

Fun in the Kitchen!

Turn Off the Screens Week 2007

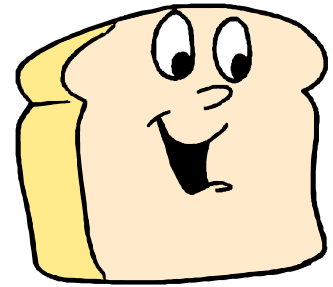
Take-Home Activity #1: Fun in the Kitchen (Primary)

Instead of watching TV put on a “happy face”. Make “toast faces” with help from a parent!

Toast Faces Recipe

Ingredients:

2 slices	whole wheat bread
1-2 tbsp	low fat cream cheese
1-2 tbsp	peanut butter
2	strawberries
2	grapes
1 tbsp	coconut
1 tbsp	raisins
2	dried apricots



Instructions:

1. Wash your hands.
2. Wash the strawberries and grapes.
3. Cut the strawberries and grapes in half.
4. Toast the bread.
5. Use the ingredients to make a Happy Face on the toast!

Makes 1 serving

Food Talk:

1. Talk about the different foods and what food group they are in.
2. Talk about the tastes and different textures of the ingredients.
3. Name some of the different grain products that you like.
4. What do foods like breads do for our bodies?
5. Where do coconuts grow?

Fun in the Kitchen activity adapted from *Kids in the Kitchen 2003* from <http://www.youville.ca/>

Answers to Food Talk:

4. They are carbohydrates which give us energy.
5. On palm trees in hot countries.

Other activities to do with your family instead of watching TV:

- Help with making the grocery list or grocery shopping
- Help your parent(s) with meal planning
- Help make dinner or set the table

For More Information

Meal Planning:

www.dietitians.ca/english/meal/meal_index.htm

www.milknutrition.org/families.html (click on Menu Planner)

Recipes:

www.allrecipes.com

Great Food Fast by Bev Callaghan & Lynn Roblin for Dietitians of Canada, Robert Rose Inch., 2000

Looney Spoons by Janet & Gret Podleski, Granet Publishing IN.c, 1996



RATE YOUR PLATE !

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Take Home Activity #2: Rate Your Plate (Primary)

Rate your plate with a little help from your parent(s) and
Canada's Food Guide to Healthy Eating!

After a meal, draw or write what you ate in the box. With help from your parent, fill in what food group(s) the different foods belong to. In the *description of food* column, answer questions like: Did you like this food? Is this the first time that you tried this food? What did the food feel like?

Food	Food Group	Description of Food
<i>Spaghetti with meatballs</i>	<i>Spaghetti- Grain Product Meatballs- Meat and Alternative Tomato Sauce- Fruit and Vegetable</i>	<i>Warm, smooth, slippery, tastes good.</i>

Rate your Plate activity adapted from Region of Peel Health Department, Toronto Public Health, York Region Health Services, Discover Healthy Eating! A Teacher's Resource for Grades 1-8, 2000.

OTHER QUESTIONS:

- What are some healthy snacks that you can eat? Ex. Trail mix, cheese, yogurt, dried fruit.
- What new foods do you want to try?
- How often do you eat foods in the other foods category? (These are foods that should not be eaten too often like pop, chips and candy).