

# Family Literacy Day Instructions

A fun and interactive invitation to prepare food together and share your experience with others.



## Connect

- ▶ Connect with your family, either in person or on the phone, to talk about some of your family's favourite foods or dishes.
- ▶ Have children be part of the conversation.



## Select

- ▶ Pick one dish or recipe that:
  - Has been passed down in your family or,
  - Is from your heritage, or
  - You enjoy making together now, or
  - Is a dish you want to learn how to make.



## Plan

- ▶ Plan on when you will try making the dish as a family.
- ▶ Gather the ingredients you will need.



## Create

- ▶ Create: Cook or prepare the food together as a family.



## Capture

- ▶ Write out the recipe or process, and/or draw out the ingredients.
- ▶ Draw, use playdough, or paint a picture of the food or dish you make (see activity page).
- ▶ Take photos of the experience.



## Share Your Creations!



- ▶ Turn to the next page for all the details you need to know!



## Prizes

Take photos of things you create.  
Send your recipe and photos of your creations to us. We will mail you a participation prize!

# Family Literacy Day Instructions

A fun and interactive invitation to prepare food together and share your experience with others.



## Share Your Creations!

[christine@nwtliteracy.ca](mailto:christine@nwtliteracy.ca)



E-mail us your:

- ☐ Hand-written recipe
- ☐ Recipe typed
- ☐ Photos or scans of any drawings or creations
- ☐ Mailing address
- ☐ Signed consent form so we can share your creations online

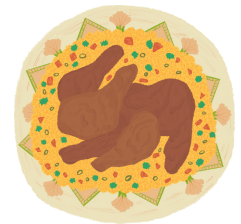
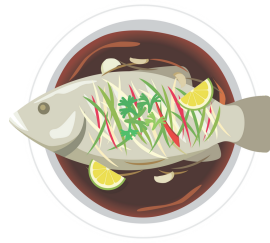
**Remember to tag us on Social Media:**



[@NWTLiteracyCouncil](https://www.facebook.com/NWTLiteracyCouncil)



[@nwtliteracycouncil](https://www.instagram.com/nwtliteracycouncil)



## Prizes

Take photos of things you create.  
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**Recipe Name:** \_\_\_\_\_

We love this recipe because:

\_\_\_\_\_

Created by:

\_\_\_\_\_

### Ingredients

_____	_____
_____	_____
_____	_____
_____	_____

### Tools

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### Directions

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Your Family Tradition

Draw or paint a picture of the food you made with your family.

What was your favourite part about making this food?

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Who first made this recipe in your family?

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What culture and place is the dish from?

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What other cultural dishes do you want to try making with family?

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# Your Family Tradition

More Drawing and Painting Space!

## Take Photos

Take photos of things you create and send them to us along with your recipe!



Family Literacy Day 2023: Celebrate Your Heritage



# Fruits & Vegetables

Colour and label the vegetables you know below.



What are some foods you like to eat as a family?

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## Activity Ideas

Ideas of how you can continue the theme. Pick a few to try out with your family.



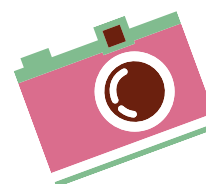
Read a children's book about food or about your heritage.



Use clay or playdough to make the ingredients you used in your recipe.



Take a photo of you making your dish.



Take a photo of your dish.



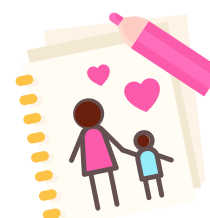
Play cultural music or sing songs while you cook.



Look up where your dish is from on a map or globe.



Draw or paint a picture of the family member who shared this recipe.



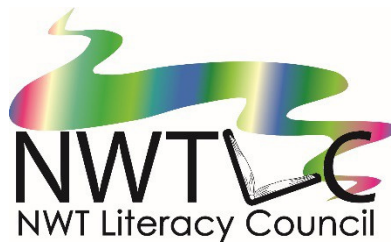
Tell stories about your family or from your culture.



## Take Photos

Take photos of things you create and send them to us along with your recipe!





### **Photo/Film Release & Consent Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

1. I, \_\_\_\_\_, agree to let the NWT Literacy Council (NWTLC) use, reproduce and publish photographs and/or film footage of me.

2. By signing this form, I acknowledge that the NWTLC has asked for my permission to use these photographs and/or film footage of me in various media (for example: print, electronic, CD):

- on NWTLC websites
- in NWTLC documents, and
- in NWTLC promotional materials.

These images may be electronic, and may be on their own or in groups.

3. I understand that anyone with Internet access will be able to access the photographs and/or film footage of me on NWTLC websites.

4. I also understand that the NWTLC will post a copyright notice on the website telling people they cannot copy an image without written permission from the NWTLC. I understand that the NWTLC is not responsible for, and has no control over, what other people might do with my photograph once it is published.

5. I also agree to release my name and home town if necessary to identify me in these photographs.

6. I have read this permission form carefully. I understand what is in it and agree with it. By signing this consent form, I am giving up any legal rights I may have to the photographs and/or film footage.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



**IMPORTANT:**

If you are under 18 years of age, please ask your parent or legal guardian to read this document and complete the part below, if they agree to it.

Name of Parent/Legal Guardian: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*You have the right to withdraw your consent at any time. To do that, you can contact us at the address below. If you have any questions, please contact the Executive Director of the NWT Literacy Council at the same address.*

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