups

SUGGESTIONS:

- Instead of orange juice, can use water.
- Try other frozen fruits such as pineapple.

FOOD TALK:

- Talk about the different ingredients in the fruit shake.
- What does the fruit shake taste like?
- What important nutrients are found in milk? (Calcium is important for strong bones and teeth. Vitamin D is important because it helps calcium make our bones strong).
- What important nutrient is found in strawberries and orange juice? (Vitamin C, which helps to keep Cartilage, bones, teeth and blood vessels healthy. It also helps to heal cuts and scrapes).
- Ask if anyone has ever made a fruit shake at home.

STRANGE BUT TRUE:

- Three orange trees were planted in 1873. Amazingly enough, one of those trees is still producing fruit more than 130 years later.
- Bananas do not grow on trees. Although the plant looks like a tree, it's actually related to the lily or orchid plant.
- Vitamin D is the sunshine vitamin! In the summer, we can get our vitamin D from the sun. During the winter months, our bodies don't make vitamin D, so we need to eat foods with vitamin D: milk, fish, eggs, and margarine.

THAT'S DISGUSTING!

One can of soda pop contains the equivalent of 8-9 teaspoons of sugar. A one-litre takeout pop like those sold at most convenience stores contains the equivalent of 25 teaspoons of sugar.

Ground Up Frog Smoothie

Preparation Time: 10 minutes

Cook Time: 0 minutes

Equipment:

- cutting board • measuring cups & spoons • blender

Ingredients:

- | | |
|------------|--------------------|
| 1-1/2 cups | orange juice |
| 1 | ripe banana |
| 1/2 cup | frozen mango |
| 1/2 cup | vanilla yogurt |
| 1 cup | fresh baby spinach |

Suggestions:

- Instead of orange juice, can use water.
- Try other frozen fruits such as pineapple.

Instructions:

1. Peel the banana and chop into chunks.
2. Place all of the ingredients into blender.
3. Cover and blend on high speed until smooth.
4. Pour into cups.

Makes five servings



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 2. Backyard Bugs

CHILDREN: 

DIFFICULTY: Easy-Intermediate

EQUIPMENT:

- cutting boards
- colander
- knives (butter & paring)
- wooden skewers
- small bowls
- spoons

PURCHASE:

celery	12 stalks
no-nut butter	3/4 cup or 12 tbsp
mini pretzels	24
grapes	120
candy eyes	48
icing gel or edible black marker	1 tube

SUGGESTIONS:

- Experiment making different bugs using the ingredients you have
- Try cream cheese instead of no-nut butter
- Try cucumber slices or kiwi slices to make a snail

FOOD TALK:

- Talk about the taste and texture of the foods. (no-nut butter or cream cheese is smooth, the celery is crunchy, grapes are chewy and sweet)
- Talk about the different ingredients.
- Protein is important for the development of muscles, skin and fingernails. Peanut butter (or no-nut butter) is an example of a food that has protein.

STRANGE BUT TRUE!

Peanut butter was invented by George Washington Carver, an African-American scientist who wanted to help poor farmers in the Southern States. He developed 325 uses for peanuts, from cooking oil to printing ink.

Bugs on a Log

Preparation Time: 10 minutes

Cook Time: 0 minutes

Equipment:

- cutting boards • colander • knives (butter & paring) • wooden skewers • small bowls • spoons

Ingredients for Butterfly:

- 1 celery stalk
- 1 tbsp no-nut butter or cream cheese
- 2 pretzels for wings
- 2 candy eyes

Ingredients for Caterpillar:

- 10 grapes
- 1 wooden skewer
- 2 candy eyes
- icing gel to make candy eyes stick

Instructions:

For Butterfly: Rinse and cut your celery into 3-4 inch slices. Apply no-nut butter into the middle and insert two mini pretzels. Then add two candy eyes.

For Caterpillar: Rinse and dry about 10 grapes. Carefully skewer the grapes. Using the icing gel, draw a smile. Then add two candy eyes.

Makes one butterfly and one caterpillar



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 3. A Bone-Building Delight – Yogurt Parfait

CHILDREN: 

DIFFICULTY: Beginner

EQUIPMENT:

- can opener • bowls • measuring cups & spoons • clear glass or dessert bowls

PURCHASE:

fruit flavoured yogurt (peach)	6 cups
canned peach slices	3 - 28 oz cans
nut-free granola	1 cup

SUGGESTIONS:

- Use different flavours of yogurt.
- Use different types of fruit (try fresh or frozen fruit).
- Use cereal instead of granola.

FOOD TALK:

- Ask the children what their favourite fruits are.
- What does yogurt taste like? What is the texture like?
- Talk about the different ingredients.
- Yogurt is a protein rich food and has lots of calcium. Why is calcium important? (For strong bones and teeth.)
- How do you make fruit-flavoured yogurt? (Mix together plain yogurt, cut-up fruit and a little bit of honey.)
- Yogurt is great to take to school for lunch. Be sure to use an ice pack in your child's lunch box or put an individual serving of yogurt in the freezer the night before for a healthy frozen treat.
- Granola has many grains in it and is high in fibre. Fibre helps to keep your tummy healthy/helps you poop.

STRANGE BUT TRUE!

In a famous poem about a man who was shy and fearful, T.S. Eliot wrote: "Do I dare to eat a peach?" Years later, the music group The Allman Brothers (who came from Georgia, The Peach State) put out a record entitled "Eat a Peach." In English criminal slang, reporting somebody to the police is "peaching" on them. Isn't food trivia peachy?

THAT'S DISGUSTING!

Many species of birds feed their young by regurgitating partially digested food directly into their mouths. Think of that before you complain about having leftovers for dinner.

A Bone-Building Delight – Yogurt Parfait

Preparation Time: 20 minutes

Cook Time: 0 minutes

Equipment:

- can opener • bowls • measuring cups & spoons • clear glass or dessert bowls

Ingredients:

- | | |
|---------|------------------------------|
| 1/2 cup | peach yogurt |
| 1/2 cup | canned peach slices, drained |
| 1 tbsp | nut-free granola |

Suggestions:

- Use different flavours of yogurt.
- Use different types of fruit (try fresh or frozen fruit).

Instructions:

1. Spoon half of yogurt into a clear glass or desert bowl.
2. Top with half of fruit.
3. Repeat layers.
4. Sprinkle with granola.

Makes one serving



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 4. The Big Dipper – Vegetable Party with Dilly Dip

CHILDREN: 

DIFFICULTY: Beginner

EQUIPMENT:

- cutting board • colander • vegetable peeler • butter & paring knives • spoons
- measuring cups & spoons • bowls

PURCHASE:

cottage cheese	4 cups
plain yogurt	2 cups
onion powder	2 tsp
dried dill weed	1 tsp
lemon juice salt	1 tsp
salt	pinch
pepper	pinch
cucumber	2
carrots	2 lb
celery	1 bunch
broccoli	1 bunch
mushrooms	12
red pepper	1
green onion	1 bunch

FOOD TALK:

- Cottage cheese is not as high in calcium as milk, hard cheese (like cheddar) or yogurt. To get the same amount of calcium in one cup of milk, you need to eat two cups of cottage cheese.
- Like yogurt, cottage cheese is good mixed with fruit as a snack. Cottage cheese is also high in protein, which is important for building muscles and other tissues.
- What was Miss Muffet eating when she sat on her tuffet? (Curds and whey or cottage cheese.)
- Discuss the taste, texture and smell of the different vegetables.
- Discuss the colour of the vegetables. Vegetables that are dark green are high in folic acid; those that are orange are high in a form of vitamin A (beta carotene). Vitamin A keeps our eyes healthy and folic acid keeps our blood healthy.

STRANGE BUT TRUE!

Eating lots of carrots can turn your skin orange. That's because of the beta carotene in them.

THAT'S DISGUSTING!

In the days of the Roman Empire, Drusus, son of the Emperor Tiberius, is said to have loved broccoli so much that he ate nothing but broccoli for one month. He only stopped because his pee turned green.

The Big Dipper - Vegetable Party with Dilly Dip

Preparation Time: 20 minutes

Cook Time: 0 minutes

Equipment:

- cutting board • colander • vegetable peeler • butter & paring knives • spoons
- measuring cups & spoons • bowls

Dip Ingredients:

1 cup	cottage cheese
1/2 cup	plain yogurt
1	green onion
1/2 tsp	onion powder
1/4 tsp	dried dill weed
1/4 tsp	lemon juice
pinch	salt
pinch	pepper
	vegetables – cucumber, carrots, celery, broccoli, mushrooms, red or green pepper

Instructions:

1. Finely chop green onion.
2. Mix together green onion, cottage cheese, yogurt and spices in a bowl.
3. Wash the vegetables.
4. Peel the carrots.
5. Cut the carrots, celery and red pepper into strips.
6. Cut the broccoli into florets.
7. Slice the cucumber and the mushrooms can be left whole.
8. Assemble vegetables on plates surrounding the bowl of dip.

Makes three servings



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 5. Fruit Pizza

CHILDREN: 

DIFFICULTY: Easy-Intermediate

EQUIPMENT:

- colander • cutting boards • knives (butter & paring) • small bowl • spoons • spatula • plates
- parchment paper • blender

PURCHASE:

no-nut butter	6 cups
honey	1-1/2 cups
vanilla extract	1/4 cup or 12 tsp
salt	1-1/2 tsp
rolled oats	12 cups
vanilla greek yogurt	4-1/2 cups
strawberries	4-1/2 cups
blueberries	4-1/2 cups
bananas	6

SUGGESTIONS:

- Experiment using different fruit as your 'pizza toppings'

FOOD TALK:

- Talk about the different tastes and textures of the ingredients
- Talk about other ways you can eat fruit (canned, frozen, dried)
- Where do the different fruits come from (berries grow on bushes, bananas grow on trees)
- Where do coconuts grow? (On palm trees in hot countries)
- Is coconut a fruit or a nut (Coconut is a fruit)

STRANGE BUT TRUE!

- Falling coconuts kill 150 people every year – 10 times the number of people killed by sharks.

Fruit Pizza

Preparation Time: 10 minutes

Cook Time: 0 minutes

Equipment:

- colander • cutting boards • knives (butter & paring) • small bowl • spoons • spatula • plates
- parchment paper • blender

Ingredients:

1 cup	no-nut butter
1/4 cup	honey
2 tsp	vanilla extract
1/4 tsp	salt
2 cups	oats, dry
3/4 cup	greek yogurt, vanilla
3/4 cup	strawberries
3/4 cup	blueberries
1 medium	banana

Suggestions:

- Experiment using different fruit as your “pizza toppings”

Instructions:

1. In a small bowl, combine no-nut butter, honey, vanilla and salt. Stir until smooth.
2. Take 1 cup of the oats and place in a blender. Blend until the oats are finely chopped and resembles flour. Set aside.
3. Add the other cup of oats to the no-nut butter mixture and stir. Slowly add in a little of your homemade oat flour at a time until you get a mixture that you can form into a crust.
4. Take small amounts of the mixture and form a pizza crust. Place onto parchment paper or foil for easy cleanup.
5. Once the pizza crust is formed, spread on a layer of Greek yogurt. Top with sliced fruit to make your designs and enjoy!



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 6. Fruit Salad with Yogurt Dip

CHILDREN: 

DIFFICULTY: Easy-Intermediate

EQUIPMENT:

- colander • cutting boards • knives • small & large bowls • spoons

PURCHASE:

variety of fruit (fresh or canned)	kiwi
apples	pineapple
bananas	strawberries
honeydew	watermelon
grapes	peaches
mandarin oranges	fruit-flavored yogurt – 1-1/2 cups

SUGGESTIONS:

- Try 1 or 2 fruits that may be new to the children; choose canned fruits packed in water or juice.
- If fruit is canned in heavy syrup, rinse first before adding it to the salad.

FOOD TALK:

- Talk about the different ingredients.
- Discuss the taste, texture and smell of the different fruits.
- Did you know that fruits that have seeds or a hard, edible skin are high in fibre? Fibre helps to keep your tummy healthy/helps you poop.
- Where does fruit come from? How does it grow? (Vines – grapes; bush – berries of all kinds such as strawberries, raspberries, blueberries, Saskatoon berries, cranberries; tree – apples, pears, peaches, oranges, grapefruit)
- Which fruits are grown in Yukon? (Strawberries, blueberries, raspberries, cranberries; hardy fruit trees such as Norland apples, Siberian pear; even cherry trees can survive Yukon winters if protected with layers of mulch.)
- In what climate does fruit grow best? (Many prefer a hot, tropical climate with lots of rain.)
- What are some other fruits that come from tropical climates? (Passion fruit, pomegranates, mango, persimmon.)

STRANGE BUT TRUE!

Scurvy or “sponging gums” is a disease that can strike when people do not have enough vitamin C in their diet. In the days of sailing ships, when sailors would spend months at a time at sea, English ships began carrying limes to prevent scurvy on long ocean voyages. Aboriginal people brewed tea from birch bark or pine needles to prevent scurvy.

Fruit Salad with Yogurt Dip

Preparation Time: 10 minutes

Cook Time: 0 minutes

Equipment:

- colander • cutting boards • knives • small & large bowls • spoons

Ingredients:

- 2 cups variety of fruit (fresh or canned)
- 1/4 cup fruit-flavoured yogurt

Suggestions:

- Try 1 or 2 fruits that may be new to you; choose canned fruits packed in water or juice.
- If fruit is canned in heavy syrup, rinse first before adding it to the salad.

Instructions:

1. If using fresh fruits, wash and core fruit. If using canned fruit, drain liquid.
2. Cut fruit into bite-size pieces.
3. Combine all fruit in a large bowl.
4. Add a spoonful of yogurt on top of the fruit salad or put in a small bowl for dipping.

Makes one fruit salad



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 7. Fill Your Pockets – Pita Pockets

CHILDREN: 

DIFFICULTY: Beginner

EQUIPMENT:

- cutting boards • butter & paring knives • can opener • grater • spoons • plates • bowls • forks

PURCHASE:

pita bread	12
tomato	4
cucumber	1
green pepper	1
lettuce	1 bunch
cheddar cheese	1-1/3 cups
cooked ham	1-1/3 cups
tomato sauce	1 - 14 oz can

Note: Some participants may not eat pork or ham for religious or cultural reasons.

SUGGESTIONS:

- Instead of cooked ham, try deli chicken or turkey, canned ham or roasted, sliced meat.
- If available, use lower fat cheese (cheese with 20% milk fat or less). If available, use whole wheat pita.

FOOD TALK:

- How many kinds of bread can you name? (Whole-wheat, white, multigrain, rye, sourdough, corn bread, roll, pita, chapati, roti, naan, bannock, tortilla, bagel)
- What is pita bread made from? (Flour, water, yeast, salt)
- Where does pita bread come from? (It originated in Israel, Lebanon, Egypt and other countries in the Middle East.)
- What does yeast do? (Yeast ferments sugar, which produces carbon dioxide, which allows dough to rise.)
- What do grain products do for the body? (They contain carbohydrates, which give us energy.)
- What else can you make with pita bread? (Pizzas, quesadillas, grilled cheese sandwiches and your own pita chips by baking them in the oven.)

STRANGE BUT TRUE!

The pita bread is one of the oldest foods in the world. People have been eating pita bread for thousands of years.

THAT'S DISGUSTING!

The longest tapeworm ever to live in a human's digestive system was 20 feet (more than six metres) long.

Fill Your Pockets – Pita Pockets

Preparation Time: 20 minutes

Cook Time: 0 minutes

Equipment:

- cutting boards • butter & paring knives • can opener • grater • spoons • plates • bowls • forks

Ingredients:

1	pita bread
1/3	tomato
3 slices	cucumber
1 strip	green pepper
2 leaves	lettuce
1/8 cup	cheddar cheese
1-2 slices	cooked ham
1 tbsp	tomato sauce

Suggestions:

- Instead of cooked ham, use deli chicken or turkey or canned ham or meat
- Vegetarian – try hummus or baked beans instead of meat
- If available, use lower fat cheese
- If available, use whole wheat pita

Instructions:

1. Cut up vegetables, chop meat and lettuce.
2. Grate cheese.
3. Open up can of sauce.
4. Place pita on a plate. Use thumbs to open pita. Starting at edge, gently peel one side of the pita back. This creates a pocket. Fill pocket with veggies, ham and cheese and add tomato sauce. Close the pocket.

Makes one serving



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 8. Apple Of My Eye – Baked Apples

Peanut/Nut Allergy Alert: Look for allergen information on the raisin package to ensure they are free of any traces of peanuts or tree nuts

CHILDREN: 

DIFFICULTY: Beginner

EQUIPMENT:

- vegetables peelers*
- cutting boards
- measuring spoons & cups
- small bowls
- spoons
- microwaveable casserole dishes
- microwave

PURCHASE:

apples	12
brown sugar	1/2 cup
cinnamon	1 tbsp
raisins	1/3 cup
butter or non-hydrogenated margarine	2 tbsp

*Facilitators: Please help children remove core from apple using the vegetable peeler.

SUGGESTIONS:

- This recipe can be baked in the oven for 20 minutes at 350° F.

FOOD TALK:

- Talk about the taste and texture of the apple. (Baked apples are softer than raw apples).
- Talk about the different ingredients.
- Apples are a good source of fibre, which helps to keep your tummy healthy/ helps you poop.
- Raisins are a good source of iron, which helps your blood carry oxygen to your body's cells.

STRANGE BUT TRUE!

- There are more than 7,000 varieties of apples grown in the world. The apples from one tree can fill 20 boxes every year and each box weighs an average 42 pounds.
- A popular singer in the 1940s was Carmen Miranda, who used to perform wearing a hat piled high with bananas, pineapples, oranges and other fruit. Don't try this at home, unless you want to clean up the mess!

THAT'S DISGUSTING!

If it wasn't for worms in apples you might not have a lot of good old fashion apple recipes. Women in the past got around the worm in the apple by making applesauce, apple butter, apple jelly and sliced apple dishes.

Apple Of My Eye – Baked Apples

Preparation Time: 10 minutes

Cook Time: 5 minutes

Equipment:

- vegetable peelers • cutting boards • measuring spoons & cups • small bowls • spoons
- microwaveable casserole dishes • microwave

Ingredients:

- | | |
|------------|--------------------------------------|
| 1 | apple |
| 2 tsp | brown sugar |
| 1/4 tsp | cinnamon |
| 1 tsp or 8 | raisins |
| 1/2 tsp | butter or non-hydrogenated margarine |

Suggestions:

- This recipe can be baked in the oven for 20 minutes at 350° F.

Instructions:

1. Wash apples well and remove stems.
2. Using the tip of a vegetable peeler, remove as much apple core as possible without breaking the apple.
3. In a small bowl, mix brown sugar, cinnamon and raisins together and place into the centre of the apple.
4. Add butter or margarine to the top of the apple.
5. Place 4 prepared apples into a microwaveable casserole dish.
6. Add 1/2 cup of water to the bottom of the dish.
7. Microwave apples on high for 5 minutes.
8. Let cool and serve.
9. Spoon liquid from bottom of the baking dish on to apples.

Makes one serving



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 9. GO GO Guacamole

CHILDREN: 

DIFFICULTY: Beginner

EQUIPMENT:

- cutting boards • colander • knives • bowls • spoons • potato masher or fork

PURCHASE:

avocados	12
onions	3
tomatoes	6
garlic, peeled and minced	12 cloves
lime juice	9 tbsp
salt and pepper	

SUGGESTIONS:

- Use juice of 1 fresh lime, instead of bottled lime juice

FOOD TALK:

- Avocado is a fruit. That's because the avocado tree is part of the flowering-plant family Lauraceae.
- Why is avocado good for you? (it has good fats that are good for your heart)
- What are the different ways you can eat guacamole? (dip for vegetables, in burritos or wraps, on toast)
- Where do avocados come from? (most come from Mexico due to it's year-round growing climate)

STRANGE BUT TRUE!

"Avocado" wasn't its original name. Irishman Sir Hans Sloane called it an avocado in 1696 in a Jamaican-plants catalog. He also dubbed the avocado tree the "alligator pear tree."

GO GO Guacamole

Preparation Time: 10 minutes

Cook Time: 0 minutes

Equipment:

- cutting boards • colander • knives • bowls • spoons • potato masher or fork

Ingredients:

- 2 avocados (ripe)
- 1/2 onion (small)
- 1 tomato (medium)
- 2 garlic cloves (peeled & minced)
- 1-1/2 tbsp lime juice
- salt & pepper, to taste

Suggestions:

- Use juice of 1 fresh lime, instead of bottled lime juice

Instructions:

1. Slice the avocado and remove the pits, and place in a medium size bowl.
2. Dice the onion and add it to the bowl.
3. Dice the tomato and add it to the bowl.
4. Add the garlic and lime juice. Mash up all the ingredients with a fork or potato masher until smooth.

Makes two servings



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 10. Oatmeal Pancakes

CHILDREN: 

DIFFICULTY: Easy-Intermediate

EQUIPMENT:

- bowls • mixing bowls • measuring cups & spoons • skillet • flipper • ladle

PURCHASE:

rolled oats	9 cups
milk	12 cups
all-purpose flour	6 cups
brown sugar	3/4 cup or 12 tbsp
baking powder	3/4 cup or 12 tbsp
salt	4-1/2 tsp
eggs	12
vegetable oil	1-1/2 cups

SUGGESTIONS:

- Replace some of the flour with whole wheat flour to increase fibre
- Top pancakes with flavored yogurt and berries

FOOD TALK:

- Why are grain products important? What do they do for our body? (they contain carbohydrates, which give us energy)
- What other foods contain carbohydrates and give our body energy? (Bread, cereal, pasta, rice, crackers, muffins, fruit, vegetables, milk)
- What is the difference between whole-wheat and white flour? (whole wheat flour has fibre, which helps to keep your tummy healthy and helps you poop)

STRANGE BUT TRUE!

Analyses of starch grains on 30,000-year-old grinding tools suggest that Stone Age cooks were making flour out of cattails and ferns—which, researchers guess, was likely mixed with water and baked on a hot, possibly greased, rock. The result may have been different than the modern crepe, hotcake, or flapjack, but the idea was the same: a flat cake, made from batter and fried.

Oatmeal Pancakes

Preparation Time: 10 minutes

Cook Time: 5 minutes

Equipment:

- bowls • mixing bowls • measuring cups & spoons • skillet • flipper • ladle

Ingredients:

1-1/2 cups	rolled oats
2 cups	milk
1 cup	all purpose flour
2 tbsp	brown sugar
2 tbsp	baking powder
3/4 tsp	salt
2	eggs
1/4 cup	vegetable oil

Suggestions:

- Replace some of the flour with whole wheat flour to increase fibre
- Top pancakes with flavored yogurt and berries

Instructions:

1. Mix rolled oats and milk in a small bowl. Set aside until milk is almost absorbed, about 5 minutes.
2. In a large bowl combine flour, brown sugar, baking powder and salt. Stir well.
3. Add eggs and oil to oat mixture. Beat well.
4. Add oat mixture to flour mixture all at once, mixing until smooth.
5. Heat and lightly grease a skillet. Pour about 1/4 cup batter for each pancake onto skillet and cook each pancake until edges become dry and surface is covered with bubbles. Flip pancake and cook until second side is golden brown.

Makes 18 medium pancakes



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 11. UFO's – Unidentified Fried Objects

CHILDREN: 

DIFFICULTY: Intermediate

EQUIPMENT:

- non-stick frying pan
- measuring spoons
- butter knives
- stove

PURCHASE:

whole wheat bread	1 loaf
eggs	12
butter or non-hydrogenated margarine	1/4 cup or 12 tsp
pepper	pinch

FOOD TALK:

- Talk about the different ingredients.
- What do eggs do for our body? (They give us protein and iron and are important for building strong muscles and other tissues.)
- What other foods contain protein? (Dried beans and lentils, tofu, meat, fish, poultry, nuts, peanut butter)
- Name some different types of bread that you like. (Rye, whole wheat, pumpernickel, white, French, Italian, multigrain, pita, tortilla, bagel, English muffin)
- What do foods like bread do for the body? (Bread is from the Grain Products food group, which gives us energy.)
- Did you know...the colour of an egg yolk depends on what the chicken eats? The colour can be pale yellow to bright orange.
- The yolk of the egg contains the vitamins, iron, cholesterol and fat, while the white contains the protein (albumin).
- Eggs age as much in one day at room temperature as they do in one week in the refrigerator.
- Eggs come in lots of sizes: peewee, small, medium, large, extra large and jumbo.

STRANGE BUT TRUE!

In Europe until a few hundred years ago, people did not eat off their own plates. They either shared a large platter with people seated beside them or ate off of a slab of stale bread. That must have saved a lot of time washing dishes.

THAT'S DISGUSTING!

The eggs of the cecidomyian gall midge fly hatch inside the mother, and the young flies eat their way to the outside world by devouring their mother. Talk about ungrateful kids!

UFOs – Unidentified Fried Objects

Preparation Time: 20-25 minutes

Cook Time: 5 minutes

Equipment:

- non-stick frying pan
- measuring spoons
- butter knives
- stove

Ingredients:

- 1 slice whole wheat bread
- 1 egg
- 1 tsp butter or non-hydrogenated margarine
- pinch pepper

Instructions:

1. Spread a small amount of butter or margarine on both sides of bread.
2. Make a small hole in the middle of the bread (about 2 inches in diameter) by ripping the bread with your fingers.
3. Place bread on a hot frying pan.
4. Break an egg into the bread hole.
5. Turn the element down to low and cook until egg white turns white.
6. Flip bread and continue to cook until yolk is firm.
7. Add seasoning.

Makes 1 serving



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 12. When the Moon Hits Your Eye... Mini Pizzas

CHILDREN: 

DIFFICULTY: Intermediate

EQUIPMENT:

- can opener • spoons • cutting boards • measuring spoons • butter knives • oven mitts
- cheese graters • oven • cookie sheet

PURCHASE:

english muffins	12
mozzarella cheese	3 cups, grated
cooked ham	12-24 slices
green pepper	2
mushrooms	12
pineapple tidbits	1 - 14 oz can
tomato sauce	1 - 14 oz can
oregano	1 tbsp

Note: Some participants may not eat pork or ham for religious or cultural reasons.

SUGGESTIONS:

- If available, use whole-wheat English muffins and partly skimmed mozzarella cheese.
- Instead of cooked ham, try other deli meat (turkey or chicken) or canned meat or fish.
- Try using whole-wheat pita bread, bagels or sliced bread instead of English muffins.

FOOD TALK:

- Talk about the different ingredients.
- What are some other toppings for pizza? (Cheese, pineapple, broccoli, green peppers, tomatoes, olives, chicken, shrimp, ham, etc.) What are your favorite toppings?
- Ask if anyone makes his or her own pizza at home. Do you think it is healthier?
- What makes pizza dough rise? (Yeast)
- Did you know...that pizza was invented in Italy in the 1800s?

STRANGE BUT TRUE!

- Lots of foods are named after countries, but these names are often misleading. The kind of muffin we call an English muffin isn't very common in England. Americans call back bacon Canadian bacon, but we don't eat any more of it than they do. Both Canadians and Americans eat more French fries than people in France do.
- If you like ham, maybe you'd like a traditional Hawaiian luau. In a luau, a pit is dug in sand and lined with large, hot stones. Then a pig, wrapped in leaves, is placed in the pit and the entire pit is covered over. After several hours, the heat of the rocks cooks the pig.

When the Moon Hits Your Eye...Mini Pizzas

Preparation Time: 15 minutes

Cook Time: 5-10 minutes

Equipment:

- can opener • spoons • cutting boards • measuring spoons • butter knives • oven mitts
- cheese graters • oven • cookie sheet

Ingredients:

1	english muffin
1/4 cup	mozzarella cheese
1-2 slices	cooked ham
1/6	green pepper
1 large	mushroom
2 tbsp	pineapple
2 tbsp	tomato sauce
1/4 tsp	oregano

Suggestions:

- If available, use whole-wheat English muffins and partly skimmed mozzarella cheese.
- Instead of cooked ham, try other deli meat (turkey or chicken) or canned meat or fish.
- Try using whole-wheat pita bread, bagels or sliced bread instead of English muffins.

Instructions:

1. Wash and cut vegetables.
2. Grate cheese.
3. Slice the English muffin in half.
4. Open tomato sauce.
5. Spread tomato sauce on each half and sprinkle oregano on top.
6. Add toppings (be creative).
7. Sprinkle grated cheese on top.
8. Broil in oven until bubbly. Watch carefully so your pizza does not burn.

Makes 1 serving



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 13. Corn and Tomato Salsa

CHILDREN: 

DIFFICULTY: Easy-Intermediate

EQUIPMENT:

- bowls • knives • measuring cups & spoons • cutting boards • can opener • colander

PURCHASE:

tomatoes	9 cups
canned corn	3 cups
onion	3 cups
garlic	12 cloves
lime juice	12 tbsp
fresh cilantro	1 bunch
salt	
jalapeno pepper	(optional)

SUGGESTIONS:

- Make homemade pita chips from pita bread for dipping.

FOOD TALK:

- Talk about the different ingredients.
- Tomatoes are an important source of vitamin C, which helps to heal cuts and fight infection.
- What other foods are high in vitamin C? (Sweet green or red peppers, oranges, grapefruit, kiwi, strawberries, and cantaloupe)
- Did you know...that pita bread comes from the Middle East and is a type of flat bread?
- Did you know...that tomatoes are actually berries, although we eat them like vegetables?

STRANGE BUT TRUE!

Salsa isn't just a spicy sauce for nachos. It is also a style of music and dance from Latin America. The iron content of a cup of tomato sauce increases 1500% when it is simmered in a cast-iron pot for a few hours.

THAT'S DISGUSTING!

It isn't just people who crave salty snacks. Many wild animals are desperate to get enough salt in their diets. Backpackers have found their unattended backpack straps chewed up by animals attracted by the salty sweat. Porcupines have been known to chew up outhouses because of the salty taste of the glue in the plywood.

Corn and Tomato Salsa

Preparation Time: 10 minutes

Cook Time: 0 minutes

Equipment:

- bowls • knives • measuring cups & spoons • cutting boards • can opener • colander

Ingredients:

- 1-1/2 cups fresh tomatoes, diced
- 1/2 cup canned corn, drained
- 1/2 cup onion, diced
- 2 cloves garlic, minced
- 2 tbsp lime juice
- 2 tbsp fresh cilantro, chopped
- salt to taste
- 1 jalapeno pepper (optional)

Suggestions:

- Make homemade pita chips from pita bread for dipping

Instructions:

1. Wash and prepare all vegetables.
2. Drain canned corn.
3. In a medium bowl, gently combine all ingredients.
4. Serve immediately.

Makes 1 serving



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 14. Apple Donuts

CHILDREN: 

DIFFICULTY: Easy-Intermediate

EQUIPMENT:

- cutting boards • colander • knives • bowls • spoons • apple corer • paring knives

PURCHASE:

- | | |
|------------------------|------------|
| apples | 12 |
| no-nut butter | 1-1/2 cups |
| flavoured Greek yogurt | 1/2 cup |
| cream cheese | 1/2 cup |
- suggested toppings: granola, blueberries, shredded coconut, dried cranberries, mini chocolate chips

FOOD TALK:

- How do apples grow? (on apple trees)
- Discuss the different ways you can eat apples (raw, made into applesauce, baked into pies or crumbles)
- Discuss the different types and colors of apples (you may want to do a taste test of different apple varieties)

STRANGE BUT TRUE!

The science of apple growing is called pomology. More than 7,500 apple varieties have been identified worldwide; more than 2,500 varieties are grown in the United States.

Apple Donuts

Preparation Time: 5 minutes

Cook Time: 0 minutes

Equipment:

• cutting boards • colander • knives • bowls • spoons • apple corer • paring knives

Ingredients:

- apples
- 5 tbsp no-nut butter or flavored Greek yogurt or cream cheese
- suggested toppings: granola, blueberries, shredded coconut, dried cranberries, and chocolate chips

Instructions:

1. Slice the apples into 1/2-inch circles. Either core the apple before slicing or cut a hole in the center of each slice afterwards. This will be the “donut”.
2. Spread the no-nut butter, yogurt or cream cheese onto the apple donuts to create “icing”.
3. Garnish each with a variety of the toppings to create “sprinkles”.

Makes: 1 apple = 5 donuts



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 15. Aloha – Hawaiian Grilled Cheese

CHILDREN: 

DIFFICULTY: Intermediate

EQUIPMENT:

- cutting board • can opener • paper towels • butter knives • spatula • non-stick frying pan
- stove

PURCHASE:

butter or non-hydrogenated margarine	1/4 cup
whole wheat bread	1 loaf (24 slices)
cheddar cheese	1-1/2 lb
ham	12-24 slices
canned pineapple slices	2 - 19 oz cans

Note: Some participants may not eat pork or ham for religious or cultural reasons

SUGGESTIONS:

- Instead of cooked ham, try deli chicken or turkey, canned ham or roasted, sliced meat.
- If available, use lower fat cheese.

FOOD TALK:

- What type of food is a pineapple? (Fruit)
- Why is pineapple good for you? (Pineapples have lots of vitamins and minerals – mostly vitamin C that helps keeps us healthy.)
- What other foods are high in vitamin C? (Oranges, grapefruit, juice, tomatoes, kiwi, cantaloupe, honeydew, sweet peppers, broccoli, cabbage)
- Where do most pineapples come from? (one-third of the world's pineapple comes from Hawaii.)
- How many type of pineapples are there? (There are over 100 types of pineapples.)

STRANGE BUT TRUE!

Christopher Columbus was the first person to introduce pineapples to Europe. In 1493, during his exploration of the Caribbean Islands, he came across pineapples growing on the island of Guadalupe. He brought some of these pineapples back for Queen Isabella of Spain who loved the sweet tropical fruit. Unfortunately, tropical plants do not fare well in Europe's cool climate. You can grow a pineapple plant by twisting or cutting off the top of a store bought pineapple, allowing it to dry for 2-3 days, and then planting it. It has to be kept in a warm place.

Aloha – Hawaiian Grilled Cheese

Preparation Time: 10 minutes

Cook Time: 5 minutes

Equipment:

- cutting board • can opener • paper towels • butter knives • spatula • non-stick frying pan
- stove

Ingredients:

1 tsp	butter or non-hydrogenated margarine
2 slices	whole wheat bread
3 to 4 thin slices	cheddar cheese
1-2 slices	ham
1	pineapple slice

Suggestions:

- Instead of cooked ham, try deli chicken or turkey, canned or roasted meat.
- If available, use lower fat cheese.

Instructions:

1. Open can of pineapple.
2. Place 1 pineapple slice on paper towel to dry.
3. Spread butter or margarine on 1 side of each bread slice.
4. Place cheese on unbuttered side of one slice of bread. Add ham slice. Add pineapple slice.
5. Put second slice of bread (unbuttered side) on top of the pineapple slice.
6. Heat pan to medium. Set sandwich into pan.
7. When the bottom side is browned, use the spatula to turn the sandwich over. Brown the other side.
8. Use the spatula to lift the sandwich onto plate.

Makes 1 sandwich



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 16. Cheese, Please – Creamy Macaroni & Cheese

CHILDREN: 

DIFFICULTY: Intermediate

EQUIPMENT:

- cutting boards • butter knives • small pot • measuring cups & spoons • mixing spoons
- can opener • cheese graters • large pot • stove

PURCHASE:

butter or non hydrogenated margarine	1/4 cup
green onion	1 bunch
flour	6 tbsp
skim evaporated milk	4 cups
cheddar cheese	3 cups
pepper	1/2 tsp
dry mustard	1 tbsp
elbow macaroni	6 cups

SUGGESTIONS:

- If available, buy lower fat cheese and whole-wheat macaroni.
- Buy one onion instead of green onions.
- Use milk or reconstituted skim milk powder instead of evaporated milk.
- This recipe is made in a team of three. Children can eat the extra serving if hungry or take it home and store it in the fridge to take it in their lunch the next day.

FOOD TALK:

- What is the difference between whole-wheat and regular pasta? (Whole-wheat pasta has fibre, which helps to keep your tummy healthy/ helps you poop.).
- What is evaporated milk? (Evaporated milk is a canned milk product with about 60% of the water removed from fresh milk. Because of this, it has more calcium in it and makes a more creamy macaroni and cheese dish).
- Why are milk and cheese good for your body? (They contain calcium, which helps build strong bones and teeth).

STRANGE BUT TRUE!

There are about 670 cheeses. The most common cheeses eaten are cheddar, mozzarella, Swiss, feta, brie and cottage cheese.

THAT'S DISGUSTING!

Blue cheese is spotted or veined throughout with blue, blue-gray or blue-green mold, and carries a distinct smell. Although some people think it smells like smelly feet, others love to eat it. It all depends on your nose and taste buds.

Cheese, Please – Creamy Macaroni & Cheese

Preparation Time: 20 minutes

Cook Time: 10 minutes

Equipment:

- cutting boards • butter knives • small pot • measuring cups & spoons • mixing spoons
- can opener • cheese graters • large pot • stove

Ingredients:

1 tbsp	butter or non hydrogenated margarine
2	green onion
1-1/2 tbsp	flour
1 cup	skim evaporated milk
3/4 cup	cheddar cheese
pinch	pepper
3/4 tsp	dry mustard
6 cups	water
1-1/2 cups	elbow macaroni

Suggestions:

- If available, buy lower fat cheese and whole wheat macaroni.
- Use 1/4 of a regular onion instead of green onion.
- Use milk or reconstituted skim milk powder instead of evaporated milk.

Instructions:

1. Measure water into a large pot. Bring to boil.
2. Add macaroni. Cook for 6 minutes, until macaroni is tender.
3. Drain in strainer. Leave in strainer until later.
4. Grate cheese.
5. Chop green onion.
6. On medium heat, melt butter or margarine in the pot macaroni was cooked in.
7. Add chopped onion. Sauté onion until soft. Turn heat off.
8. Stir in flour until well mixed.
9. While stirring, slowly add milk to flour mixture.
10. Turn heat back on to medium, stirring constantly until slow boil is reach.
11. Turn heat down to low and add cheese, pepper and mustard.
12. Stir until cheese is melted. Turn heat off.
13. Add macaroni to the cheese sauce. Stir well.

Makes 6 cups



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 17. It's Easy Pizza

CHILDREN: 

DIFFICULTY: Intermediate-Advanced

EQUIPMENT:

- pizza pan • oven • mixing bowls • measuring cups & spoons • oven mitts • rolling pin

PURCHASE:

sugar	2 tbsp or 6 tsp
salt	1-1/2 tsp
oil	6 tbsp or 18 tsp
instant dry yeast	12 tsp
all-purpose flour	9 cups
cornmeal	1/2 cup
mozzarella cheese	9 cups
cans of pizza sauce	2-14 oz

suggested toppings: extra lean ground beef, peppers, pineapple, fresh mushrooms, fresh tomatoes

SUGGESTIONS:

- Add one new topping to the pizza that you've never tried before
- Try making the pizza sauce from scratch

FOOD TALK:

- A slice of cold, leftover pizza makes a great breakfast on the run!
- Talk about what types of foods are on the pizza.
- Compare this pizza to one from a restaurant? How about to a frozen pizza?
- What other toppings could we have included?

STRANGE BUT TRUE!

Some popular pizza toppings in Japan are squid and mayonnaise!

It's Easy Pizza

Preparation Time: 15-20 minutes

Cook Time: 10-15 minutes

Equipment:

- pizza pan • oven • mixing bowls • measuring cups & spoons • oven mitts • rolling pin

Ingredients:

1/4 cup	warm tap water	3/4 cup	mozzarella cheese
1 tsp	instant dry yeast	2 tsp	cornmeal
1/2 tsp	sugar	1/4 cup	pizza sauce
1/8 tsp	salt		
1-1/2 tsp	oil		
3/4 cup	all purpose flour		

Suggestions:

- Add one new topping to the pizza
- Try making the pizza sauce from scratch

Instructions:

1. Preheat oven to 425°.
2. Lightly oil the pizza pan, then sprinkle cornmeal evenly across the surface.
3. Combine warm water, sugar, salt and oil in a small bowl. Stir until sugar and salt are dissolved.
4. Place 1/4 cup of the flour in a bowl and add the yeast. Mix well.
5. Pour the liquid mixture over the dry ingredients and stir until you have no lumps. The dough will be sticky. Add another 1/4 of flour and mix until there are no lumps or loose flour.
6. Add the remaining flour gradually. You may not need all the flour.
7. Place the dough on a lightly floured surface and knead until smooth and elastic. If the dough becomes sticky, sprinkle a bit more flour over it.
8. Roll out the dough into a circle or square and place onto the prepared pizza pan. Add your favorite toppings.
9. Place the pizza in the preheated oven and bake for 10-15 minutes.

Makes 1 pizza



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 18. Bean and Corn Quesadilla

CHILDREN: 

DIFFICULTY: Intermediate-Advanced

EQUIPMENT:

- oven • mixing bowls • chopping knife • baking sheet • can opener • grater • colander

PURCHASE:

corn (canned or frozen)	1 cup
canned pinto beans	1 cup
mozzarella cheese	1 cup
green chilies	1 tbsp
small onions	1
black pepper	1/4 tsp
red pepper	1/2 cup
whole wheat tortillas	12
sour cream or plain yogurt	6 cups
hot sauce	(optional)

SUGGESTIONS:

- Try making your own salsa to go with this meal
- Leftover chicken or cooked ground beef could be added too!
- Cook ahead of time and pack it away for lunch
- Try cooking it in a frying pan instead of the oven

FOOD TALK:

- Talk about what other ingredients could be added to this meal.
- Is it a snack, lunch, appetizer or dinner? What side dishes would go well with it?

STRANGE BUT TRUE!

- There are three different colours of corn tortillas: yellow, red and blue (which come from those colours of corn)
- Mexican desserts tend to include chiles for hot and sweet taste
- The word tortilla comes from the Spanish word “torta” which means round cake

Bean and Corn Quesadillas

Preparation Time: 15 minutes

Cook Time: 5-10 minutes

Equipment:

• oven • mixing bowls • chopping knife • baking sheet • can opener • grater • colander

Ingredients:

1 cup	corn, canned or frozen, thawed
1 cup	canned pinto beans, drained and rinsed
1 cup	mozzarella cheese, grated
1-2 tbsp	green chilies, chopped
1 small	onion, finely chopped
1/4 tsp	ground black pepper
1/4 tsp	hot sauce (optional)
1/2 cup	chopped red pepper
8 small	whole wheat tortillas
1/2 cup	sour cream or plain yogurt

Instructions:

1. Preheat oven to 400°.
2. Combine first eight ingredients in a large bowl.
3. Place about ½ cup of mixture in the middle of the tortilla.
4. Fold each tortilla in half to make a half circle.
5. Flatten slightly and place on cookie sheet.
6. Bake until the filling bubbles and tortillas are golden (approximately 5-10 minutes).
7. Top each tortilla with about 1 tablespoon of sour cream or plain yogurt.

Makes 8 servings



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 19. Lentil Granola Bars

CHILDREN: 

DIFFICULTY: Intermediate-Advanced

EQUIPMENT:

- measuring cups & spoons • colander • knives (butter & paring) • mixing bowls • baking sheet
- spatula • blender or food processor • parchment paper • blender • can opener

PURCHASE:

unsweetened shredded coconut	2-2/3 cups
quick-cooking rolled oats	8 cups
brown sugar	4 cups
bran cereal	1-1/3 cups
cinnamon	2 tsp
canned lentils	3 cups or 3 x 10 oz cans
canola oil	2 cups
eggs	4
vanilla extract	2 tsp
semi sweet chocolate chips	1 cup

SUGGESTIONS:

- Experiment using other ingredients like seeds and dried fruits
- These make great fast snacks on the go, freeze them to eat later on

FOOD TALK:

- Talk about the different tastes and textures of the ingredients
- Can you taste the lentils? Lentils are a vegetable and they contain protein. (protein/vegetable)
- Talk about the difference between these homemade granola bars compared to packaged ones

STRANGE BUT TRUE!

There are many different varieties and colors of lentils, including brown, yellow, black, orange, red and green.

Lentil Granola Bars

Preparation Time: 10 minutes

Cook Time: 30 minutes

Equipment:

- measuring cups & spoons • colander • knives (butter & paring) • mixing bowls • baking sheet
- spatula • blender or food processor • parchment paper • blender • can opener

Ingredients:

2/3 cup	unsweetened shredded coconut	3/4 cup	lentil puree (1x 10 oz (283 ml) can lentils; see instructions below)
2 cups	quick-cooking rolled oats		
1 cup	brown sugar, lightly packed	1/2 cup	canola oil
1/3	cup bran cereal	1 egg	beaten
1/2 tsp	cinnamon	1/2 tsp	vanilla extract
		1/4 cup	semi sweet chocolate chips, melted

Suggestions:

- Experiment using other ingredients like seeds and dried fruits
- These make great fast snacks on the go, freeze them to eat later on

Instructions:

As a group, make lentil puree:

1. Open can of lentils with can opener and place into colander (strainer).
2. Rinse with cold water and allow all liquid to drain from the lentils.
3. Measure lentils and place until blender or food processor.
4. For every 1 cup of lentils, add ¼ cup water.
5. Blend to make a smooth puree, with a consistency like canned pumpkin.
6. If needed, add additional water 1 tablespoon at a time.

Each group:

1. Preheat oven to 350°.
2. In a medium bowl, mix coconut, oats, brown sugar, bran cereal and cinnamon.
3. Add lentil puree, oil, egg and vanilla. Mix until dry ingredients are moistened.
4. Spread over ?? x ?? non-stick cookie sheet.
5. Bake for 30 minutes, or until lightly browned.
6. Remove granola bars from oven to cool.
7. While granola bars are still warm, drizzle chocolate over top and cut into 35 bars.

Makes 35 bars



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 20. Apple Cinnamon Scones

CHILDREN: 

DIFFICULTY: Intermediate-Advanced

EQUIPMENT:

- oven • measuring cups & spoons • mixing bowls • baking sheet • grater • knife

PURCHASE: all

purpose flour	12 cups
sugar	1-1/2 cups
baking powder	12 tsp
cinnamon	2 tbsp or 6 tsp
nutmeg	1-1/2 tsp
baking soda	1 tbsp or 3 tsp
salt	1 tbsp or 3 tsp
unsalted butter	3 cups
whole milk	1-1/2 to 3 cups
apples, peeled and shredded	12

SUGGESTION:

- Try adding citrus zest
- Instead of this flavour, try berry or savoury scones

FOOD TALK:

- Talk about the role of baking powder and baking soda (they make baked goods fluffy)
- In what other shapes can these scones be made into?
- How is flour made? (Wheat is milled into fine particles. Milling = grinding or crushing. Whole-wheat flour contains most of the bran and has more fibre. Fibre helps to keep your tummy healthy/helps you poop. To make white flour, most of the bran is removed).
- Talk about other sources of fibre (ex. cereal, fruits, veggies, beans, breads and pastas...etc.)

STRANGE BUT TRUE!

- Scones commonly include raisins, currents, cheese or dates
- Some people in Australia add pumpkin
- For many hundreds of years, recipes were shared orally, or by teaching, rather than written down. Cooks and bakers learned by watching their mothers, aunts and grandmothers cook. Even in written recipes (or 'receipts'), measurements were general and techniques rarely explained.

Apple Cinnamon Scones

Preparation Time: 10 minutes

Cook Time: 12-15 minutes

Equipment:

- oven • measuring cups & spoons • mixing bowls • baking sheet • grater • knife

Ingredients:

2 cups	all purpose flour, plus more for dusting
1/4 cup	sugar
2 tsp	baking powder
1 tsp	cinnamon
1/4 tsp	nutmeg
1/2 tsp	baking soda
1/2 tsp	salt
1/2 cup	chilled unsalted butter
2	apples, peeled and shredded
1/4 – 1/2 cup	whole milk, plus more for brushing
1 tbsp	sugar, for sprinkling

Suggestion:

- Try adding citrus zest
- Instead of this flavour, try berry or savoury scones

Instructions:

1. Preheat oven to 425° and line a sheet pan with parchment paper.
2. In a large bowl combine the first 7 ingredients. Then cube up the chilled butter and add to the flour mixture. With a pastry cutter or fork, blend the butter and the flour together until small crumbles form. Add in the shredded apples, stir. Gradually add the whole milk, stirring until the dough forms.
3. On a lightly floured surface knead the dough 8-10 times before forming into a rectangle. Cut eight wedges and place on prepared pan. Brush with a little milk and sprinkle with sugar.
4. Bake in preheated oven for 12-15 minutes or until the edges are lightly golden. Serve warm.

Makes 8 scones



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 21. A Grain of Truth –Sunflower Cookies

Peanut/Nut Allergy Alert: Look for allergen information on the sunflower seed, raisin and chocolate chip packages to ensure they are free of any traces of peanuts or tree nuts

CHILDREN: 

DIFFICULTY: Advanced

EQUIPMENT:

- large mixing bowls • whisks • measuring cups & spoons • small bowls • spatula • tablespoons
- cookie sheets • oven mitts • oven

PURCHASE:

butter or non-hydrogenated margarine	1 cup
brown sugar	1-1/4 cups
white sugar	1-1/4 cups
eggs	4
vanilla extract	1 tsp
baking soda	1 tsp
unsalted, shelled sunflower seeds	1-1/4 cup
all purpose flour	1 cup
whole wheat flour	1 cup
large flake rolled oats	1 cup
chocolate chips	1 cup
raisins	1 cup
natural wheat bran	1 cup
wheat germ	1 cup

FOOD TALK:

- What do wheat germ, natural wheat bran, raisins, and whole-wheat flour have in common? (They contain lots of fibre. Fibre helps to keep your tummy healthy/ helps you poop.)
- Oatmeal has a type of fibre that keeps our blood healthy.
- What is the difference between homemade cookies and store bought? (In homemade cookies you can use a healthy kind of fat like non-hydrogenated margarine, and use ingredients that are high in fibre.)
- Ask if anyone bakes cookies at home.
- See Appendix H for Baker's Certificate handout.

STRANGE BUT TRUE!

Sunflowers can grow 8 to 12 feet tall in rich soil within six months.

THAT'S DISGUSTING!

Speaking of fibre...rabbits, guinea pigs and related animals can't absorb all the nutrients from their food in one single trip through their digestive system. So after they've pooped out a pellet one time, they eat it to send it through their system and absorb the rest of the nutrients.

A Grain of Truth – Sunflower Cookies

Preparation Time: 15 minutes

Cook Time: 10 minutes

Equipment:

- large mixing bowls • whisks • measuring cups & spoons • small bowls • spatula • tablespoons
- cookie sheets • oven mitts • oven

Ingredients:

1/4 cup	butter or non-hydrogenated margarine
1/3 cup	brown sugar
1/3 cup	white sugar
1	egg
1/4 tsp	vanilla extract
1/4 tsp	baking soda
1 tsp	hot water
1/3 cup	unsalted, shelled sunflower seeds
1/4 cup	flour
1/4 cup	whole wheat flour
1/4 cup	large flake rolled oats
1/4 cup	chocolate chips
1/4 cup	raisins
3 tbsp	natural wheat bran
3 tbsp	wheat germ

Instructions:

1. Preheat oven to 350° F.
2. In a large bowl, whisk butter or margarine, brown sugar, granulated sugar, egg and vanilla until fluffy.
3. Dissolve baking soda in hot water and add to mixture.
4. Add sunflower seeds, flours, oats, chocolate chips, raisins, bran, wheat germ, and salt. Combine ingredients thoroughly.
5. Drop a spoonful of batter at a time onto non-stick or lightly greased cookie sheets.
6. Bake in 350° F oven for about 10 minutes.

Makes 18 cookies



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 22. Bean Burrito

CHILDREN: 

DIFFICULTY: Advanced

EQUIPMENT:

- colander • can opener • potato mashers • mixing bowls • measuring cups & spoons
- butter knives • cutting boards • graters • tablespoons • baking sheets • oven mitts • oven

PURCHASE:

whole wheat flour tortillas	12
cheddar cheese	6 cups
salsa	store bought or see recipe on page 39
kidney beans	2 x 14 oz cans
green onions	1 bunch (optional)
chili powder	1 tsp
cumin	1 tsp

SUGGESTIONS:

- If available, use lower fat cheese.

FOOD TALK:

- Talk about the different ingredients.
- What are tortillas and where do they come from? (They are a type of unleavened bread used by people who live in Latin America: Mexico, Central, and South America).
- What other foods originate in Latin America? (Tacos, chili con carne, salsa, guacamole.)
- What are tortillas made from? (Cornmeal or wheat flour)
- Beans are low-cost, high-protein, and low fat. They also contain fibre, which keeps our insides healthy by helping us poop. Kidney beans get their name because they are shaped like kidneys. They come in white, dark and light red.
- What vitamin do we get from salsa? (Vitamin C, which helps fight illness and heal cuts).

STRANGE BUT TRUE!

The ancient philosopher and mathematician Pythagoras told his followers that beans are not an appropriate food for philosophers. Maybe because they make it hard to have quiet times for meditation.

Bean Burrito

Preparation Time: 15 minutes

Cook Time: 10 minutes

Equipment:

- colander • can opener • potato mashers • mixing bowls • measuring cups & spoons
- butter knives • cutting boards • graters • tablespoons • baking sheets • oven mitts • oven

Ingredients:

1	whole wheat flour tortilla
1/2 cup	cheddar cheese
1/4 cup	salsa*
1/4 cup	kidney beans
1 tbsp	green onion (optional)
pinch	chili powder
pinch	cumin

Suggestion:

- If available, use lower fat cheese.

Instructions:

1. Preheat oven to 350° F.
2. Rinse and drain kidney beans.
3. Put kidney beans in bowl and mash.
4. Add salsa*, chili powder and cumin. Mix well.
5. Chop green onions and grate cheese.
6. Spread mixture to edge of tortilla and sprinkle cheese and green onion on top.
7. Roll up filled tortilla and place seam side down on baking sheet.
8. Bake at 350° F for 10 minutes.

* See homemade salsa recipe on page 39 or use store bought

Makes one serving



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 23. Homemade Burgers

CHILDREN: 

DIFFICULTY: Intermediate-Advanced

EQUIPMENT:

- frying pan • measuring cups & spoons • mixing bowl • knife & cutting board

PURCHASE:

ground meat	6 lbs
bread crumbs	1-1/2 cups
fresh parsley (optional)	1 cup
salt	1 tbsp or 3 tsp
eggs	6
worcestershire sauce	6 tbsp
mustard	3 tbsp or 9 tsp
garlic powder	3 tsp
onion powder	3 tsp

Source: *Great Food for Northern Cooks*

SUGGESTION:

- Try adding a new topping to the burger (ex. pickled beets, pineapple slice, fried mushrooms)
- Try making burgers with a different ground meat such as turkey, chicken, pork or wild game

FOOD TALK:

- Ground meat is sometimes called hamburger and it has many nutrients for our bodies such as protein and iron.
- Why is it important to cook hamburger well done – no pink showing? (Eating undercooked hamburger can make you sick).
- Hamburger is beef and comes from what animal? (Cow)
- Hamburger has lots of iron (Iron keeps your blood healthy and helps you to concentrate in school and in play).
- Do you think little meat muffins would be good to put in your lunch?

STRANGE BUT TRUE!

Ground beef is used in many types of different recipes. Here are some ideas!

- Burgers Spaghetti Mexican dishes Casseroles
- Meatloaf Chili Sloppy Joes Meatballs
- Lasagna Stew

THAT'S DISGUSTING!

Ever see cattle chewing and chewing and chewing? They're chewing cud, partly digested food that they burp up from their stomachs. Cattle burp up a big blob of cud from their stomachs and give it another round of chewing before swallowing it again to finish digesting it.

Homemade Burgers

Preparation Time: 20 to 25 minutes

Cook time: 10-15 minutes

Equipment:

- frying pan • measuring cups & spoons • mixing bowl • knife & cutting board

Ingredients:

1 lb	ground meat
1/4 cup	bread crumbs
1/2 tsp	salt
1	egg
1 tbsp	worcestershire sauce
1-1/2 tsp	mustard
1/2 tsp	garlic powder
1/2 tsp	onion powder
3 tbsp	chopped fresh parsley (optional)

Suggestion:

- Try adding a new topping to the burger (ex. pickled beets, pineapple slice, fried mushrooms)
- Try making burgers with a different ground meat such as turkey, chicken, pork or wild game

Instructions:

1. Measure all ingredients into a large mixing bowl.
2. Mix together with clean hands.
3. Form the burgers by dividing the meat into four equal pieces and forming into a ball, then flatten each piece.
4. Cook the burgers on medium-high using a frying pan. Cook each side for about 5 to 6 minutes each (10 to 12 minutes total). Make sure the burgers are no longer pink inside.

Makes four burgers



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 24. Sink Your Fangs Into This – Pumpkin Muffins

Peanut/Nut Allergy Alert: Look for allergen information on the raisin package to ensure it is free of any traces of peanuts or tree nuts

CHILDREN: 

DIFFICULTY: Advanced

EQUIPMENT:

- mixing bowls • measuring cups & spoons • whisk • mixing spoons • muffin pan • oven mitts
- paper muffin cups • oven

PURCHASE:

eggs	4
milk	1 cup
canned pumpkin	1 cup
oil	1/2 cup
whole wheat flour	3 cups
sugar	1 cup
baking powder	4 tsp
cinnamon	1 tsp
raisins	1 cup
salt	1 tsp

FOOD TALK:

- Talk about the different ingredients.
- What do you know about pumpkins? (They grow on vines, the flowers are edible, they can be yellow, orange or green, pumpkin seeds can be roasted and eaten as a snack, they can range in size from less than one pound to over 1,000 pounds).
- What type of vegetable is a pumpkin? (Squash)
- What are other types of squashes? (Zucchini, spaghetti, acorn, butternut)
- Ask if anybody has tried pumpkin seeds.
- Did you know that ½ cup of mashed pumpkin gives you more than your daily requirement for vitamin A?
- See Appendix H for the Baker's Certificate handout.

STRANGE BUT TRUE!

- When people in England first started to carve jack o'lanterns, they used turnips.
- Early settlers in North America sliced off pumpkin tops, removed seeds and filled the insides with milk, spices and honey, then baked them in hot ashes. This is the origin of pumpkin pie.

Sink Your Fangs Into This – Pumpkin Muffins

Preparation Time: 15 minutes

Cook Time: 20-25 minutes

Equipment:

- mixing bowls • measuring cups & spoons • whisk • mixing spoons • muffin pan • oven mitts
- paper muffin cups • oven

Ingredients:

1	egg
1/4 cup	milk
1/4 cup	canned pumpkin
2 tbsp	oil
3/4 cup	whole wheat flour
1/4 cup	sugar
1 tsp	baking powder
1/4 tsp	cinnamon
1/4 cup	raisins
1/4 tsp	salt

Instructions:

1. Preheat oven to 400° F.
2. In a mixing bowl, mix egg, milk, pumpkin and oil.
3. In another mixing bowl, mix together flour, sugar, baking powder, salt and cinnamon.
4. Put dry ingredients into liquid mixture and stir.
5. Add raisins.
6. Put paper muffin cups in muffin pan.
7. Fill paper cups 2/3 full.
8. Bake for 20 minutes.
9. Cool muffins and enjoy!

Makes 6 muffins



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 25. Chicken Fingers

CHILDREN: 

DIFFICULTY: Intermediate-Advanced

EQUIPMENT:

- oven • cutting board & knife • mixing bowls • shallow pan • baking sheet • cooling rack

PURCHASE:

chicken breasts (boneless and skinless)	12
low fat plain yogurt	3/4 cup or 12 tbsp
whole grain crackers	72 crackers
ground flax seeds	3/4 cup
parmesan cheese	3/4 cup
thyme	2 tbsp or 6 tsp
onion powder	2 tbsp or 6 tsp
garlic powder	2 tbsp or 6 tsp
chili powder	2 tbsp or 6 tsp
pepper	

FOOD TALK:

- Talk about cooking and sanitation. Always wash your hands, the equipment and the work area with hot, soapy water before and after preparing food (especially raw chicken)
- Talk about the difference between this recipe and one found at a fast food restaurant- what makes this one a healthier option?
- What different dipping sauces would go well with this recipe?

STRANGE BUT TRUE!

- Chicken is the most common poultry in the world.
- There are more chickens in the world than people!
- Alektorophobia is the fear of chickens.

Chicken Fingers

Preparation Time: 20 minutes

Cook Time: 30 minutes

Equipment:

• oven • cutting board & knife • mixing bowls • shallow pan • baking sheet • cooling rack

Ingredients:

2	chicken breasts, boneless and skinless
2 tbsp	low fat plain yogurt
12	whole grain crackers, crushed
2 tbsp	ground flax seeds
2 tbsp	parmesan cheese
1 tsp	thyme
1 tsp	onion powder
1 tsp	garlic powder
1 tsp	chili powder
Dash	pepper

Instructions:

1. Preheat oven to 375°.
2. Cut each chicken breast into approximately 8 strips, trying to make them all about the same size.
3. In a medium bowl, combine yogurt and chicken strips.
4. In a shallow pan, combine the crackers, Parmesan cheese, ground flax seeds and spices.
5. Using a fork, place the chicken strips in the cracker mixture and coat them evenly.
6. Place coated chicken strips on a rack in a pan or a cookie sheet lined with tin foil.
7. Bake in preheated oven for 25 minutes. The strips will look golden and crispy when they are done.

Makes four servings



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 26. Gobble, Gobble – Easy Turkey Chili

CHILDREN: 

DIFFICULTY: Advanced

EQUIPMENT:

- cutting board • mixing spoons • butter knife • colander • dutch oven pot • can opener
- measuring cups & spoons

PURCHASE:

oil	1/3 cup
green onions	12
celery stalk	4
ground turkey	1.5 - 2 lb
flour	1/2 cup
tomatoes	4 x 14 oz cans
garlic powder	1 tsp
kidney beans	4 x 14 oz cans
chili pepper	1/4 cup
sugar	1/4 cup

SUGGESTIONS:

- Use hamburger, chicken or ground or cubed wild meat instead of ground turkey. For a vegetarian meal – replace turkey with a can of chickpeas.
- Use 2 small onions instead of 12 green onions.
- This recipe is made in a team of three. Children can eat the extra serving if hungry or take it home to put it in their lunch the next day.

FOOD TALK:

- Turkey and kidney beans are both examples of protein rich foods.
- Beans are really good for you! Why? (They have fibre, which helps to keep your tummy healthy/ helps you poop. They also have the type of fibre that keeps our blood healthy).
- Are tomatoes a fruit or a vegetable? (Tomatoes are a fruit because they have seeds; all fruits have seeds).
- Tomatoes are rich in what nutrient? What does this nutrient do for your body? (Vitamin C is important in keeping you healthy – strengthens your immune system).
- Does chili powder come from a fruit? (Yes, it comes from the fruit of a small woody shrub. The fruit, a chili pepper, is dried and pulverized, or pounded, to make the powder.)

STRANGE BUT TRUE!

- Turkeys have great hearing skills but no ears. Turkeys can see in color, and see very well. Turkeys have poor sense of smell but great sense of taste.

Gobble, Gobble – Easy Turkey Chili

Preparation Time: 20 minutes

Cook Time: 10 minutes

Equipment:

- cutting board • mixing spoons • butter knife • colander • dutch oven pot • can opener
- measuring cups & spoons

Ingredients:

1 tbsp	oil
3	green onions
1	celery stalk
3/4 –1 lb	ground turkey
2 tbsp	flour
14 oz can	tomatoes
1/4 tsp	garlic powder
1 can (14 oz)	kidney beans
2 tsp	chili Pepper
2 tsp	sugar

Suggestions:

- Use hamburger, chicken or ground or cubed wild meat instead of ground turkey.
For a vegetarian meal – replace turkey with a can of chickpeas.
- Use 2 small onions instead of 12 green onions.

Instructions:

1. Chop onion and celery.
2. On medium heat, put oil in pan.
3. Add celery and onion and stir for 1 minute.
4. Add ground turkey. Cook until turkey is no longer pink and vegetables are tender. Reduce heat to low/medium. Sprinkle the surface of the turkey with flour. Stir for 1 minute.
5. Open up can of tomatoes and kidney beans.
6. Drain and rinse kidney beans in a colander.
7. Add tomatoes, garlic powder, kidney beans, chili powder, sugar and paprika to the turkey.
8. Bring to a low boil. Place lid on pot and reduce heat to low.
9. Simmer on low for 15 minutes, stirring several times.

Makes 6 cups



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 27. Double Chocolate Brownies

CHILDREN: 

DIFFICULTY: Intermediate-Advanced

EQUIPMENT:

- baking dish (8" square)
- oven
- mixing bowls
- measuring cups & spoons
- oven mitts
- colander
- blender

PURCHASE:

canned black beans	9 cups
whole wheat flour	4-1/2 cups
unsweetened cocoa powder	3 cups
baking powder	2 tbsp or 6 tsp
salt	1 tbsp or 3 tsp
eggs	18
granulated sugar	6 cups
unsweetened applesauce	1-1/2 cups
canola oil	1 cup
vanilla extract	1/4 cup or 12 tsp
miniature semi-sweet chocolate chips	1-1/2 cups
cooking spray	

SUGGESTIONS:

- Try white chocolate chips instead of semi-sweet chocolate chips

FOOD TALK:

- Do you think the beans will be noticeable in this recipe? Discuss before and after tasting.

STRANGE BUT TRUE!

- Beans are legumes, meaning they are the seed or fruit of a pod. We tend to use them like a vegetable.
- They are also a great source of protein.
- In Nicaragua, newlyweds are given a bowl of beans for good luck
- Beans can be made into burgers, cakes, drinks, pies, fudge, muffins, jewelry, furniture (bean-bag chairs!), toys, and musical instruments.
- Beans are one of the longest plants to be cultivated by humans- they've been planted and grown since at least ancient Egypt!

Double Chocolate Brownies

Preparation Time: 15 minutes

Cook Time: 30-35 minutes

Equipment:

- baking dish (8" square) • oven • mixing bowls • measuring cups & spoons • oven mitts
- colander • blender

Ingredients:

1-1/2 cups	canned black beans, drained, rinsed and pureed	3 large	eggs
		1 cup	granulated sugar
1/3 cup	water	1/4 cup	unsweetened apple sauce
3/4 cup	whole wheat flour	3 tbsp	canola oil
1/2 cup	unsweetened cocoa powder	2 tsp	vanilla extract
1 tsp	baking powder	1/4 cup	miniature semi-sweet chocolate chips
1/2 tsp	salt		

Suggestions:

- Try white chocolate chips instead of semi-sweet chocolate chips

Instructions:

For the bean puree:

1. Rinse and drain black beans using a colander. Place in blender or food processor and add 1/3 cup water.
2. Blend to make a smooth puree, with a consistency like canned pumpkin. If needed, add additional water 1 tablespoon at a time.

For the brownies:

1. Preheat oven to 350°.
2. Line an 8" square baking pan with foil, leaving a 2 inch overhand at opposite ends. Lightly spray with non-stick cooking spray
3. In a large bowl, combine flour, cocoa powder, baking powder and salt.
4. In a separate bowl, mix bean puree, eggs, sugar, applesauce, oil and vanilla until well blended.
5. Slowly add the wet ingredients to the flour mixture until smooth. Stir in chocolate chips.
6. Pour batter into prepared pan. Bake for 30-35 minutes, or until just a few moist crumbs cling to a toothpick inserted into the centre. Do not overbake.
7. Let it cool on a wire rack. Using foil overhangs as handles, remove from pan and transfer brownies to a cutting board. Cut into 16 squares.

Makes 16 servings



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 28. Chicken and Vegetable Stir-Fry

CHILDREN: 

DIFFICULTY: Intermediate-Advanced

EQUIPMENT:

- frying pan
- stove top or hotplate
- small mixing bowls

PURCHASE:

chicken breasts (boneless and skinless)	8
garlic powder	2 tsp
carrots	2 cups
celery	4 cups
onion	4 small
green pepper	4 medium
soy sauce	1/4 cup or 4 tbsp
cornstarch	8 tsp
ginger	4 tsp
brown rice	8 cups cooked

SUGGESTIONS:

- Allow for enough cooking time for brown rice. It typically takes 45 minutes to cook. Consider using the parboiled brown rice to save time. Prepare brown rice in a saucepan according to directions on package.
- Try rice noodles instead of steamed rice

FOOD TALK;

- How many different types of foods are in this meal?
- Where are these foods coming from (ex. rice from China, peppers from U.S., ginger from India, garlic from China, local carrots)?

STRANGE BUT TRUE!

- Rice is grown on every continent on earth, except Antarctica.
- Rice the third-highest worldwide production, after sugarcane and maize (corn).
- Ginger production happens largely in India: currently producing one-third of the world's supply.

Chicken and Vegetable Stir-Fry

Preparation Time: 10-20 minutes

Cook Time: 15-20 minutes

Equipment:

- frying pan
- stove top or hotplate
- small mixing bowls

Ingredients:

1/2 tsp	garlic powder	1 tbsp	soy sauce
1/2 cup	carrots, sliced	2 tsp	cornstarch
1 cup	celery, sliced	1 tsp	ginger, diced
1	small onion, sliced	2 medium	chicken breasts, skinless, boneless, chopped
1	medium green pepper, sliced		
1/2 cup	cold water	2 cups	brown rice, cooked (see suggestions)

Suggestions:

- Allow for enough cooking time for brown rice. It typically takes 45 minutes to cook. Consider using the parboiled brown rice to save time. Prepare brown rice in a saucepan according to directions on package.
- Try rice noodles instead of steamed rice

Instructions:

1. Spray a large, non-stick skillet with cooking spray. Stir-fry meat until it is no longer pink in the centre.
2. Add vegetables to the skillet and stir-fry for about three minutes.
3. Add water and garlic powder to the skillet. Reduce heat. Cover and cook for about seven minutes, until vegetables are tender but firm.
4. In a small bowl, blend soy sauce, cornstarch and ginger.
5. Add the sauce to the pan and stir.
6. Cook for about one minutes until the sauce is heated and thickens.
7. Serve over rice.

Makes four servings



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 29. Caesar Salad

CHILDREN: 

DIFFICULTY: Intermediate-Advanced

EQUIPMENT:

- pot to boil eggs • blender or food processor • measuring cups • measuring spoons • colander
- cutting boards • large bowl

PURCHASE:

eggs	6
mayonnaise	3 cups
parmesan cheese, grated	12 tbsp (3/4 cup)
lemon juice	1/2 cup
red wine vinegar	6 tbsp
garlic	12 cloves
dijon mustard	1 tbsp or 3 tsp
worcestershire sauce	1 tbsp or 3 tsp
pepper	
romaine lettuce	6 heads
croutons	(optional)

SUGGESTIONS:

- white wine vinegar can be substituted for red wine vinegar

FOOD TALK:

- Discuss the different ingredients.
- Discuss the different types of 'greens' you could use in a salad (romaine lettuce, iceberg lettuce, spinach)
- Why are eggs good for you? (they contain protein that help build and repair muscles)
- How could you make homemade croutons? (by baking bread or using stale/old bread)

STRANGE BUT TRUE!

The Caesar salad has nothing to do with Julius Caesar, and everything to do with a chef and restaurateur named Caesar Cardini, who invented the salad at his Tijuana restaurant, Caesar's Bar and Grill, one evening in 1924. As legend has it, as a July 4 party raged, the kitchen's supplies dwindled, and Cardini improvised the dish based on what he had on hand.

Caesar Salad

Preparation Time: 15 minutes

Cook Time: 0 minutes

Equipment:

- pot to boil eggs • blender or food processor • measuring cups • measuring spoons • colander
- cutting boards • large bowl

Ingredients:

- | | |
|----------|---|
| 1 | hard-boiled egg |
| 1/2 cup | light mayonnaise |
| 1/4 cup | water |
| 2 tbsp | parmesan cheese, grated |
| 4 tsp | lemon juice |
| 1 tbsp | red wine vinegar |
| 2 cloves | garlic, minced |
| 1/2 tsp | dijon mustard |
| 1/2 tsp | worcestershire sauce |
| pinch | pepper |
| 1 | large head of romaine lettuce, washed, dried and torn |

Instructions:

1. Hard boil the egg first. Combine the egg and the next 8 ingredients in a blender or food processor and blend until smooth.
2. Hold back on half the dressing. Toss lettuce and dressing in a large bowl until lettuce is evenly coated with dressing. Taste to see if more is needed.
3. Sprinkle lightly with additional parmesan cheese, pepper, and croutons (optional).
4. Serve immediately.

Makes 6-10 servings



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

FACILITATOR GUIDE

Recipe 30. Skillet Lasagna

CHILDREN: 

DIFFICULTY: Intermediate-Advanced

EQUIPMENT:

- skillet/large frying pan • measuring cups • measuring spoons • mixing spoon • cutting board
- knives

PURCHASE:

onion	6 medium
garlic	12 cloves
canola or olive oil	6 tbsp
lean ground beef	6 lbs
lasagna noodles	60 noodles
canned diced tomatoes	12 x 14 oz cans
dried oregano	6 tbsp
ricotta or cottage cheese	6 cups
parmesan cheese	1-1/2 cups

FOOD TALK:

- Discuss the different ingredients.
- How is ricotta cheese made? (Ricotta is a traditional Italian cheese made from the leftover whey from the production of hard cheeses (such as Romano). Ricotta was originally made from sheep's milk or water buffalo milk whey, however North American ricotta is typically prepared using cow's milk)

STRANGE BUT TRUE!

Originally, in Italy, the word "lasagna" did not refer to a food (in fact, today, the food is still spelled "lasagne" as the plural form). The word "lasagna" referred to the pot in which the food was cooked. It is thought that the word "lasagna" for the pot is derived from the Greek word for "chamber pot".

Skillet Lasagna

Preparation Time: 15 minutes

Cook Time: 20 minutes

Equipment:

- skillet/large frying pan • measuring cups • measuring spoons • mixing spoon • cutting board
- knives

Ingredients:

- | | |
|---------|--|
| 1 | medium onion, diced |
| 2 | cloves garlic, minced |
| 1 tbsp | canola or olive oil |
| 1 lb | lean ground beef |
| 10 | lasagna noodles, uncooked, broken into 1 inch pieces |
| 2-14 oz | cans of diced tomatoes |
| 1/2 cup | water |
| 1 tbsp | dried oregano |
| 1 cup | ricotta or cottage cheese |
| 1/4 cup | parmesan cheese, grated |

Instructions:

1. Heat oil in a non-stick skillet or frying pan on medium-high heat. Add the onion and garlic and cook, stirring often, about 5 minutes or until the onion is translucent. Add the ground beef, stir to break up and cook until browned, about 5 minutes.
2. Add noodles, tomatoes, water and seasoning.
3. Cover and simmer for 20 minutes. Check once or twice during the cooking to see if more water is needed. If so, add another 1/4 – 1/2 cup
4. Drop large spoonfuls of ricotta or cottage cheese over the lasagna.
5. Sprinkle parmesan over top and let it melt briefly.

Makes 6 servings



Kids in the Kitchen – AT HOME

I would make this recipe at home if I could...

1. use a different ingredient. Instead of _____ I would use _____.
2. use a different kind of cooking equipment. Instead of _____ I would use _____.
3. have someone help me with the recipe. I could ask my _____ to help me.

APPENDICES

Appendix A – Important Nutrients in the Food Groups

Key Nutrient	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Major Function
Protein			■	■	<ul style="list-style-type: none"> Builds & maintains strong muscles, blood & other tissue Source of Energy
Fat			■	■	<ul style="list-style-type: none"> Provides essential fatty acids Concentrated source of energy
Carbohydrate	■	■	■		<ul style="list-style-type: none"> Main source of energy
Fibre	■	■			<ul style="list-style-type: none"> Regularity
Thiamin		■		■	<ul style="list-style-type: none"> Aids in normal growth Helps produce energy from carbohydrates in body cells
Riboflavin		■	■	■	<ul style="list-style-type: none"> Maintains healthy skin and eyes Releases energy within cells
Folate (folic acid or folacin)	■	■			<ul style="list-style-type: none"> Aids in the formation of white and red blood cells
Vitamin B6				■	<ul style="list-style-type: none"> Helps your body make components used in building body cells Helps produce body chemicals including insulin, hemoglobin and antibodies that fight infection
Vitamin B12			■	■	<ul style="list-style-type: none"> Works with Folate to make red blood cells Serves as a vital part of many body chemicals Helps your body use fatty acids and some amino acids
Vitamin C	■				<ul style="list-style-type: none"> Necessary for healthy connective tissue, cartilage, bones, teeth and blood vessels Promotes wound healing
Vitamin A	■		■		<ul style="list-style-type: none"> Maintains health of skin Role in vision, bone growth & reproduction
Vitamin D			■		<ul style="list-style-type: none"> Facilitates absorption of calcium
Calcium			■		<ul style="list-style-type: none"> Necessary for growth and maintenance of bone and teeth Role in transmission of nerve impulses, proper hormone function, blood clotting & muscle contraction Blood pressure regulation
Iron		■		■	<ul style="list-style-type: none"> Component of hemoglobin (the part of red blood cells important for oxygen transport) Involved in energy release within cells
Zinc		■	■	■	<ul style="list-style-type: none"> Aids in energy release and tissue formation
Magnesium	■	■	■	■	<ul style="list-style-type: none"> Aids in formation of strong bones and teeth Necessary for tissue formation and energy release within the cells

APPENDICES

Appendix B – Sample Recruitment Letter to Parents:

(Date) _____

PARENTS:

We are inviting (number) children ages (age range) to join **Kids in the Kitchen** cooking club.

The children will learn:

- the skills they will need to cook healthy snacks and meals
- that cooking is fun
- how to make healthy food choices

WHEN: (Day), from (Time) to (Time)

WHERE: (Place)

LENGTH OF PROGRAM: (Number) weeks

STARTS: (Date)

ENDS: (Date)

COST: (FREE) or (\$ _____)

If your child is interested in joining the program please contact me before (Date).

Sincerely,

(Name) _____

(Title) _____

(Organization) _____

(Telephone Number) _____

APPENDICES

Appendix C – Registration Form and Parental Consent

Name of Child: _____

Address: _____

Age: _____ Phone Number : _____

Who to contact in case of an emergency:

Name: _____

Phone (if different from above): _____

Address (if different from above): _____

Special health, dietary or behavioural concerns: _____

FOOD ALLERGY

Specific food(s) allergic to: _____

Reaction to food(s) (these are some reactions to food your child may experience):

- | | |
|--|--|
| <input type="checkbox"/> runny/plugged nose | <input type="checkbox"/> hives – small red welts |
| <input type="checkbox"/> itching or tingling inside of mouth or throat | <input type="checkbox"/> giant hives |
| <input type="checkbox"/> problems breathing | <input type="checkbox"/> eczema |
| <input type="checkbox"/> wheezing and coughing | <input type="checkbox"/> swelling (face, throat, other body parts) |
| <input type="checkbox"/> diarrhea and vomiting | |

Suggested precautions and treatment: _____

Has the child been diagnosed with anaphylaxis: Yes No

Does the child carry an EpiPen: Yes No

FOOD INTOLERANCE

Specific food(s) intolerant to: _____

Reaction to food(s):

- diarrhea
- gas
- bloating
- abdominal cramps
- headache

Suggested precautions: _____

CULTURAL FOOD RESTRICTIONS

Specific foods that child is not to eat: _____

Other dietary concerns _____

Special Needs or Behavioural Issues _____

I give my consent for my child, _____
to attend the **Kids in the Kitchen** program.

Date

Signature of Parent or Legal Guardian

APPENDICES

Appendix F – Sample Rules for Kids in the Kitchen

COOKING RULES

- Wash hands before handling food, during preparation and after.
- Wear an apron. Cooking can be messy.
- Keep your mouth away from food during preparation.
- Read the recipe all the way through to make sure you know what to do.
- Collect all the food and cooking tools for the recipe before you start.
- Cooking tools and appliances can be dangerous, so learn how to use them safely.
- Keep hot foods hot and cold foods cold.
- When you are finished, wash your cooking tools and put everything away.

SUGGESTIONS

- Get the children to take ownership of the rules by adding their own to this list (be flexible).
- Make a poster with the rules on it so the children can read them at all times.

APPENDICES

Appendix G – Sample Clean up Duties

- Facilitator insert a child's name to a clean-up duty for each session. Make sure each child tries different clean up duties. Children should help others when they are finished their duty.

CLEAN UP DUTIES

	Set Table		Clear Table	Wash Table	Wash Dishes		Put Away Clean Dishes		Pick Up Garbage		Sweep Floors	
Session 1												
Session 2												
Session 3												
Session 4												
Session 5												
Session 6												
Session 7												
Session 8												
Session 9												
Session 10												

APPENDICES

Appendix H – Handouts for Nutrition Education Activities

ACTIVITY HANDOUTS

- Baker's Certificate
- Completion of Program Certificate

Baker's Diploma



This is to certify that

baked: _____

For the very first time on: _____

...and it was delicious!

Signed _____



I'm a Kid in the Kitchen!

This is to certify that

_____ has completed the



Cooking Club!

Facilitator: _____

Date: _____







**Yukon**