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APPLE LADYBUG SNACKS

Making ladybugs is a fun way for children to enjoy fruit and prepare their own snack for home.

Many types of apples are grown throughout Canada and many Canadian families have apple trees nearby or of course at a local market or grocery store. During a neighborhood walk or at a farmer's market it is fun to share with your child how and when the apple trees blossom, turn into small apples, then continue to grow and ripen throughout the summer.

Examine the seeds together and share how the apple seeds grow into trees, blossom and produce apples. Your child could draw these simple stages: the seed growing into a tree; a tree in blossom; and finally a tree hanging with ripening apples. How exciting for you and your child to choose an apple to create a ladybug for a healthy fresh snack.

Yield: 4 servings

Preparation Time: 15 minutes

Equipment

- Knife
- Cutting board
- Melon baller or apple corer

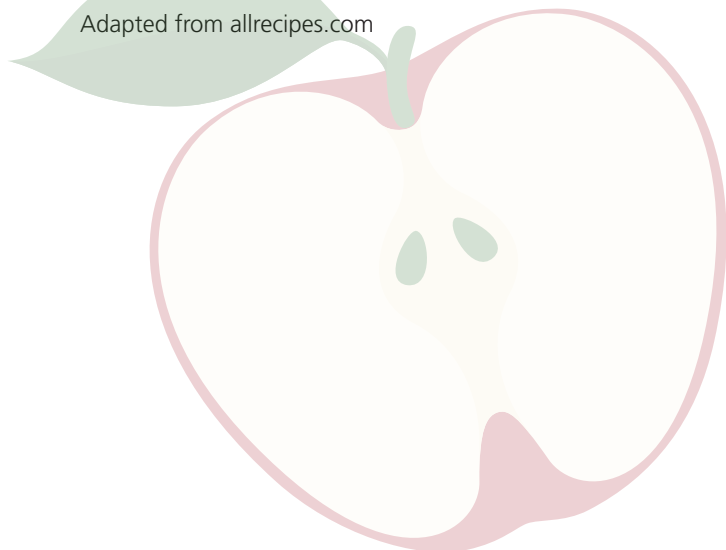
Ingredients

- 2 red apples
- ¼ cup raisins
- 1 Tbsp peanut butter OR 1 tsp SunButter (Sunflower Butter), WOW Butter
- 8 thin pretzel sticks or 8 thin celery sticks

Instructions

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. You may also use an apple corer which you would do first before slicing the apple. Place each half flat side down on a small plate.
2. Taking a kitchen knife dot peanut butter on the back of the apple lady bug, then stick the raisins on the dots to create the ladybug's spots. Repeat the process to make eyes. To make the antennae, stick one end of each pretzel stick (or celery stick) into a raisin, then press the other end into the apples.

Adapted from allrecipes.com



BANANA ENERGY BALLS

This simple easy to make recipe is a perfect energy boost, when combined with a protein such as cheese or yogurt.

You may wish to have your child use a table knife to cut the banana first into large chunks before mashing the banana with a fork. Together measure the ingredients. If time, have your child draw the ingredients and steps to make this delicious snack. Your child can proudly share the snacks and the drawing.

If you have time and the extra ingredients you can also add the following ingredients - 1 Tbsp. flaxseed, 1 Tbsp. chia seed - to give even more energy!

Yield: 12 energy balls

Preparation Time: 5 minutes

Freezing Time: 1 hour

Equipment

- Medium-sized bowl
- Spoon
- Fork

Ingredients

- 1 ripe medium banana
- 1 cup dry oats
- ½ cup dried cranberries, minced

Instructions

1. In a medium bowl, add the peeled banana and mash thoroughly with a fork.
2. Add dry oats and cranberries and stir to combine.
3. Refrigerate until the mixture holds together when pressed into a ball (approx. 1 hour).
4. Use a spoon to scoop a tablespoon of mixture into your hands and roll into a ball.
5. Repeat this with the remaining mixture, and place balls in a freezer safe container.
6. Keep in freezer until needed. To serve, let sit for 15 minutes.

Adapted from Student Nutrition Program Nipissing, Muskoka, Parry Sound "Quick, Simple and Tasty Cookbook."



BEAN SALAD

Beans and legumes are commonly eaten around the world as a rich and inexpensive source of fibre and vitamins. They are also a great source of plant-based protein. Many kinds of canned beans, including the kidney beans, chick peas or garbanzo beans, black beans and string or green beans suggested for this bean salad are commonly found in Canadian stores. Rinse the beans to reduce the amount of sodium.

As your child measures out the beans and mixes them together you can talk about the variety of colours, red, green, yellow and black that go into this nutritious meal or snack. Introduce and encourage your child to use new vocabulary including process words like stir, mix, chop, and relationship words like before, after, and beside.

Yield: 8 servings

Preparation time: 10 minutes

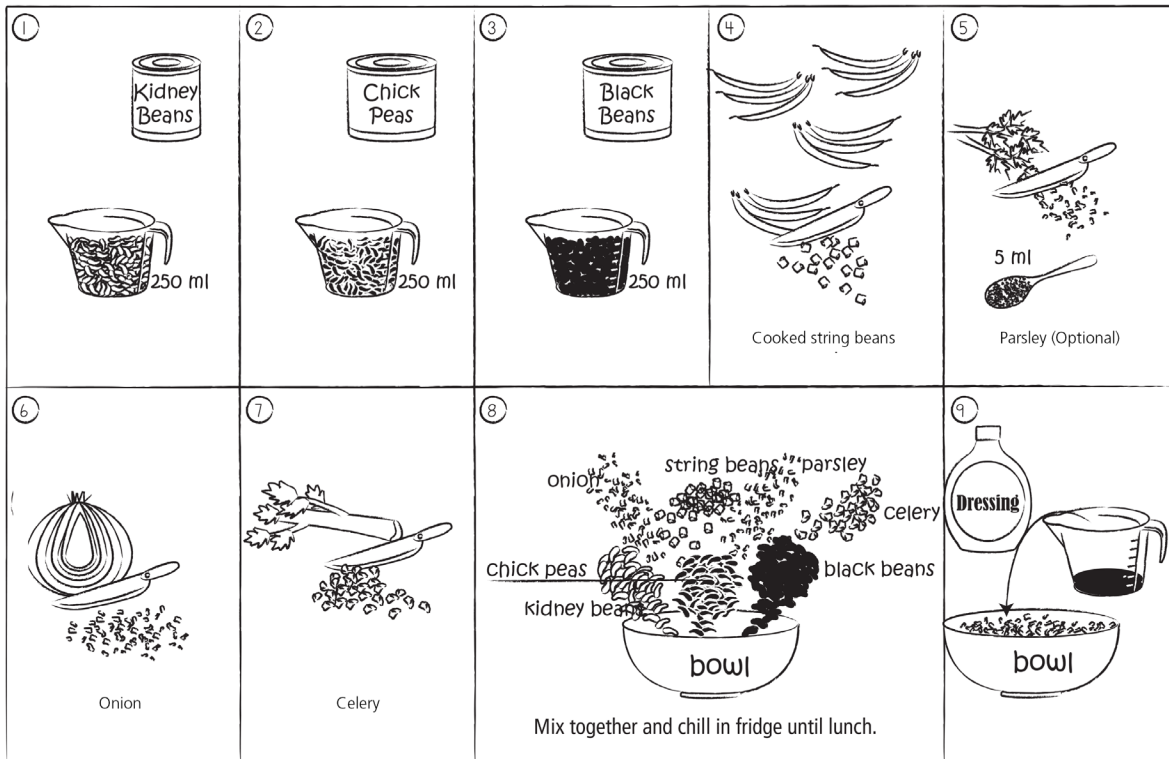
Equipment

- Measuring cup
- Knife
- Cutting board
- Large bowl

Ingredients

- 1 cup of cooked kidney beans
- 1 cup of cooked garbanzo beans
- 1 cup cooked black beans
- 12 cooked string beans
- ½ onion, chopped
- 1 stalk of celery
- 45 ml salad dressing (oil, balsamic vinegar, spices)

Instructions



CHICKEN, COCONUT AND TOMATO CURRY

This easy to make recipe is prepared and cooked in one pan for about 30 minutes. Although this recipe calls for raw chicken, if you wish to cut down the cooking time you can also use cooked left-over chicken and adjust the cooking time to about 4-5 minutes to warm thoroughly before adding the fresh tomatoes.

Engage your child by having them open the cans and measure the spices. Chat to them about the Indian spice garam masala, a blend of spices that translates as “hot spices” – not as spicy hot but hot as in having a warming effect on your body. During dinner, as everyone eats this curry, it will be fun to chat more about the warming effect – especially if it is a cold wintry evening.

Yield: 4 servings

Preparation time: 5 minutes

Cooking time: 20 minutes

Equipment

- Large saucepan
- Wooden spoon
- Can opener
- Cutting board
- Knife

Ingredients

- 1.5 Tbsp coconut oil
- 1 white onion, finely chopped
- 2 garlic cloves, crushed
- ½ tsp grated fresh ginger
- 2 tsp garam masala
- 1 tsp curry powder
- 1 & ½ cups coconut milk
- 5 oz tomato puree (or tomato paste)
- 500g / 1 lb chicken breast, diced
- 2 tomatoes, chopped

Instructions

1. Melt the coconut oil in a large saucepan over a medium heat
2. When melted, add the onion and fry for 2 minutes until softened
3. Add the garlic, ginger, garam masala and curry powder and fry for another 2 minutes, stirring continuously
4. Add the coconut milk and tomato paste and whisk until everything has combined
5. Add the diced chicken pieces and simmer for 15 minutes
6. Finally, add the tomatoes and continue to simmer for another 2 to 3 minutes
7. Serve immediately with rice and poppadoms or naan bread

Adapted from www.myfussy eater.com

FISH TACOS

Fish tacos are simple to make, loaded with fresh ingredients and work well with a freshly caught white fish or any other favourite fish or seafood. Children can help with chopping and mixing the sauce and can choose their favourite toppings in this family style meal.

Yield: 4 servings

Preparation time: 10 minutes

Cooking time: 10 minutes

Equipment

- Cookie sheet
- Cutting board
- Knife
- Small bowl

Ingredients

- 4 fish fillets (pickerel, salmon, haddock, sole or tilapia)
- Spices (salt, pepper, cumin, and chili powder to taste)
- 8 whole wheat or corn tortillas
- 2 avocados chopped
- ½ cup shredded lettuce
- ¼ cup chopped tomatoes

White sauce:

- 2 Tbsp plain yogurt
- 2 Tbsp mayonnaise
- 1 tsp lime juice

Instructions

1. Cook fish fillets with lemon, salt and pepper and spices like cumin, chili powder in the oven at 400° F for 10 minutes, or until cooked through
2. Shred lettuce, and chop the tomatoes and avocados
3. Layer fish, avocados, lettuce, and tomatoes and other toppings in a tortilla
4. Top with the white sauce
5. Options for toppings depending on preferences and what kind of fish you use: shredded cabbage, chopped cilantro, chopped pineapple or mango, chopped bell pepper, thinly sliced red onion

Adapted from superhealthykids.com

"There is more to healthy eating than serving. It is important to consider role modeling, offering a variety of foods, getting children involved, making food fun, providing color and choice, and remembering the physical component. When eating, children learn language and socializing skills, math (counting), science (nutrients), and social studies (foods of the world).

- Centre for Education Research Translations,
University of PEI

FRUIT SALSA

This simple recipe uses fruit to make a sweet version of salsa. Use any combination of fruit that is in season or make it more tropical by adding mango and kiwi fruit. This salsa is delicious on its own or as a topping on ice cream, frozen yogurt or even oatmeal.

When preparing the fruit you may wish to cut the whole fruit into manageable pieces so that your child can finish off by cutting them into small squares. Ask your child to count out how many pieces of fruit they cut. Ask them to count how many raspberries there were in a cup.

Using a knife with supervision makes them feel very grown up! A child safety knife and the child standing on a solid surface at the right level with you nearby are important safety considerations that will ensure your child's enjoyment and a feeling of success as they prepare this tasty dish.

Yield: 3 cups

Preparation time: 20 minutes

Resting time: 15 minutes

Equipment

- Knives
- Large bowl
- Zester
- Spoon

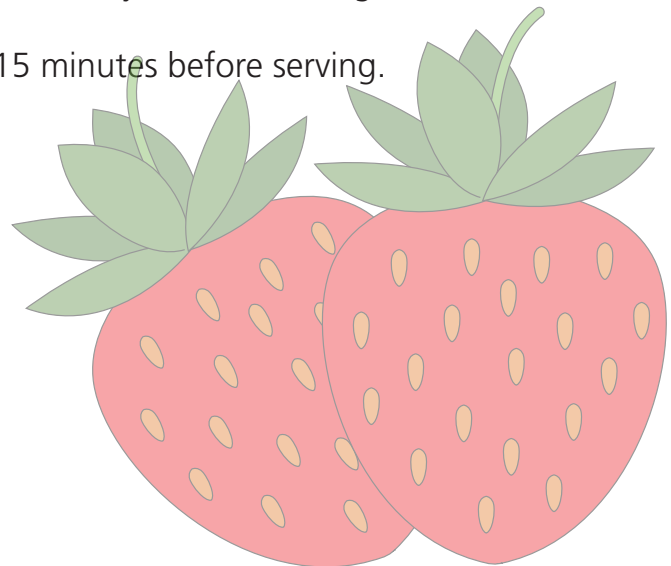
Ingredients

- 2 granny smith apples
- 1 lemon
- 1 cup finely diced melon and/or kiwi
- 2 cups fresh strawberries
- 1 cup raspberries
- 4 Tbsp preserves (raspberry or strawberry)

Instructions

1. Zest the lemon and set aside. Peel and finely chop apple, squeeze 2 teaspoons lemon juice over apples and mix well to combine.
2. Finely chop strawberries and melon or kiwi. Gently combine all ingredients. The raspberries will break apart a bit.
3. Allow to sit at room temperature at least 15 minutes before serving.

Adapted from thecookierookie.com



GRANOLA

Granola is always a favourite and nutritious food to have for breakfast, with yogurt or as a snack. If your child has a nut allergy substituting other seeds such as pumpkin or flax seeds is an option.

Read the instructions together with your child. As you work together have them recall the next steps. Encourage them to measure out the ingredients and to look at the capacity of the measuring spoons. Have them compare a teaspoon to a tablespoon.

Yield: 10 child-sized portions

Preparation time: 5 minutes

Cooking time: 40 minutes

Equipment

- Oven
- Large bowl
- Baking sheet(s)
- Spatula

Ingredients

- 3 cups slow or rolled oats
- 1 & ½ cups unsweetened, shredded coconut and other chopped seeds (e.g. pumpkin seeds, flax seeds) or nuts (pecans, walnuts, cashews)
- 3 Tbsp brown sugar or maple syrup
- 1 tsp cinnamon
- ¼ tsp salt
- 2 Tbsp canola oil
- 1 cup dried fruit

Instructions

1. Preheat oven to 325° F
2. Mix all ingredients except dried fruit and spread in an even layer on two baking sheets (or if you only have one, cook half at a time)
3. Bake for 30-40 minutes until golden, stirring every 10 minutes
4. Add dried fruit (optional)
5. Allow to cool completely before storing in airtight bag or container. Keeps well in refrigerator for up to 1 month

Adapted from thecookierookie.com

Food preferences are formed early in life. Learning about food can prepare young children for a lifetime of healthy eating by equipping them with the beginning skills to grow, select and cook food. The more children understand about food, the more likely they are to try new foods and eat a healthy diet.

- Appetite To Play

HEARTY MOOSE STEW

On a chilly fall or winter's night there is nothing more comforting and delicious than a bowl of hearty moose stew. Chat with your child about why the recipe is called hearty.

Moose meat is naturally low in fat so preparation is key. Low heat over a longer period of time tenderizes the meat. You could also substitute beef or other wild meat such as elk, caribou or deer instead of moose meat.

Yield: 6 servings

Preparation time: 10 minutes

Cooking time: 2 hours 30 minutes

Equipment

- Large saucepan or Dutch oven
- Cutting board
- Knife
- Wooden spoon
- Measuring spoons

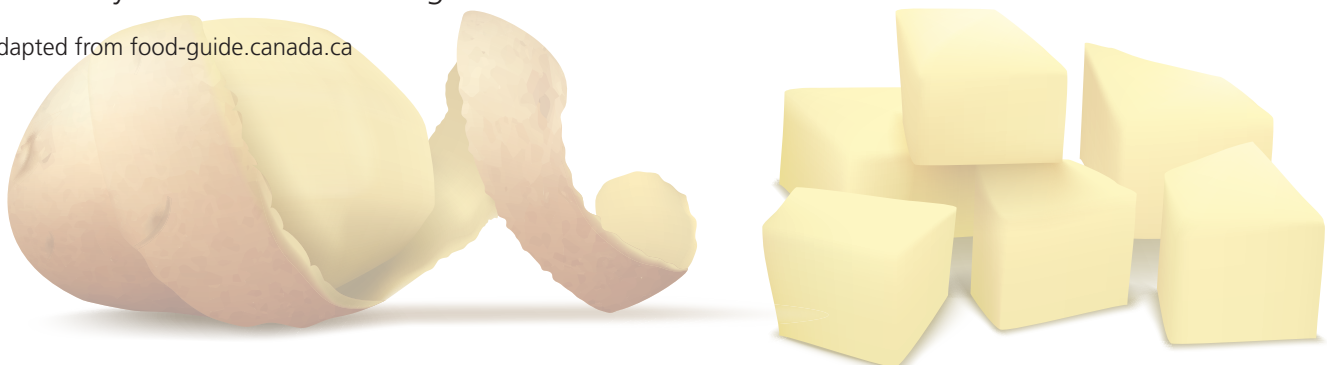
Ingredients

- 2 tsp canola oil
- 1 lb 4 oz moose, cubed
- 2 small onions, cut into large chunks
- 3 celery stalks, chopped
- 5 carrots, peeled and chopped
- 4 cups no salt added beef broth
- 5 medium yellow fleshed potatoes, peeled and diced
- 3 cups mixed vegetables, frozen
- ½ tsp parsley, dried
- ½ tsp thyme, dried
- 4 bay leaves, dried
- 1 tsp pepper

Instructions

1. Cut the onions and celery. Peel and cut the carrots and potatoes.
2. In a large shallow saucepan or Dutch oven, heat oil over medium heat. Brown the moose meat and put aside.
3. Add the onions to the saucepan and cook for 2 to 3 minutes. Add the celery and carrots. Cook about 7-8 minutes, stirring frequently.
4. Add the moose meat and stir. Add in broth, potatoes, frozen vegetables, parsley, thyme, bay leaves and pepper and stir. Cover, lower heat and simmer for 2 hours. Remove whole bay leaves before serving.

Adapted from food-guide.canada.ca



HUMMUS

Hummus is a delicious option for a snack on pita bread or as a dip with vegetables. It is an excellent source of plant-based protein.

This easy to make recipe will allow time for you and your child to not only chat about healthy eating but also can provide time for you to find out about their feelings and how their day has gone. You can learn about their friends and how they are getting along with others at home and at school. How do we teach empathy in our homes? When kids know how to cook, they begin to think of others and serve others naturally. Have your child set the table and encourage them to serve themselves and others.

Yield: 6 servings

Preparation time: 10 minutes

Equipment

- Blender or food processor
- Measuring spoons and cup
- Medium mixing bowl

Ingredients

- 15-ounce can chickpeas (garbanzo), rinsed and drained well
- Juice from 1 lemon (about 1/4 cup)
- ¾ tsp kosher or sea salt
- 2 cloves garlic, very finely minced
- ¼ cup plain yogurt
- 3 Tbsp extra virgin olive oil, plus more for drizzling
- ¼ tsp smoked paprika
- Minced fresh parsley

Instructions

1. In a food processor, combine the chickpeas, lemon juice, salt, garlic and yogurt.
2. Process for 1 minute, then open the food processor and scrape the sides.
3. Process for another minute.
4. While the processor is running, pour in the olive oil.
5. Taste and check for smooth consistency.
6. If the hummus is too thick, add 1 tablespoon of water. Just before serving, sprinkle with smoked paprika, fresh parsley and drizzle with additional olive oil.

You can experiment with different flavours of hummus by adding ingredients such as pumpkin puree for a fall-themed hummus or roasted red peppers for a boost in flavour.

This recipe is a Welcome to Kindergarten family favourite.

KALE CHIPS

Kale is a popular green frequently used in salads and even as a nutritious oven-baked chip.

Making Kale Chips is an easy playful activity that will engage children in the planning and preparing of vegetables in the kitchen. At this age children enjoy ripping apart and massaging the leaves. Not only will this develop their fine motor skills but this recipe might also encourage them to eat more vegetables! Have your child enjoy observing the changes in the colour of the leaves when the oil is massaged into the leaves and then when they are baked.

Yield: 12 child-sized servings

Preparation time: 10 minutes

Cooking time: 15 minutes

Equipment

- Cookie sheet

Ingredients

- 2 bunches kale
- 2 Tbsp olive oil
- Pinch of salt and pepper

Instructions

1. Wash and dry kale thoroughly. Remove stems.
2. Rip kale into bite-sized (approximately 2 inch x 2 inch) pieces (not too small that they will become crumbs).
3. Spread evenly on baking sheets then drizzle with olive oil and sprinkle lightly with salt and pepper.
4. Using hands, massage oil evenly into all pieces of kale.
5. Bake in a 325° F oven for 15 minutes checking occasionally but not stirring, until lightly golden and crisped.

Adapted from appetitetoplay.com

Family-style dining is when food is placed in serving dishes on the table and children are encouraged to serve themselves with, or without, help from an adult. What are the benefits of family-style dining?

- Children learn and practise many social skills.
- Mealtime can become a teachable moment and an opportunity for discussion about where food comes from and basic nutrition.
- Children learn to serve themselves. They are allowed to take as much or as little as they want, and can have more if they are still hungry.
- Children often want to try new foods when they see other children and adults eating them.
- Children enjoy eating with adults and imitate their behaviours.

- Manitoba Ministry of Health, Nutrition Handbook

LETTUCE ROLL-UPS

Lettuce is a fun and easy vegetable to grow in your garden.

Creating Lettuce Roll-Ups is another way for your child to develop decision-making and independent skills for choosing healthy food. When you visit your local grocery store or farmer's market, encourage your child to look at all the different names and varieties of lettuce. Ask them to describe how they are different yet similar. After closely examining the lettuce, have your child join in and decide which lettuce would be best to make the roll-ups.

Yield: 8 servings

Preparation time: 10 minutes



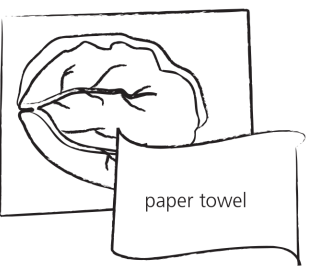


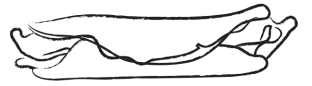
Equipment

- Paper towel
- Knife

Ingredients

- A head of lettuce
- Cream cheese, hummus, sun butter or WOW butter

Instructions

<p>①</p>  <p>Take 1 head of lettuce and remove one leaf.</p>	<p>②</p>  <p>Wash the leaf.</p>	<p>③</p>  <p>Dry the leaf with paper towel.</p>
<p>④</p>  <p>Spread the leaf with cream cheese.</p>	<p>⑤</p>  <p>Roll and eat.</p>	<p>⑥</p>  <p>Variations: Roll in a thin slice of ham, bologna, dried beef, or cheese.</p>

This recipe is a Welcome to Kindergarten family favourite.

MINI LASAGNA CUPS

These Lasagna Cups have the classic lasagna elements including layers of meat and three types of cheeses. Easy-to-use wonton wrappers replace the pasta in this lasagna and are found in the freezer section at your local grocery store. You can encourage your child to cut the circle shapes using the top of a drinking glass and then helping to create the layers in the muffin tin.

This is also a good time to discuss measuring cups and to introduce capacity e.g. Ask your child to look at the measuring cups to determine which holds more - $\frac{1}{2}$ cup, $\frac{3}{4}$ cup or 1 cup?

While you are waiting for the cups to bake, encourage your child to assist in setting the table. You may even chat about potential questions you might ask each family member during dinner conversation.

Yield: 12 lasagna mini cups

Preparation time: 30 minutes

Cooking time: 20 minutes

Equipment

- Muffin tray
- Measuring cups
- Skillet
- Cookie cutter or drinking glass

Ingredients

- $\frac{1}{3}$ pound ground beef
- Salt and pepper
- 24 wonton wrappers
- 1 $\frac{3}{4}$ cups Parmesan cheese grated
- 1 $\frac{3}{4}$ cups mozzarella cheese shredded
- $\frac{3}{4}$ cup ricotta cheese
- 1 cup pasta sauce

Instructions

1. Preheat oven to 375° F. Spray muffin tin with cooking spray.
2. Brown beef in a skillet and season with salt and pepper. Drain.
3. Cut wonton wrappers into circle shapes, about 2 $\frac{1}{4}$ inches wide, using a cookie cutter or the top of a drinking glass. You can cut several at a time. Tip: For a more rustic look, leave wonton wrappers uncut.
4. Reserve $\frac{3}{4}$ cup parmesan cheese and $\frac{3}{4}$ cup mozzarella cheese for the top of your cups. Start layering your lasagna cups. Begin with a wonton wrapper and press it into the bottom of each muffin tin cup. Sprinkle a little Parmesan cheese, ricotta cheese, and mozzarella cheese in each. Top with a little meat and pasta sauce.
5. Repeat layers (wonton, parmesan, ricotta, mozzarella, and pasta sauce). Top each cup with some of the reserved parmesan and mozzarella cheeses.
6. Bake for 18-20 minutes or until edges are brown. Remove from oven and let cool for 5 minutes. To remove, use a knife to loosen the edges, then pop each lasagna cup out.

Adapted from the-girl-who-ate-everything.com

MINI QUICHES

There are many ways to prepare quiches with varied and optional ingredients. There are plenty of choices for those with lactose and gluten intolerances as well as quiches that are meatless, crustless and cheese choices. It's a food that prepares easily for one or just a few, and can be served at breakfast, lunch, dinner or as mid-day snacks.

Quiches are made with readily available ingredients such as eggs, milk, cheese and vegetables from the fridge or freezer. What better way to plan out the next few snacks or lunches with your child as you introduce them to an easy assembling and transformation of ingredients!

As you choose which ingredients to include, sample some of the cheeses and vegetables with your child to introduce descriptive food related words such as crunchy, sweet, sour, spicy, tangy, bland, crumbly, gooey, salty, and savory.

Yield: 12 mini quiches

Preparation time: 20 minutes

Cooking time: 25-30 minutes

Equipment

- Muffin tray
- Measuring spoons and cup
- Mixing bowl

Ingredients

- **Crust option type:** 1 package of refrigerated pie crust cut into circles to fit bottom of muffin tin; 12 wonton squares or puff pastry fitting in bottom of each section of muffin tin
- **Crustless option:** cooking spray
- 4 eggs
- 1 cup milk
- ½ tsp salt
- **Meat option:** (approximately 1 ½-2 Tbsp per quiche) with pieces of cooked bacon, ham, sausages-pork or turkey, ground turkey or salmon
- **Vegetable options:** (approximately 1 ½-2 tablespoons/quiche) with cooked pieces of spinach, zucchini, mushrooms, peppers: green, red, yellow or orange, asparagus and green onions
- Shredded cheese options: (approximately 1 ½-2 Tbsp per quiche)
- Cheddar, mozzarella, Swiss, feta or any hard cheese

Instructions

1. Preheat oven to 375° F.
2. Spray muffin tin with cooking spray.
3. Place room temperature pie crust rounds in bottom of each muffin cup.
4. Whisk eggs, milk and salt in 4 cup measuring cup; set aside.
5. Place cheese, meat and vegetable according to preferred ingredients in bottom of each cup.
6. Evenly divide egg mixture into each muffin cup $\frac{1}{4}$ to the top.
7. Bake in a 325° F oven for 20-25 minutes checking occasionally, but not stirring, until golden brown.
8. Cool slightly and serve warm with a salad or piece of toast.

These can be made ahead and frozen. They are a high protein meal. As you clear out the fridge of vegetables, kids get to eat more of them this way. They can be reheated in the microwave.

For younger children - all the ingredients can be cooked, chopped and placed in small bowls allowing them to assemble their quiches to their liking.

For older children - they can participate in slicing and chopping with appropriate supervision from adults.

This recipe is a Welcome to Kindergarten favourite.



TUNA PATTIES

Tuna patties are a quick, delicious meal that you and your child can make with canned tuna. This is an opportunity for your child to learn to use a can opener and to beat an egg. With clean hands, children like to make the patties and flatten them between the wax paper. This is hands-on learning with a tasty outcome.

As you both clean up, this is an opportunity to help your child reinforce the importance of cleaning up and returning dishes to their proper place in the kitchen. Clean up routines are important skills for your child to learn. They will transfer to all aspects of their life including how they approach their classroom and school work. Organizing cooking supplies, planning meals ahead, reading a recipe and completing it in order are all self-management skills.

Yield: 4 patties

Preparation time: 10 minutes

Cooking time: 10 minutes

Equipment

- Can opener
- Measuring spoons and cup
- Medium mixing bowl
- Cookie sheet
- Wax paper
- Frying pan

Ingredients

- 2 - 6 oz. cans of light tuna, drained
- 2 tsp Dijon mustard
- ½ cup whole wheat bread, torn into small pieces
- 1 Tbsp lemon juice
- 1 Tbsp water
- 2 Tbsp chopped green onions
- ¼ cup chopped celery
- salt and ground pepper
- 1 egg
- 2 Tbsp olive oil

Instructions

1. Drain liquid from tuna cans.
2. Mix tuna with mustard, bread, lemon juice, water, onions, celery, salt, pepper and egg in a mixing bowl until well combined.
3. Divide mixture into 4 equal parts. With each part, form a ball and then flatten into a patty. Place onto a wax paper lined tray and chill for an hour (optional - chill in the fridge or freezer for 15 minutes to help patties keep their form when cooking.)
4. Heat olive oil and gently place the patties in the pan, cooking until nicely browned about 3-4 minutes on each side.

This recipe is adapted from allrecipes.com.

VEGGIE STIR FRY

When gardens or local stores are full of fresh produce, a veggie stir-fry over brown rice or whole wheat pasta is a wonderful option for mealtime. Chat with your child about the name of the recipe and what they predict they will do to make this recipe. Have fun with rhyming words. Ask them to find words that rhyme with fry, stir, corn and red. Chat with them about cutting bite-size pieces of vegetables to ensure everyone can practice mindful eating by chewing slowly and thoroughly.

While the children help with the washing and chopping of the vegetables, you can prepare the pasta or brown rice to create a delicious and nutritious meal.

Yield: 8 portions

Preparation time: 15 minutes

Cooking time: 15 minutes

Equipment

- Small bowl
- Knife
- Cutting board
- Large non-stick pan or wok
- Measuring cups and spoons
- Whisk
- Wooden spoon

Ingredients

- 1 whole cauliflower, chopped into florets
- 1 whole broccoli, chopped into florets
- 1 whole red pepper, diced
- 1 can, 15 oz. (425 g) baby corn
- 1/3 cup (80 mL) low salt (sodium) soy sauce
- 1/4 cup (60 mL) low salt (sodium) chicken broth
- 2 Tbsp. (30 mL) vinegar
- 1 Tbsp. (15 mL) sugar
- 2 cloves garlic, minced or crushed
- 1 Tbsp. (15 mL) cornstarch
- 1 Tbsp. (15 mL) olive or canola oil

Instructions

1. Clean and chop the cauliflower, broccoli, red pepper and green pepper.
2. Open can of baby corn and drain out liquid.
3. In a small bowl, whisk together soy sauce, broth, vinegar, sugar, garlic and cornstarch.
4. Heat olive oil in a large non-stick pan or wok over medium-high heat.
5. Add cauliflower and sauté for five minutes.
6. Add broccoli, red pepper, green pepper and baby corn to pan with cauliflower and sauté until all vegetables are tender, about seven minutes.
7. Add soy sauce mixture to pan and coat vegetables.
8. Heat until the sauce becomes thicker, about two minutes.
9. Serve over cooked brown rice or whole wheat pasta. Follow the cooking directions on the package.

WHOLE GRAIN BLUEBERRY MUFFINS

What better way to celebrate the fresh berries of summer than with nourishing, homemade muffins? You might wish to substitute other berries, such as raspberries, haskap berries or blackberries, or even frozen berries throughout the rest of the year. Picking berries or visiting a berry farm is an exciting adventure. What a fun opportunity to share with your child the steps of where food comes from, how it is prepared and how it arrives on your table.

During the preparing of the muffins, children love to measure and mix the ingredients and then scoop the batter into the muffin cups. If you are adventurous, you may even wish to have your child crack the egg into the bowl!

Help your child to learn the differences between liquids and solids, to talk about texture of food, thick/thin, smooth/rough, soft/crisp, sweet, salty and bitter. As much as possible let your child do it and talk about it!

Yield: 12 muffins

Preparation time: 15 minutes

Cooking time: 20 minute

Equipment

- Muffin tin
- Measuring cups and spoons
- Large bowl
- Medium bowl
- Mixing spoon
- Toothpick to test for doneness
- Disposable muffin cups (optional)

Ingredients

- 1 ¼ cup whole wheat flour
- 1 ¼ cup quick-cooking oats
- ¼ cup flax meal
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- ¼ tsp salt
- 1 cup applesauce
- ½ cup brown sugar, packed
- ½ cup buttermilk (or add 1 1/2 tsp vinegar to 1/2 cup milk and let stand for 10 minutes)
- 1 tbsp vegetable oil
- 1 egg
- ¾ cup blueberries (if you're using frozen, let them thaw before adding)

Instructions

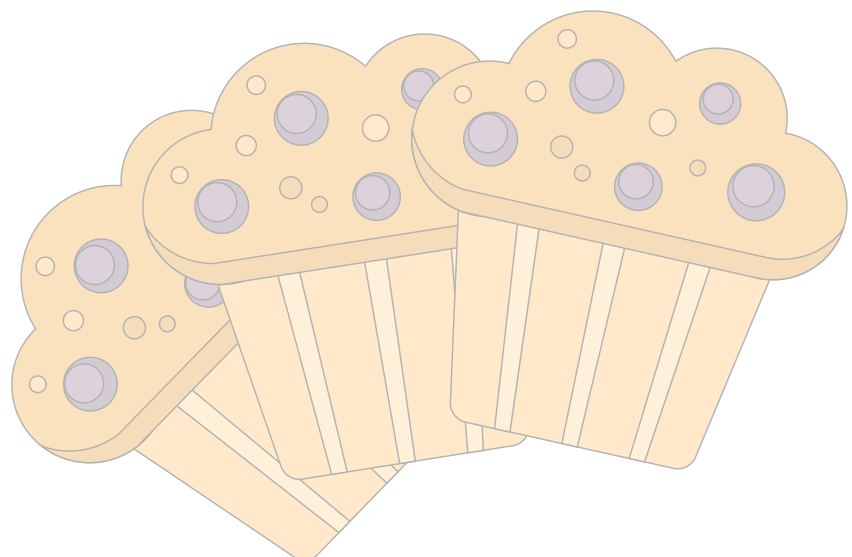
1. Preheat oven to 375° F. Lightly grease or line a muffin tin.
2. In a large bowl, mix the flour, oats, flax meal, baking powder, baking soda, cinnamon and salt.
3. In another bowl, mix the applesauce, sugar, buttermilk, vegetable oil and egg.
4. Gently shake and mix the dry ingredients into the wet ingredients. Stir in the blueberries.
5. Pour the batter evenly into the muffin tin (if not using disposable muffin cups, line tin with cooking spray), filling only two thirds of the way, and pop them in the oven for 20 minutes. They are done when they're firm and a toothpick inserted in the center comes out clean.

This recipe is adapted from bettertogetherbc.ca

Teach Nutrition In A Positive Way

- *Teach about a variety of foods, focusing on the benefits of fueling the mind and body.*
- *Keep all messages positive for example "eating a variety of foods gives you energy to play and think." Avoid negative/fear-based statements like "x food is not healthy."*
- *Focus on behaviors, such as regular meals, sleep, and physical activity to feel good not for weight control. Weighing, using weight tables or charts, or calorie counting activities can hinder health behaviours.*
- *Role model positive body image by encouraging body positivity and diversity. Avoid sharing personal views about food and body weight. Each person's body is different, and we should respect, accept, and celebrate these differences!*

- Registered Dietitians of the Manitoba School Nutrition Action Group



YOGURT CRUNCH

This is a favourite recipe that can be used at the Healthy Choices centre at Welcome to Kindergarten orientations. There are only three simple ingredients and the instructions are easy to follow by a child with a bit of help from the family. It can be easily adapted for allergies to nuts or dairy by using cereal with no nuts or gluten, yogurt that is lactose free and fresh fruits in season or frozen fruit available anytime.

Children can measure the ingredients in a measuring cup as suggested or can put in 3 equal parts of each one. It is nutritious and delicious and something a child can learn to make independently. It is a perfect opportunity to introduce descriptive taste and texture related words such as the crunchiness of the cereal in contrast to the smooth and creamy taste of the yogurt and the tanginess or sweetness of the fruit. Ask questions, such as; What is happening? What do you see and hear? How does it taste?

Yield: 1 serving

Preparation time: 5 minutes

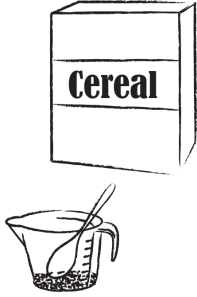

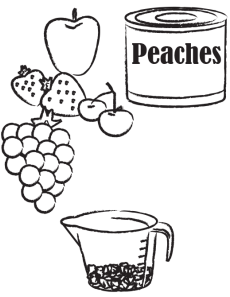
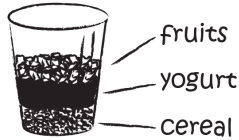

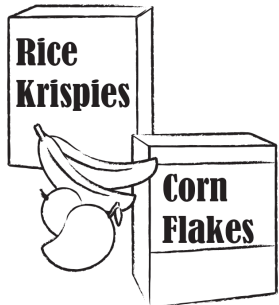
Equipment

- Tall glass
- Measuring cup
- Spoon to crush cereal

Ingredients

- $\frac{1}{4}$ cup dry cereal
- $\frac{1}{2}$ cup yogurt
- $\frac{1}{3}$ cup of fresh or frozen fruit

Instructions

<p>①</p>  <p>Crush $\frac{1}{4}$ cup of dry cereal</p>	<p>②</p>  <p>Measure $\frac{1}{2}$ cup of yogurt</p>	<p>③</p>  <p>Measure $\frac{1}{3}$ cup of fresh or frozen</p>
<p>④</p>  <p>Use a tall glass and layer the cereal, yogurt and fruit.</p>	<p>⑤</p>  <p>Sprinkle the top with a little more crushed cereal.</p>	<p>⑥</p>  <p>Try different cereals and fruits.</p>