

HELLO PARENTS,

Cooking together is a great way to involve young children in household duties. It can be both fun and educational. During meal preparation, children learn to measure, count, and cut food items, while also gaining an appreciation for the value of teamwork. The efforts that your child puts into cooking makes them enjoy food diversity and feel excited about mealtime. In this newsletter, we provide you with simple cooking activities and recipes that you and your child can make together.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

NEVER TOO EARLY

DIRECTIONS:

- While preparing meals, place your child near you.
- Talk to them about what you are doing. For example: "Today we are having pasta for dinner. I am cooking the pasta."
- Encourage them to smell and touch the ingredients. For example, they may feel the texture of soft cooked pasta, after it has cooled.
- Allow your infant to play with the pots, pans, and safe kitchen utensils such as a spatula.

[Click here](#) to find a recipe for your infant.

TODDLERS (19MONTHS – 2.5 YEARS)

SIMPLE CEREAL BAR

INGREDIENTS:

- 1 cup of cereal (for example: Cheerios)
- ½ cup of Wow Butter
- 3 tablespoons of maple syrup
- 1 tablespoon of hemp seeds (optional)
- Toppings: shredded coconut, chocolate chips, cake sprinkles, etc.

MATERIALS:

- 8 x 8 glass baking pan
- Wooden spoon

DIRECTIONS:

- Have your child help you measure Wow Butter and maple syrup and place them in the glass baking pan.
- Heat them in microwave for 20 seconds.
- Have your child pour the cereal and hemp seeds mixture into the pan. Mix it well using a wooden spoon.
- Encourage your child to press the mixture in the pan until it is even.
- Invite your child to sprinkle it with their favourite toppings.
- Cut into squares or triangles and share them with family members.

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

APPLE DONUTS

INGREDIENTS:

- Apples
- Cream cheese
- Food colouring (optional)
- Sprinkles

MATERIALS:

- Cookie cutter
- Kitchen knife
- Butter knife
- Bowl

DIRECTIONS:

- Have your child cut the apples into slices with adult supervision.
- Remove the centre core using the cookie cutter to make a hole in the centre of the slices.
- Add food colouring to the cream cheese (if you want to) and mix well.
- Ask your child to spread the coloured cream cheese on the apple slices.
- Encourage your child to decorate their apple donuts with sprinkles and enjoy them with your family.

[Click here](#) for more ideas.



JK/SK (4 – 6 YEARS)

FRENCH TOAST

INGREDIENTS:

- 2 eggs
- 1 teaspoon of vanilla extract
- Cooking spray or butter
- Maple syrup (optional)
- 2/3 cup of milk
- 4-6 slices of bread
- Powdered sugar (optional)
- Grounded cinnamon (optional)

MATERIALS:

- Bowl

DIRECTIONS:

- Have your child help measure the milk.
- In a large bowl whisk together eggs, milk and vanilla extract, and be sure to whisk well.
- Preheat a frying pan on medium heat.
- Ask your child to dunk slices of bread in the egg mixture.
- Place bread on frying pan and cook on both sides until golden brown.
- Place the French toasts on a plate and sprinkle some of the powdered sugar, cinnamon, or maple syrup as an option.

[Click here](#) for more ideas.

SCHOOL-AGERS (6 – 12 YEARS OLD)

ICE CREAM SANDWICHES

INGREDIENTS AND MATERIALS:

FOR ICE CREAM:

- 1 cup light cream
- ¼ cup sugar
- Ice cubes
- 1 quart-size sealable plastic bag
- Measuring cups or spoons
- 1 cup heavy cream
- 1 teaspoon vanilla extract
- ½ cup salt
- 1 gallon-size sealable plastic bag

AND:

- One package of chocolate chip cookies
- Baking sheet
- Spoon

DIRECTIONS:

- Measure the cream, sugar and vanilla extract into the quart-size bag. Seal the bag tightly.
- Fill the gallon-size bag with ice and add the salt.
- Put the smaller sealed bag inside the larger bag and seal it.
- Shake the bags to make ice cream. It will take about 5 minutes until the cream hardens.
- Remove the smaller bag from the larger one.
- Put one scoop of your homemade ice cream on a chocolate chip cookie and cover it with another cookie making an ice cream sandwich.
- Make as many sandwiches as you wish.
- Place it on a cookie sheet in a freezer to harden.

[Click here](#) for more recipes.



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A TIP FOR TODAY

- Plan meals ahead and prepare all necessary ingredients for recipes.
- Include your child in meal preparation and clean up after cooking.
- Make cooking together part of your family routine and schedule.