



Welcome to Kindergarten™
CANADIAN EDUCATION WAREHOUSE

FAMILY COOKBOOK



www.welcome-to-kindergarten.ca



**This is a project of Welcome to Kindergarten™.
Welcome to Kindergarten™, a national program from Canadian Education Warehouse, brings together families, school and community partners to support children as they enter school.**

**Please provide feedback to your local program manager or email
info@welcome-to-kindergarten.ca**

**Canadian Education Warehouse
welcome-to-kindergarten.ca
Copyright 2023**



Welcome to Kindergarten™
CANADIAN EDUCATION WAREHOUSE

Canadian Education Warehouse would like to extend our appreciation to all those who volunteered their time and expertise in providing guidance and feedback on the 2020 Welcome to Kindergarten Family Cookbook.

In particular, we would like to acknowledge:

- Megan Bale-Nick, RD, Manitoba School Nutrition Action Group
- Katherine Ford, MSc, RD
- Amanda Hamel, RD, Manitoba School Nutrition Action Group
- Vanessa Lam, RD, Public Health Dietitian, Vancouver Coastal Health

TABLE OF CONTENTS

WELCOME TO KINDERGARTEN™ & COOKING TOGETHER 04

RECIPES

> Apple ladybug snack	08
> Banana energy balls	09
> Bean salad	10
> Chicken, coconut and tomato curry	11
> Fish tacos	12
> Fruit salsa	13
> Granola	14
> Hearty moose stew	15
> Hummus	16
> Kale chips	17
> Lettuce roll-ups	18
> Mini lasagna cups	19
> Mini quiches	20
> Tuna patties	22
> Veggie stir fry	23
> Whole grain blueberry muffins	24
> Yogurt Crunch	26

PLANNING MEALS TOGETHER 27

BOOK LIST 31



WELCOME TO KINDERGARTEN™ & COOKING TOGETHER

Cooking and enjoying meals with your child is an excellent opportunity to learn and spend time together. Preparing food and dining together at home play a key role in helping children build healthy eating habits that can last a lifetime. Balancing fun and quality time in the kitchen will help them better understand themselves and develop a healthy relationship with food. The more they learn about food, the more likely they are to try new dishes and maintain a healthy diet.

This cookbook provides easy and affordable recipes for you to make with your child. There are many natural learning opportunities for your child in helping to prepare meals. Start small and build their skills and confidence. Think of all the reading, writing, mathematics, science, communication and relationship skills that your child is developing through spending quality time together in hands-on learning around healthy eating. Notice how much they are learning, praise their efforts and celebrate how skilled they are becoming.

Cooking together builds family bonds and a sense of belonging which are core values of Welcome to Kindergarten™.

Follow your child's lead as you play and discover together

- As you present healthy food choices, it is important to take your child's lead and trust their appetite to gauge how much they need to eat.
- As you plan and prepare food together, create an environment where you are able to encourage your child to accept new foods at their own pace and to feed themselves.

Talk and read with your child in their first language

- Explore and be creative about introducing, planning and preparing new foods from your culture and from others.
- Try to offer a variety of food choices as you familiarize your child with foods from other cultures.

Help your child to share and take turns

- Learning social-emotional skills such as sharing, taking turns and making good decisions are integral to your child's growth.
- Eating with your family is a wonderful opportunity to practice these skills by serving others, demonstrating good table manners, and making smart food choice.



Encourage your child to make choices and decisions

- Making choices and decisions can be key factors in building a child's confidence and ability to judge, predict, plan, and become more independent.
- Having fun in the kitchen with your child provides a great opportunity for them to grow emotionally and to learn about healthy nutritional options we have in Canada

Celebrate your child's learning!

- There are many natural learning opportunities for your child in helping to plan and prepare meals.
- Introduce your child to foods around them in a fun way through nursery rhymes, tongue twisters, poems, stories and books. Check out the attached booklist or sing a song from the Welcome to Kindergarten album (thelearningpartnership.ca/wtk)

You are your child's first and best teacher

- The experiences you provide your child in preparing food and dining together helps your child build healthy eating habits that last a lifetime.
- No one can influence your child's healthy eating habits better than you.





HEALTHY EATING PRACTICES

Consult Canada's Food Guide

- Canada's Food Guide contains many helpful tips and other recipes that will help you and your child live a healthy lifestyle. The food guide was updated in 2018 to reflect the most up-to date information about how to eat as well as what to eat.
- Foods from the Milk and Alternatives Food Group are now found in the Protein Foods section. This section provides important information regarding children's dietary protein and calcium needs.

Teach your child cooking skills early

- Before starting Kindergarten, begin getting your child involved in cooking. When they are cracking an egg or stirring, slicing, and assembling food, your child is building small muscle, finger and hand skills.
- Show them how to safely use kitchen tools such as a grater, children's knife or table knife, peeler or whisk.
- Use the 3 S's: stirring, scrubbing and sorting. Encourage your child to stir a salad, sort chopped vegetables for a soup or scrub the counter top with a dish cloth.

Eat together in a technology-free environment

- When children are given the opportunity to be involved in preparing food, sharing food and eating together, a sense of belonging and feeling part of a family unit develops.
- Structure time in your family schedule to eat together. Sitting down to enjoy a meal in a technology free environment will create healthy eating routines that will last for life.

Follow your child's lead

- "You decide what, when, and where meals and snacks will be served and let your child determine how much and whether to eat what you provide." - Ellyn Satter
- Let your child tell you when they are hungry and when they are full. Involve them in meal and snack planning and take them grocery shopping.

Provide a positive eating environment

- When children are encouraged to eat slowly in a calm and undistracted setting, you are setting the stage for the family to engage in an enjoyable and positive eating environment.

Make water your family's drink of choice

- Water is a natural energy drink and drinking enough is essential for your brain and body.
- Juice and pop contain lots of sugars. Too much sugar, regardless where it comes from, is not good for you.

Help your child understand where food comes from

- The traditional methods of gathering and picking, hunting and fishing provide valuable experiences and a connection to and a respect for the natural world.
- Growing your own food at home is an excellent learning opportunity.
- Farms, markets and grocery stores are sources of information about where food originates.

KITCHEN SAFETY

All recipes in this book require adult supervision.

Personal health

- Model for your children how to wash hands thoroughly using soap and water before handling food.
- Remember to give reusable utensils a hot soapy wash and rinse after each use.
- Allergies - Talk about the food allergies some children have, especially nut and peanut allergies.

Utensil use

Stove, oven and microwave use:

- Pots with see through lids allow children to see what is happening without danger of burns.
- Always supervise children using appliances.
- Show children how to angle pot handles to point over the counter to prevent accidents.
- An adult must remove all dishes from a microwave that is over a child's head and is hot to the touch.

When cutting food:

- Always supervise children using knives.
- Always use a cutting board.
- Show children how to properly cut food items.
- Cut round vegetables in strips first. This provides a flat surface for the child to cut safely into smaller pieces.
- Use clear see-through measuring cups to reinforce the concepts of portions. 60 ml (1/4 cup), 125 ml (1/2 cup), 250 ml (1 cup)
- Talk about hot liquids and how they splash and spill.

Food safety

- Wash all surfaces.
- Chill foods properly.
- Cook to proper temperatures.
- Separate raw meat, poultry and seafood from other foods to avoid contamination.
- Never put cooked food back on the same plate or cutting board that held the raw food.

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 min



Ingredients

- 2 red apples
- 1/4 cup raisins
- 1 Tbsp peanut butter OR 1 tsp SunButter (Sunflower Butter), WOW Butter
- 8 thin pretzel sticks or 8 thin celery sticks



Equipment

- Knife
- Cutting board
- Melon baller or apple corer



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 min

Freezing Time: 1 hour



Ingredients

- 1 ripe medium banana
- 1 cup dry oats
- 1/2 cup dried cranberries, minced



Equipment

- Medium-sized bowl
- Spoon
- Fork



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 min



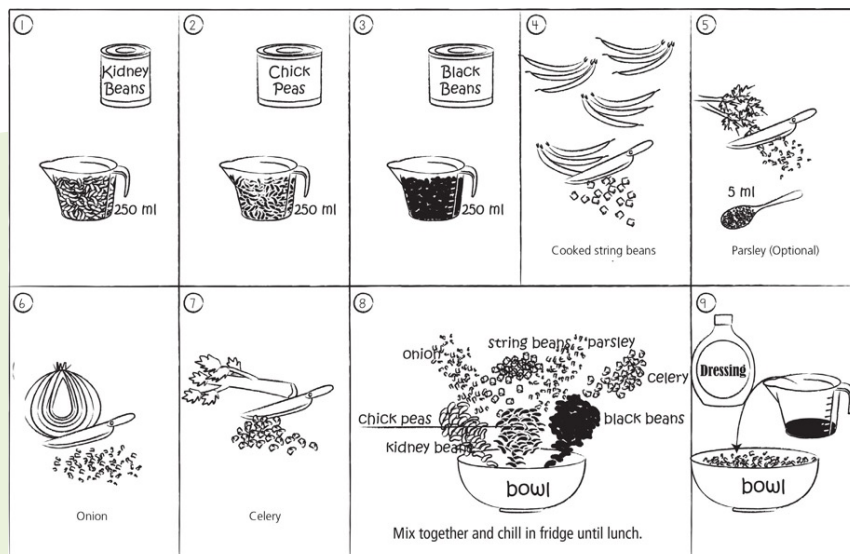
Ingredients

- 1 cup of cooked kidney beans
- 1 cup of cooked garbanzo beans
- 1 cup cooked black beans
- 12 cooked string beans
- 1/2 onion, chopped
- 1 stalk of celery
- 45 ml salad dressing (oil, balsamic vinegar, spices)



Equipment

- Measuring cup
- Knife
- Cutting board
- Large bowl



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 min

Cooking time: 20 min



Ingredients

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



Equipment

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



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 min

Cooking time: 10 min



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
- 1/2 cup shredded lettuce
- 1/4 cup chopped tomatoes



Equipment

- Cookie sheet
- Cutting board
- Knife
- Small bowl

White sauce

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

"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



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

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 mins

Cooking time: 15 mins



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)



Equipment

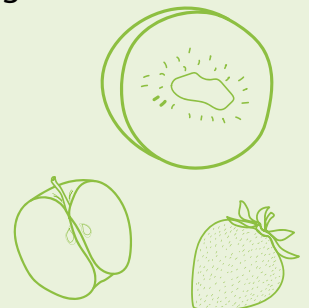
- Knives
- Large bowl
- Zester
- Spoon



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 mins

Cooking time: 40 mins



Ingredients

- 3 cups slow or rolled oats
- 1 & 1/2 cups unsweetened, shredded coconut and chopped seeds (e.g. pumpkin seeds, flax seeds) or nuts (pecans, walnuts, cashews)
- 3 Tbsp brown sugar or maple syrup
- 1 tsp cinnamon
- 1/4 tsp salt
- 2 Tbsp canola oil
- 1 cup dried fruit



Equipment

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

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



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

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 mins

Cooking time: 2 hrs 30 mins



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
- 1/2 tsp parsley, dried
- 1/2 tsp thyme, dried
- 4 bay leaves, dried
- 1 tsp pepper



Equipment

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



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 mins



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)
- 3/4 tsp kosher or sea salt
- 2 cloves garlic, very finely minced
- 1/4 cup plain yogurt
- 3 Tbsp extra virgin olive oil, plus more for drizzling
- 1/4 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.

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.

Preparation time: 10 mins

Yield: 12 child-sized servings

Cooking time: 15 mins



Ingredients

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



Equipment

- Cookie sheet

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



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 appetitoplay.com



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 mins





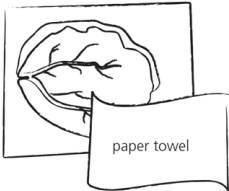



Ingredients

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



Equipment

- Paper towel
- Knife

<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>



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 - 1/2 cup, 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 mins

Cooking time: 20 mins



Ingredients

- 1/3 pound ground beef
- Salt and pepper
- 24 wonton wrappers
- 1 ¾ cups Parmesan cheese grated
- 1 ¾ cups mozzarella cheese shredded
- ¾ cup ricotta cheese
- 1 cup pasta sauce



Equipment

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



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 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 3/4 cup parmesan cheese and 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.

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 mins

Cooking time: 25-30 mins



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
- 1/2 tsp salt
- **Meat option:** (approximately 1 1/2-2 Tbsp per quiche) with pieces of cooked bacon, ham, sausages-pork or turkey, ground turkey or salmon
- **Vegetable options:** (approximately 1 1/2-2 tablespoons/quiche) with cooked pieces of spinach, zucchini, mushrooms, peppers: green, red, yellow or orange, asparagus and green onions
- **Shredded cheese options:** (approximately 1 1/2-2 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 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.

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

This recipe is a Welcome to Kindergarten family 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 mins

Cooking time: 10 mins



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



Equipment

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



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 mins
Cooking time: 15 mins



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



Equipment

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



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 mins

Cooking time: 20 mins



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 ½ tsp vinegar to ½ 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)



Equipment

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



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 mins



Ingredients

- ¼ cup dry cereal
- ½ cup yogurt
- 1/3 cup of fresh or frozen fruit



Equipment

- Tall glass
- Measuring cup
- Spoon to crush cereal

<p>①</p> <p>Crush ¼ cup of dry cereal</p>	<p>②</p> <p>Measure ½ cup of yogurt</p>	<p>③</p> <p>Measure 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>



PLANNING MEALS TOGETHER

FAMILY FAVOURITES

Include your child when cooking family favourites and cultural dishes. While cooking, celebrate your culture through food by sharing stories about your family traditions, gatherings and how food has played a role in these celebrations.

Recipe name:

Yield:
Preparation time:
Cooking time:



Ingredients

-
-
-
-
-
-
-
-
-



Equipment

-
-
-
-
-
-



Instructions

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

WEEKLY MEAL PLANNER

There are many benefits to involving your whole family in planning meals and snacks. Family members can help in different ways by choosing meals or recipes each week, adding foods to the grocery list, checking the fridge and cupboards, checking flyers for healthy foods on sale and putting together a folder of favourite recipes.

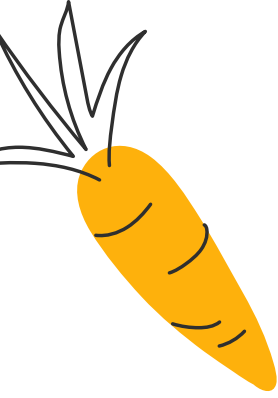
Children learn important life skills like budgeting, organizing, reading a recipe, writing a grocery list, following instructions and measuring ingredients. They are also learning healthy food habits and skills like how to grocery shop, harvest foods, build a healthy meal, decrease food waste, and how food relates to their culture and food traditions.

When all are contributing to the important everyday experience of planning and preparing healthy and nutritious food it becomes a meaningful activity for all to enjoy together.





WEEKLY MEAL PLANNER



WEEK:

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

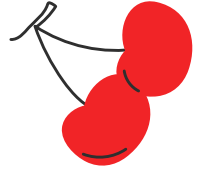
SATURDAY

BREAKFAST:

LUNCH:

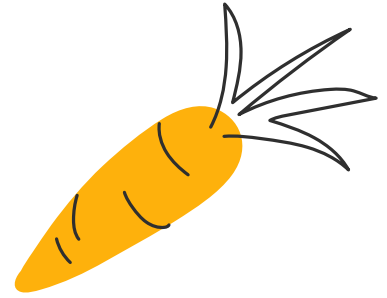
DINNER:

SNACKS:



WEEKLY MEAL PLANNER

Check flyers, ads, coupons for specials



Vegetables

(seasonal, colour - dark green, red, orange, variety)

Fruits

(seasonal, whole, variety)

Proteins

(meats, beans, peas, fish, eggs, nuts, dairy-milk, cheese, yogurt)

Whole Grains

(bread, pasta, rice, cereal)

Dried Goods

(canned vegetables, fruit, dried beans, peas)

Frozen Food



BOOK LIST

The following Book List includes a section on fun-filled fiction storybooks and fact-based informational books. Reading and sharing books is a joyful activity that stimulates your child's imagination; enhances your child's language development; improves your child's ability to empathize; and increases their knowledge, reasoning and memory.

When you enjoy cooking together and then read a fun book about a boy who eats books or giggle about a piranha who doesn't eat bananas, you are linking the joy of cooking and the joy of reading. Looking at a cookbook with recipes that share breakfasts from around the world or learning about how to plant and grow fruits and vegetables is not only engaging but worthwhile science-based learning.

A special thank you to Phyllis Simon and the staff from Vancouver Kidsbooks who have assisted us in putting together the following book list. All of these books are available on line at kidsbooks.ca or at your local school or public library.

FICTION (ALPHABETICAL BY TITLE)



A DAY WITH YAYAH | Ages 4-7
Nicola Campbell | Julie Flett
Tradewind Books | Tradewind Books

Set in Okanagan, BC, a First Nations family goes on an outing to forage for herbs and mushrooms. Grandmother passes down her knowledge of plant life to her young grandchildren.

AWASIS AND THE WORLD-FAMOUS BANNOCK | Ages 4-6
Dallas Hunt | Amanda
Strong Debwe # 1 (series)
Portage & Main Press | HighWater Press

During an unfortunate mishap, young Awâsis loses Kôhkum's freshly baked world-famous bannock. Not knowing what to do, Awâsis seeks out a variety of other-than-human relatives willing to help. What adventures are in store for Awâsis?



BILAL COOKS DAAL | Ages 4-8

Aisha Saeed | Anoosha Syed

Salaam Reads / Simon & Schuster Books for Young Readers | Salaam Reads / Simon & Schuster Books for Young Readers

Six-year-old Bilal is excited to help his dad make his favorite food of all-time: daal! The slow-cooked lentil dish from South Asia requires lots of ingredients and a whole lot of waiting. Bilal wants to introduce his friends to daal. They've never tried it! As the day goes on, the daal continues to simmer, and more kids join Bilal and his family, waiting to try the tasty dish. And as time passes, Bilal begins to wonder: Will his friends like it as much as he does?

CLOUDY WITH A CHANCE OF MEATBALLS | Ages 4-8

Judi Barrett | Ron Barrett

Atheneum Books for Young Readers | Atheneum Books for Young Readers

If food dropped like rain from the sky, wouldn't it be marvelous! Or would it? It could, after all, be messy. And you'd have no choice. What if you didn't like what fell? Or what if too much came? Have you ever thought of what it might be like to be squashed flat by a pancake?

COOK-A-DOODLE-DOO! | Ages 4-7

Janet Stevens | Susan Stevens Crummel

Houghton Mifflin Harcourt | HMH Books for Young Readers

Big Brown Rooster is sick of chicken feed. So along with his friends--Turtle, Iguana, and Potbellied Pig--he sets out to make the most magnificent strawberry shortcake in the whole wide world.

But there's one problem: none of his friends knows how to cook! The team bravely forges ahead, and with Rooster's help, they learn how to measure flour (not with a ruler) and how to beat an egg (not with a baseball bat). But can they keep Pig from gobbling up all the ingredients? Take an old family recipe, add four funny friends, and mix in some hilarious cooking confusion.

DIPNETTING WITH DAD | Ages 6-7

Willie Sellars | Kevin Easthope

Caitlin Press | Caitlin Press

BUMP, BUMP - SLAP, river sockeye salmon are pulled onto shore! Set in the beautiful landscape of the Cariboo Chilcotin region, DIPNETTING WITH DAD is a delightful and colourful story of a father teaching his son the Secwepemc method of fishing known as dipnetting. Together they visit the sweat lodge, mend the nets, select the best fishing spot and catch and pack their fish through rugged bush back to the family home for traditional preparation. In his first book, Williams Lake Indian Band member Willie Sellars captures family values, the importance of storytelling, community living and coming of age in one of BC's oldest cultures.

DRAGONS LOVE TACOS | Ages 3-7

Adam Rubin | Daniel Salmieri
Penguin Young Readers Group | Dial Books

Dragons love tacos. They love chicken tacos, beef tacos, great big tacos, and teeny tiny tacos. So if you want to lure a bunch of dragons to your party, you should definitely serve tacos. Buckets and buckets of tacos. Unfortunately, where there are tacos, there is also salsa. And if a dragon accidentally eats spicy salsa . . . oh, boy. You're in red-hot trouble.

INCH BY INCH: THE GARDEN SONG | Ages 4-8

David Mallett | Ora Eitan
Trophy Picture Books (series)
HarperCollins | HarperCollins

Inch by inch, row by row, gonna make this garden grow!

Celebrate Earth Day with this sweet and lively picture book version of the popular song. Includes the musical notations on the final spread, so you can play along on guitar or piano if you'd like. A young gardener and a playful dog plant the seeds and weed, water, and protect their plants— until finally, they get to enjoy their harvest! Children will enjoy singing along while they're introduced to the basics of gardening and where fruit and vegetables come from.

INCREDIBLE BOOK EATING BOY | Ages 4-6

Oliver Jeffers
Harper Collins Canada | HarperCollinsChildren'sBooks
Juvenile Fiction / Humorous Stories / Books & Libraries / Cooking & Food

Henry loves books... but not like you and I. He loves to EAT books! This exciting new story follows the trials and tribulations of a boy with a voracious appetite for books. Henry discovers his unusual taste by mistake one day, and is soon swept up in his new-found passion - gorging on every delicious book in sight! And better still, he realises that the more books he eats, the smarter he gets. Henry dreams of becoming the Incredible Book Eating Boy; the smartest boy in the world! But a book-eating diet isn't the healthiest of habits, as Henry soon finds out...

LESSONS FROM MOTHER EARTH | Ages 2-5

Elaine McLeod | Colleen Wood
Groundwood Books | Groundwood
Juvenile Fiction / Family - Multigenerational / Science & Nature - Environment / People & Places - Canada - Native Canadian

Tess has visited her grandmother many times without really being aware of the garden. But today they step outside the door and Tess learns that all of nature can be a garden. And if you



take care of the plants that are growing, if you learn about them -- understanding when they flower, when they give fruit, and when to leave them alone -- you will always find something to nourish you. This gentle story demonstrates the First Nations' tradition of taking care of Mother Earth.

NO KIMCHI FOR ME! | Ages 3-7

Aram Kim

Holiday House Inc | Holiday House

Yoomi hates stinky, spicy kimchi—the pickled cabbage condiment served at Korean meals. So her brothers call her a baby and refuse to play with her.

Yoomi is determined to eat kimchi. She tries to disguise it by eating it on a cookie, on pizza, and in ice cream. But that doesn't work. Then Grandma shows Yoomi how to make kimchi pancakes. This story about family, food, and a six-year-old "coming of age" has universal themes, and at the same time celebrates Korean culture. A kimchi pancake recipe and other back matter are included.

PIRANHAS DON'T EAT BANANAS | Ages 4-8

Aaron Blabey / Scholastic Canada Ltd

Scholastic Canada

Brian's a piranha who loves bananas. What's so wrong with that? Brian the piranha is an enthusiastic fan of peas and loves a good fruit tray. But he simply cannot get his friends to give them a taste - they like knees and feet. Finally after much convincing, the piranhas give in and give fruit a chance . . . but find they still prefer bums over plums in this "cheeky" and hilarious rhyming story.

STONE SOUP | Ages 4-8

Jon J Muth

Scholastic Canada Ltd. | Scholastic Press

Three strangers, hungry and tired, pass through a war-torn village. Embittered and suspicious from the war, the people hide their food and close their windows tight. That is, until the clever strangers suggest making a soup from stones. Intrigued by the idea, everyone brings what they have until-together, they have made a feast fit for a king! In this inspiring story about the strength people possess when they work together, Muth takes a simple, beloved tale and adds his own fresh twist.

STREGA NONA | Ages 4-8

Tomie dePaola

A Strega Nona Book (series)

Strega Nona—“Grandma Witch”—is the source for potions, cures, magic, and comfort in her Calabrian town. Her magical ever full pasta pot is especially intriguing to hungry Big Anthony. He is supposed to look after her house and tend her garden but one day, when she goes over the mountain to visit Strega Amelia, Big Anthony recites the magic verse over the pasta pot, with disastrous results.

THANK YOU, OMU! | Ages 4-8

Oge Mora

Little, Brown Books for Young Readers | Little, Brown Books for Young Readers

Everyone in the neighborhood dreams of a taste of Omu’s delicious stew! One by one, they follow their noses toward the scrumptious scent. And one by one, Omu offers a portion of her meal. Soon the pot is empty. Has she been so generous that she has nothing left for herself?

THE SANDWICH SWAP | Ages 3-7

Her Majesty Queen Rania of Jordan Al Abdullah | Kelly DiPucchio | Tricia Tusa Disney-Hyperion | Disney-Hyperion

Lily and Salma are best friends. They like doing all the same things, and they always eat lunch together. Lily eats peanut butter and Salma eats hummus—but what’s that between friends? It turns out, a lot. Before they know it, a food fight breaks out. Can Lily and Salma put aside their differences? Or will a sandwich come between them?





INFORMATIONAL

(ALPHABETICAL BY TITLE)

EAT YOUR GREENS, REDS, YELLOWS, AND PURPLES: CHILDREN'S COOKBOOK

Ages 8-12

Dk

Dk | DK Children

Gather your ingredients and get busy in the kitchen creating tasty, healthy meals with your kids with Eat Your Greens, Reds, Yellows, and Purples.

With 25 delicious and simple vegetarian recipes, this healthy cookbook makes fruits and vegetables fun and delicious while teaching kids the benefits of eating healthy. Teach your kids how carrots help their vision while baking carrot and orange muffins or why peppers boost their immune system while making a red pepper hummus.

EATING THE ALPHABET: FRUITS & VEGETABLES FROM A TO Z | Ages 4-7

Lois Ehlert

Voyager Books (series)

Houghton Mifflin Harcourt | HMH Books for Young Readers

While teaching upper- and lowercase letters to preschoolers, Ehlert introduces beautifully illustrated fruits and vegetables from around the world. A glossary at the end provides interesting facts about each food.

FOOD AROUND THE WORLD | Ages 5-7

Joanna Brundle

Around the World (series) Booklife | Booklife

Juvenile Nonfiction / Cooking & Food / Travel

Learn about the different kinds of food people eat around the world. Read about traditional foods, like Russian borscht and Indian curry. Learn about food and religious festivals, fasting, where people get food, the different ways to eat food, and learn about hunger in the world. A map at the end shows the different countries discussed, from Borneo to USA.

FOLLOW THAT BEE!: A FIRST BOOK OF BEES IN THE CITY | Ages 4-7

Scot Ritchie

Exploring Our Community (series) / Kids Can Press | Kids Can Press

Pedro, Nick, Yulee, Sally and Martin are buzzing with excitement today! The five friends are visiting Martin's neighbor, Mr. Cardinal. He keeps beehives in his backyard, and he's offered to show them how honeybees live. As the kids help Mr. Cardinal with his work, he explains how bees feed and pollinate, what happens inside their colony, how they build their hives and even why they like to dance! He also tells the friends why some bee populations are in trouble and what people can do to help. And the perfect sweet ending to the day? Honey, of course! These children are sure to remember: it's best to "bee a friend" to the bees of the world!

GROWING FOOD FOR BEGINNERS

Abigail Wheatley

Usborne Books | Usborne Books Children

By growing their own fruit and vegetables, children can discover how plants grow and where food comes from. This is an introduction for absolute beginners, covering all the basics plus lots of hints, tips and ideas. No garden is required as there are lots of ways to grow plants in pots inside, on windowsills or balconies. Includes detailed instructions on how to grow herbs, salad leaves, tomatoes, potatoes, beans, peas and lots more. Beautifully illustrated, this makes a perfect gift item as well as a very practical reference.

HOW DID THAT GET IN MY LUNCHBOX?: THE STORY OF FOOD | Ages 5-8

Chris Butterworth | Lucia Gaggiotti

Exploring the Everyday (series)

Candlewick Press | Candlewick

The best part of a young child's day is often opening a lunchbox and diving in. But how did all that delicious food get there? Who made the bread for the sandwich? What about the cheese inside? Who plucked the fruit? And where did the chocolate in that cookie get its start? From planting wheat to mixing flour into dough, climbing trees to machine-squeezing fruit, picking cocoa pods to stirring a vat of melted bliss, here is a clear, engaging look at the steps involved in producing some common foods. Healthy tips and a peek at basic food groups complete the menu.

KIDS COOKING: STUDENTS PREPARE AND EAT FOODS FROM AROUND THE WORLD

Ages 4-6

George Ancona

Candlewick | Candlewick

Roll up your sleeves, wash your hands, and join four different groups of kids as they prepare recipes from all over the world, step by step. George Ancona's photographs record every crumb of effort as the children make their way around the kitchen, chopping, measuring, rolling, mixing, and learning about the food they're eager to eat. The end result? Roasted vegetables from Morocco, fried rice from China, minestrone from Italy, and salsa from Mexico, filling the kids' bowls and plates and tantalizing readers who may be inspired to cook up something savory of their own.



PANCAKES TO PARATHAS: BREAKFAST AROUND THE WORLD | Ages 4-8

Alice B McGinty | Tomoko Suzuki
little bee books | little bee books

From Australia to India to the USA, come travel around the world at dawn. Children everywhere are waking up to breakfast. In Japan, students eat soured soybeans called natto. In Brazil, even kids drink coffee--with lots of milk! With rhythm and rhymes and bold, graphic art, Pancakes to Parathas invites young readers to explore the world through the most important meal of the day.

SEE WHAT WE EAT!: A FIRST BOOK OF HEALTHY EATING | Ages 4-7

Scot Ritchie
Exploring Our Community (series) / Kids Can Press | Kids Can Press

Yulee and her four friends --- Nick, Pedro, Sally and Martin --- are taking a trip to her aunt's farm to pick apples and make an apple crisp for a potluck harvest dinner. Yum! But first, Aunt Sara gives the friends a tour of the whole farm, where they learn what it means to eat balanced meals, why eating local food matters and all that goes into getting food from farm to table. Who knew there was so much to learn about what we eat? It makes everything taste better!

THE VEGETABLES WE EAT | Ages 4-8

Gail Gibbons
Holiday House Inc | Holiday House
Juvenile Nonfiction / Health & Daily Living - Diet & Nutrition / Science & Nature - Flowers & Plants / Cooking & Food

Nonfiction pro Gail Gibbons responds to the need for books on good nutrition with this accessible exploration of vegetables. Glossy red peppers; lush, leafy greens; plump, orange pumpkins; and delectable little peas: vegetables come in many shapes, colours, and forms. Using her signature combination of a clear and informative text, with plenty of illustrations, diagrams, and cross sections, this book provides a wealth of information about produce.

WHAT'S ON YOUR PLATE? EXPLORING THE WORLD OF FOOD | Ages 5-9

Whitney Stewart | Christiane Engel
Sterling Children's Books | Sterling Children's Books

What's on your plate? Chances are it's not quite the same as what's on other children's plates around the world. Come on a journey to see how people in different countries prepare, eat, and think about their food. Beautiful photographs and illustrations capture the food culture of 14 countries, from Brazil and Spain to Morocco, India, and China. Each spread includes an overview of the country and its native foods, photographs of the various dishes with pronunciations and descriptions, an easy recipe for kids to try, and an illustrated crop map of the country. With so many fun elements to intrigue them, young foodies will be excited to learn about how people eat across the globe!



TELL US WHAT YOU THINK OF THE WELCOME TO KINDERGARTEN™ FAMILY COOKBOOK!

You could win a set of early reading
books to share with your child.
info@welcome-to-kindergarten.ca
Survey closes on June 30

This is a project of the Welcome to Kindergarten™ program. Welcome to Kindergarten, a national program from Canadian Education Warehouse, brings together families, school and community partners to support children as they enter school.



Welcome to Kindergarten™
CANADIAN EDUCATION WAREHOUSE

EDUCO
ENTREPÔT
CANADA



CANADIAN
EDUCATION
WAREHOUSE

a division of Ma.S.T. Distribution Inc.

226 Industrial Parkway North, Unit 5A, Aurora, ON, L4G 4C3
905-727-5179 1-877-942-5179
info@cew-eec.com www.cew-eec.com