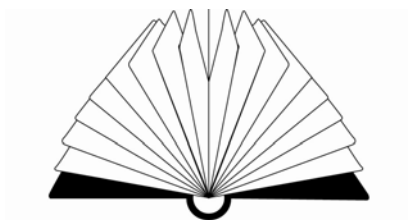


# How to Kit



## Family Cooking



**NWT Literacy Council**

Box 761

Yellowknife, NT X1A 2N6

Toll Free 1-866-599-6758

Phone: 867 873-9262

Fax: 867 873 2176

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

Website: [www.nwt.literacy.ca](http://www.nwt.literacy.ca)

## Other How to Kits & Literacy Activities

*Family Cooking* was created to help celebrate NWT Literacy Week. It is part of a series of How to Kits, all of which are available for download at [www.nwt.literacy.ca](http://www.nwt.literacy.ca). Feel free to print, photocopy and use any of these kits at home or in your program.

How to Kits available:

- 1-2-3 Rhyme With Me
- Literacy Games for Adults
- Literacy Treasure Hunt
- Puppet Making
- Pyjamas and Book Party
- Readers Theatre
- Reading Circles and Story Extenders
- Scattergories
- Storytime on the Radio
- Talking Books
- Writing Contest
- Love You Forever
- Picture and Word Bingos
- Literacy Games
- How to Kits for Holidays
- Involving Families in Children's Learning
- Read for 15 Community Activities
- Book Making
- Books in the Home
- Community Book Swap
- Culture and Traditions
- Election
- Environmental Print Games
- Facilitating a Workshop
- Family Literacy Activities Night
- Family Reading Party
- Games Night
- "Get Caught Reading" and other literacy promotion ideas

# Family Cooking

Cooking is great family activity. It is simple to organize and do, not to mention fun. Preparing a recipe together is a great way to teach not only cooking skills, but also reading, counting and measuring. In addition, the food you cook yourself is tastier and better for you than pre-packaged or restaurant food. Most importantly, cooking as a family is a way to spend time together doing something enjoyable.

There are several cooking and literacy extender activities included in this kit. However, preparing *any* recipe involves literacy. Any time spent talking and doing things together helps preschool children to develop language skills. Older children will gain practice in reading and writing recipes, following sequenced directions, weighing and measuring and working with fractions.



In this How to Kit you will find:

- A glossary of cooking words and tools.
- Fun recipes that your family can make together.
- Recipes for special occasions.
- Cooking and Literacy worksheets and extender activities.
- A list of other fun family cookbooks and cookbooks based on storybooks.

## Table of Contents

Kitchen Tasks for Different Ages .....	5
Kitchen Tools.....	7
Before You Cook.....	8
Glossary.....	9
Lunch and Supper Recipes.....	12
Snack Recipes.....	22
Dessert Recipes.....	27
Special Occasion Recipes.....	30
Cooking and Literacy Activities.....	31
More Family Cooking Ideas .....	49
More Cooking Books.....	51
Cookbooks Based on Stories.....	52



# Kitchen Tasks for Different Ages

Here are some suggestions for what kids of different ages can do in the kitchen. These will vary from child to child; you know your children best and will know how much supervision they need. Every recipe in this kit will require some adult help or supervision for kids under 13, so decide before you start who will handle which parts of a recipe.

## Toddlers

- play with kitchen utensils (bowls, pots, wooden spoons)
- play with dough (play dough, bread dough)

## 4-5 Year Olds

- crack eggs
- grease pans
- add ingredients and stir
- tear lettuce
- scrub fruits and vegetables
- knead and shape dough
- use cookie cutters
- wipe the table/counter using a dishcloth
- help dry dishes

## 6-8 year olds

- use measuring cups and spoons
- find and assemble ingredients
- use knives with close supervision
- read and follow simple recipes with supervision
- write a shopping list



- set the table
- wash dishes

### **9-12 year olds**

- Use the stovetop and oven with supervision
- Use graters, can openers, mixers, toasters and other kitchen tools after you show them how to do so safely.
- Read and prepare more complicated recipes with adult help
- Make a shopping list based on a recipe
- Clean up after using the kitchen

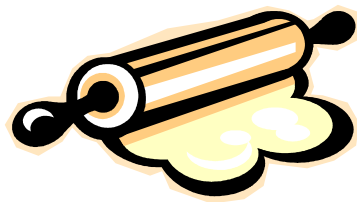
### **13 +**

- Use the oven and stovetop
- Use a blender, mixer or food processor
- Plan balanced meals
- Prepare more complicated recipes without help
- Halve and double recipes



# Kitchen Tools

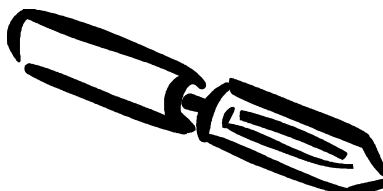
Here are some cooking tools that are handy to have in your kitchen. You will need some of them for the recipes in this kit.



rolling pin



grater



vegetable peeler



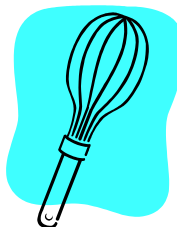
wooden spoon



measuring cups



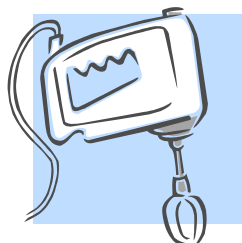
mixing bowl



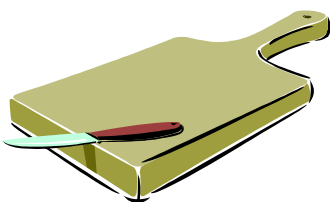
whisk



baking sheet



beaters/mixer



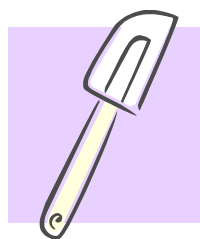
cutting board



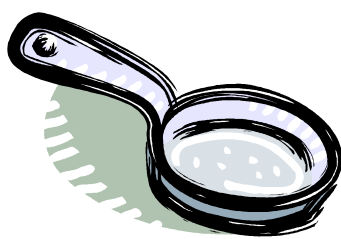
knives



flipper



rubber scraper



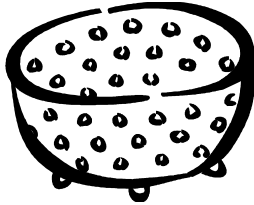
frying pan



pot



muffin tin



colander



measuring spoons



baking dish



liquid measuring cup

### Before You Cook

- 1) Wash your hands and make sure your work space is clean.
- 2) Read through your recipe. Make sure you have all of the ingredients and utensils you need.

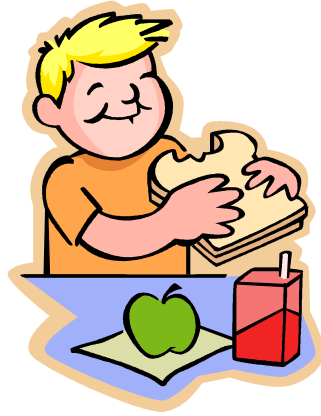
## Glossary

Here are some words that you will find in many recipes.

- Dice** To cut into small, square pieces.
- Mince** To cut into very fine pieces.
- Peel** To take off the outer layer of a fruit or vegetable using a paring knife or vegetable peeler.
- Proof** To stir yeast into hot water and let it sit for about 10 minutes until it is foamy.
- Knead** Kneading is a way to make dough smooth and elastic. Sprinkle some flour on your countertop and set the ball of dough on it. Punch the dough down with your fists, then turn it over and repeat. Kneading usually takes between 5 and 10 minutes.
- Beat** To mix air into a mixture using a whisk, wooden spoon or electric mixer.
- Cream** To beat butter and sugar together with a wooden spoon or mixer until they are smooth and fluffy.
- Fold** To mix very gently using long strokes of a rubber scraper. This method is usually used to mix egg whites or whipped cream into a heavier mixture.
- Simmer** To cook at a level just below boiling. Small bubbles will form on the surface.

- Broil** To cook on the top rack of the oven under high heat.
- Marinate** To let food (usually meat) sit in a mixture of flavourings, which makes it tender and flavourful.
- Bake** To cook food in the middle of the oven.
- Stir-Fry** To cook food quickly with a little oil in a frying pan or wok, stirring it frequently.
- Sauté** To cook food in oil or butter, stirring it frequently.
- Grill** To cook food on a barbecue or under a broiler.

# Lunch and Supper Recipes



## Face Sandwiches

These fun sandwiches are great for a special treat or even a birthday party.

### You will need:

1 slice of bread for each child

Peanut butter or Cheese Whiz

An assortment of decorations. Some suggestions are:  
carrots cut into rounds, raisins, alfalfa sprouts,  
cucumber rounds, celery cut into small pieces, small  
pepperoni slices, coloured mini marshmallows, olives,  
nuts, or anything else you can think of.



### Method:

- 1) Spread peanut butter or Cheese Whiz onto the slice of bread.
- 2) Make a face on the piece of bread using the decorations (i.e. carrot rounds for eyes, alfalfa sprouts for hair, celery pieces for eyebrows). Be creative!

## Corn, Tomato and Black Bean Salad

This salad is great on a hot summer day or on a picnic. It keeps well for several days in the fridge.

### You will need:

1 can corn  
1 can black beans  
1 large tomato  
3 tbsp olive oil  
2 tbsp lemon juice  
¼ tsp cayenne pepper  
Salt and pepper



### Method:

- 1) Drain the corn and the black beans and place them in a serving bowl.
- 2) Wash and dice the tomato and add it to the bowl.
- 3) In a small bowl, whisk together the olive oil, lemon juice, cayenne and salt and pepper to taste.
- 4) Pour the dressing over the salad and toss.

## Potato Heads

This fun activity for kids doubles as a healthy side dish. An adult should carefully remove the toothpicks before eating.

### You will need:

1 large baking potato for each child

An assortment of vegetables cut into small pieces, such as carrots, radishes, celery, cucumbers (You may also want to use other items, such as raisins, olives or almonds)

Lettuce, alfalfa sprouts or parsley for hair

Toothpicks

### Method:

- 1) Scrub the potatoes.
- 2) Make a face on your potato using the cut up vegetables. Hold them in place using the toothpicks. Be creative!
- 3) Poke a few holes in the back of the potato using a fork.
- 4) Bake your potato in the oven at 350 degrees for about 1 hour or until it feels soft when poked with a fork.
- 5) Carefully remove the toothpicks and eat.

## Chili

You can make a big batch of this chilli on the weekend and freeze it in smaller containers for a quick meal during the week.

### You will need:

½ cup chopped onion  
2 tbsp oil  
1 lb. ground beef  
1 14 oz. can tomatoes  
2 14 oz. cans mixed beans  
3 tsp chilli powder  
1 tsp salt  
1 tsp oregano



### Method:

- 1) Sauté the onion in the oil.
- 2) Add the ground beef and brown. Drain.
- 3) Add the remaining ingredients and simmer over low heat for 1 hour. Makes about 6 servings.

## Oven Fries

Oven fries are easy, delicious, and much healthier than frozen or restaurant fries. Try experimenting with adding herbs and spices, such as dill or paprika.

### **You will need:**

1 medium potato for each person

2 tbsp vegetable oil

Salt

Pepper

### **Method:**

- 1) Scrub the potatoes, but leave the skins on.
- 2) Cut the potatoes into wedges.
- 3) Place the wedges on a baking sheet and drizzle them with the oil.  
Turn them over to coat.
- 4) Sprinkle with salt and pepper.
- 5) Bake at 450 degrees for about 25 minutes.

## Pizza

Making your own pizza dough takes some time, but it's a lot of fun for kids and much healthier than takeout pizza. If you're in a hurry, just spread the sauce over small tortillas, add the toppings and bake for a shorter amount of time.

### You will need:

1 cup hot tap water  
1 tsp sugar  
1 package (1 tbsp) yeast  
2 cups flour (try using 1cup white and 1cup whole wheat)  
3 tbsp vegetable oil  
1 tbsp salt  
1 can pizza sauce  
Pizza toppings (onion, green pepper, pepperoni, mushrooms, pineapple, olives or even broccoli)  
Mozzarella cheese



### Method:

- 1) Combine the hot water, sugar and the yeast into a large bowl and let it proof for 15 minutes or until foamy
- 2) Add the oil
- 3) Add 1 cup of flour and stir. Add the salt.
- 4) Add the rest of the flour gradually, stirring.

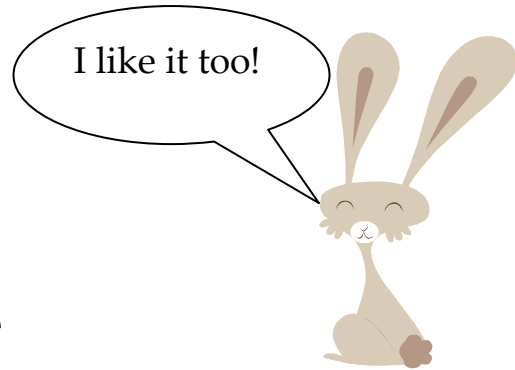
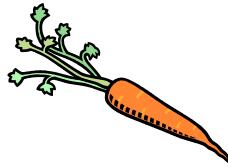
- 5) When the dough becomes too stiff to stir, take it out of the bowl and knead it for about 5 minutes (kids can help!), adding more flour if it is too sticky.
- 6) Put the ball of dough back in the bowl. Cover it with a tea towel and let it rise for about 1 hour.
- 7) Punch the dough down and divide into 4-5 portions. Preheat the oven to 400 degrees. If you don't want to make individual pizza, this same amount of dough will make 1 large pizza.
- 8) Roll out each portion, shaping a crust with your fingers. Place the pizzas on 2 baking sheets.
- 9) Spread pizza sauce over the crusts.
- 10) Set the toppings out on the counter and let everyone add his or her own toppings and cheese.
- 11) Bake in the middle of the oven for about 15-20 minutes, until the crusts are light brown.

## Carrot Salad

This salad is a favourite with both kids and adults.

### You will need:

5-6 large carrots  
2 tbsp lemon or lime juice  
3 tbsp olive oil  
½ tsp salt  
Pepper



### Method:

- 1) Peel, wash and grate the carrots. Put them in a serving dish.
- 2) In a small bowl, whisk together the oil, lemon juice and salt. Add pepper to taste.
- 3) Pour the salad over the dressing. Toss.

## Macaroni and Cheese

Macaroni and cheese is a favourite with kids and adults alike. The homemade kind is so much better tasting than packaged macaroni.

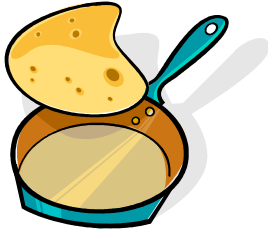
### **You will need:**

1 8oz package of macaroni  
1 1/2 cups grated cheddar cheese  
2 tsp flour  
1/2 tsp salt  
1/4 tsp pepper  
2 tbsp butter  
2 cups milk  
2/3 cup dry breadcrumbs

### **Method:**

- 1) Preheat oven to 350°.
- 2) Cook macaroni in salted boiling water until almost soft. Drain well.
- 3) Mix together the cheese, butter, flour and salt and pepper.
- 4) Grease a large shallow baking dish and place a layer (about 1/3) of macaroni on the bottom.
- 5) Sprinkle with about 1/3 of the cheese mixture.
- 6) Repeat steps 4 and 5 to create 2 more layers.
- 7) Pour the milk over everything. Sprinkle the top bread with crumbs.
- 8) Bake at 350° for 40 minutes. Serves 6 to 8.

## Pancakes



Pancakes make a great weekend breakfast or lunch. Kids can help measure and stir the ingredients, and even help flip them with an adult's help. Try making pancakes in the shape of a child's initial.

### You will need:

1  $\frac{1}{3}$  cups flour  
3 tsp baking powder  
 $\frac{1}{2}$  tsp salt  
1 egg  
1  $\frac{1}{2}$  cups milk  
3 tbsp oil  
 $\frac{1}{4}$  tsp vanilla

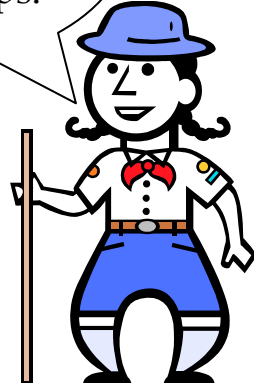
### Method:

- 1) Mix the flour, salt and baking powder together.
- 2) Make a well in the middle of the dry ingredients. Add the oil, eggs and milk.
- 3) Stir the ingredients together, but do not over-mix. The batter should still be lumpy.
- 4) Heat a small amount of oil in a frying pan over medium heat. Drop about  $\frac{1}{4}$  cup of batter into the pan.

5) When bubbles form around the edge of the pancake, flip it over. Cook until the other side is golden brown. You can put cooked pancakes on a plate in a warm oven until you have enough for everyone, or eat them right away.

6) Serve with syrup and butter or jam. If you are lucky enough to live somewhere where you can pick your own cranberries, nothing makes a better pancake topping than homemade cranberry sauce (below).

Pancakes taste  
great on  
camping trips.



## Cranberry Sauce

### You will need:

1 cup cranberries

$\frac{1}{4}$  cup water

$\frac{1}{4}$  cup sugar

### Method:

Bring the ingredients to a boil over medium-high heat. Boil for 10-15 minutes, until the sauce becomes thick. Let cool and serve with either turkey or pancakes. Store in the fridge.

# Snack Recipes



## Pretzels

Children love moulding and shaping dough, especially when they get to eat the results. Pretzel dough is sturdy enough that it can be played with quite a bit without becoming tough.



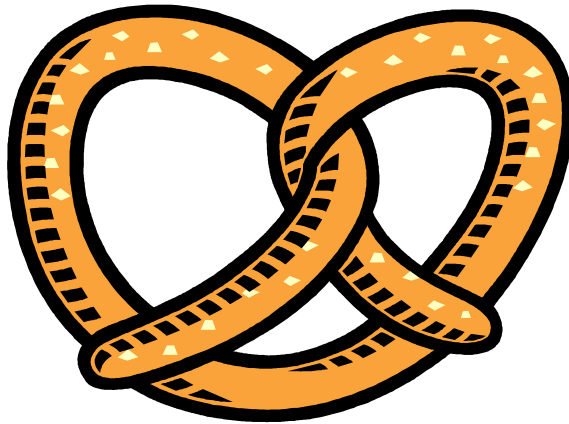
### You will need:

- 1 tbsp sugar
- 1 ½ cups hot tap water
- 1 pkg (1tbsp) yeast
- 4 cups flour
- 1 egg
- 1 tbsp salt (coarse or sea salt works well, but normal salt is also fine)

### Method:

- 1) Pour the hot water, sugar and yeast into a large bowl. Let the yeast proof until foamy, about 15 minutes.
- 2) Gradually add the flour, stirring until the dough forms a soft ball.
- 3) Turn the dough out onto the counter and knead for about 5 minutes.

- 4) Put the dough back in the bowl and cover with a tea towel. Let it rise until it has doubled in size (40-60 minutes).
- 5) Preheat the oven to 350 degrees.
- 6) Punch down the dough. Roll small pieces into long strings, then shape them into pretzel shapes.
- 7) Place the pretzels on a baking sheet. Brush the tops with beaten egg, and sprinkle with salt.
- 8) Bake until golden brown, about 12 minutes.



## Ants on a Log

This is an easy after-school snack that kids can make themselves.

### You will need:

Celery

Peanut Butter or Cheese Whiz

Raisins

### Method:

- 1) Wash and dry the celery, and cut into sticks.
- 2) Spread the peanut butter or Cheese Whiz inside the celery sticks.
- 3) Stick the raisins into the peanut butter to make the ants.



## Spinach Dip

Spinach dip tastes great with raw veggies or pita chips (recipe follows).

### **You will need:**

- ½ cup mayonnaise
- ½ cup light sour cream
- ½ package frozen chopped spinach
- 1 green onion, chopped
- 1 tbsp lemon juice
- 2 tsp dill



### **Method:**

- 1) Measure all the ingredients into a small bowl.
- 2) Stir until combined.

## Pita Chips

Pita chips make a good quick snack. An adult should be in charge of browning them under the broiler.

### **You will need:**

2 pitas (white or whole wheat)

Non-stick cooking spray

Salt

### **Method:**

- 1) Cut each pita into about 10-12 wedges using scissors.
- 2) Place the wedges on a cooking sheet (they can overlap), and spray them lightly with non-stick cooking spray.
- 3) Sprinkle with salt. You can also try experimenting with different spices, like paprika, cayenne, dill, cumin or different spice mixes.
- 4) (Adult) Cook under the broiler for about 5 minutes until they are browned. You'll need to keep your eye on them the whole time, as they burn quickly.
- 5) Serve on their own or with spinach dip (previous page).

# Dessert Recipes



## Finger Jello

Finger Jello is great for a special treat or a party snack.

### **You will need:**

- 2 packages unflavoured gelatin
- 1 package Jello (any flavour)
- 2 ½ cups water

### **Method:**

- 1) Dissolve the unflavoured gelatin in 1 cup of cold water.
- 2) Dissolve the jello powder in 1 cup boiling water.
- 3) Add the 2 mixtures together and add ½ cup of cold water.
- 4) Pour into a greased 8x8 pan and chill in the fridge for 1-2 hours.
- 5) Cut into squares and serve.

## Chocolate Dandies

These no-bake cookies are easy enough for older children to make on their own. Younger children can help with measuring, stirring and spooning out the cookies.

### **You will need:**

½ cup butter or margarine  
2 cups sugar  
6 tbsp cocoa  
½ tsp salt  
½ cup milk  
3 cups rolled oats  
½ cup coconut  
½ cup raisins or chopped nuts

### **Method:**

- 1) Melt butter, sugar, milk and cocoa together in a medium pot over low heat.
- 2) Bring to a boil, stirring constantly.
- 3) Remove from heat and add oats, coconut and raisins or nuts.
- 4) Drop by spoonfuls onto waxed paper. Let cool for about an hour.

## Fruit Kabobs

### You will need:

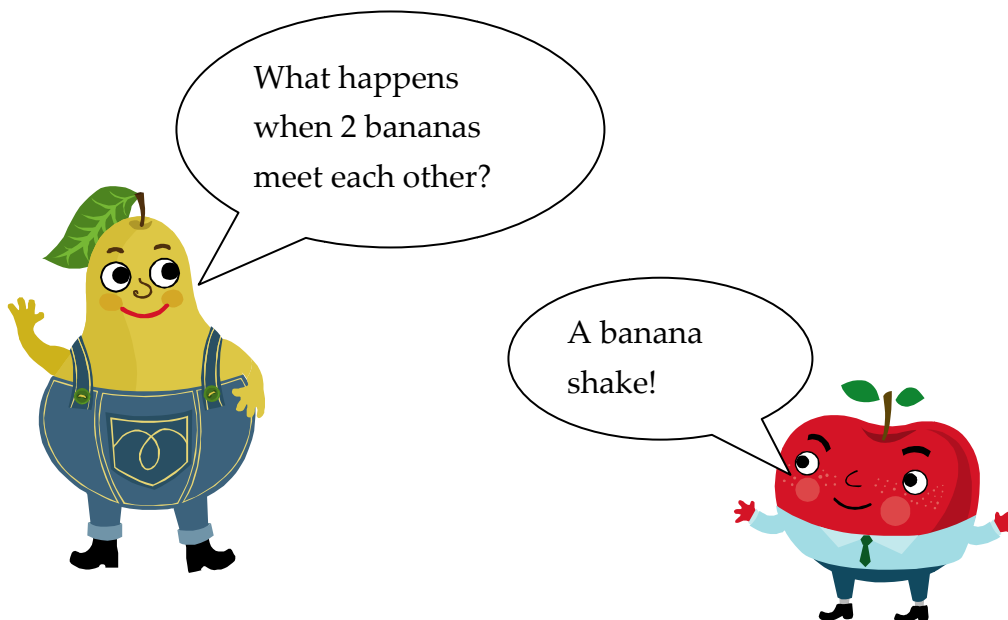
An assortment of your favourite fruit (apples, bananas, melons, grapes and pineapple all work well)

Wooden skewers



### Method:

- 1) (Adult) Cut the fruit into chunks that are big enough to fit on a skewer.
- 2) Thread the fruit chunks onto the skewer to make a fruit kabob.
- 3) If you don't plan to eat them right away, squeeze some lemon juice over the kabobs to keep the apples and bananas from turning brown, and keep them in the fridge.



# Not to Eat

## Play Dough



Play dough is easy and inexpensive to make, and will keep small children busy for hours. Kids can help to measure the ingredients and stir the dough.

### **You will need:**

1 cup salt  
2 cups flour  
4 tsp cream of tartar  
2 tbsp cooking oil  
2 cups water  
Food colouring or powder paint

### **Method:**

- 1) Mix all of the ingredients together in medium-sized pot.
- 2) Cook at medium heat for 3 to 5 minutes, stirring constantly until it forms a stiff ball in the middle of the pot.
- 3) Store in an airtight container in the fridge.

## Special Occasion Recipes

Special occasion recipes can become family traditions. The ones here require a little more time and preparation than the others in this kit, so they make perfect activities for a holiday long weekend. Holidays are also a great time to share your own special family recipes.



### Easy Gingerbread House

This kind of “gingerbread” house is quicker to make than a traditional gingerbread house, which leaves more time for the important part — decorating!

#### You will need:

Cardboard

Tin foil

6 double size graham wafers for each child

Royal icing (recipe follows)

Icing bag or small Ziploc bag

And assortment of small, colourful candies (you can also try mini marshmallows, pretzels - whatever you want!)

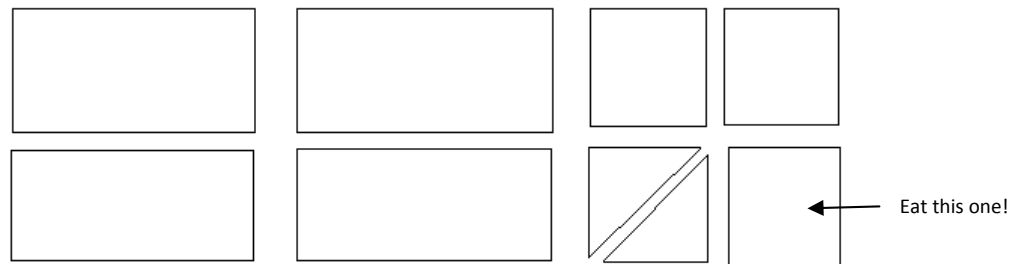


#### Method:

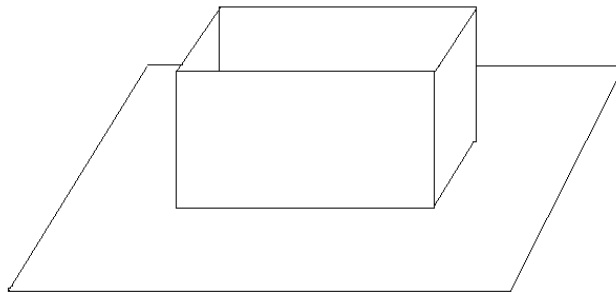
An adult should put the houses together at least 2 hours before you plan to decorate them.

- 1) Cut a square of cardboard (about 10'' x 12'' is a good size). Cover it with tin foil. This will be the base for the house.

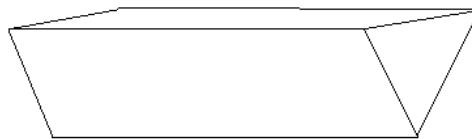
- 2) Carefully break two graham wafers in half. Cut one half of one wafer diagonally. Your pieces should look like this:



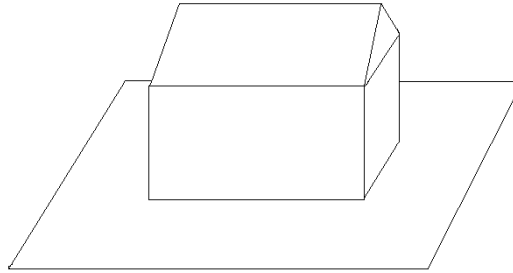
- 3) Make the walls by icing 2 whole wafers and 2 half wafers together as shown. Use either an icing bag or a small Ziploc bag with one corner cut off to pipe the icing.



- 4) Make the roof. Ice 2 whole wafers together at a 90 degree angle. Use the diagonally-cut wafers to make the ends.



- 5) Attach the roof to the walls using more icing.



6) Allow the icing to set for at least 2 hours before decorating.

Kids can then decorate the houses however they want, using an icing bag to attach the candies. Don't forget to decorate the "yard" too.

## Royal Icing

Royal icing dries very hard, so it is ideal for making gingerbread houses or icing gingerbread or sugar cookies.

### You will need:

2 egg whites  
2 tbsp lemon juice  
3 cups icing sugar

### Method:

- 1) Beat the egg whites and the lemon juice together.
- 2) Add the icing sugar gradually and beat until smooth. Makes about 3 cups.
- 3) Use immediately or store in a covered container in the fridge.

## Pull Taffy

Making pull taffy takes patience, but it's definitely worth the effort. It makes a good activity for the Christmas holidays – invite some friends over to help. The taffy is very hot, so this activity is best for children 10 and over with adult help.



### You will need:

2 cups sugar  
1 cup corn syrup  
½ cup butter  
1 tbsp vinegar  
1tbsp molasses  
½ tsp vanilla

### Method:

- 1) Combine all the ingredients in a small saucepan.
- 2) Bring to a boil, stirring constantly.
- 3) Boil until the candy reaches the hard crack stage.\*
- 4) Pour out onto a greased cookie sheet and wait until it is just cool enough to handle without burning.
- 5) Rub some butter on your hands, and pull off a piece of taffy. Pull it between your hands until it is shiny and light in colour. Twist it into a rope.
- 6) Break the taffy ropes into small pieces, or cut them with scissors.

\*There are a few ways to tell if your candy is at the hard crack stage. One is to use a candy thermometer. The temperature should register above 146 degrees Celsius (295 degree Fahrenheit). If you don't have a candy

thermometer, use a bowl full of cold water or snow. Drizzle a thin ribbon of candy into the bowl. If it forms a very thin, brittle strand that cracks rather than bends, it's ready.

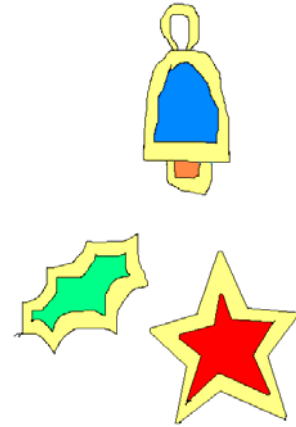


## Stained Glass Cookies

You can hang these cookies on strings to make Christmas ornaments, or just eat them. The recipe is adapted from *50 More Things to Make and Do: Year-Round Activities from Mr. Dressup*.

### You will need:

1 cup butter or margarine, softened  
¼ cup honey  
1 cup brown sugar  
¼ cup water  
½ tsp salt  
3 cups flour  
½ tsp baking soda  
Colourful hard candies such as Lifesavers or Jolly Ranchers.  
Waxed paper  
Tin foil



### Method:

- 1) In a large bowl, mix the butter, honey and sugar together. Add the water and stir until smooth.
- 2) Add the salt, flour and baking soda. Knead the dough until it feels like clay.
- 3) Wrap the dough in waxed paper and chill in the fridge for about 1 hour.
- 4) While the dough is in the fridge, separate the candies into colours (This is a great job for small children). Crush them by placing them in a ziploc bag and rolling over them with a rolling pin. Place each colour in a separate small bowl.

- 5) Remove the dough from the fridge. Preheat the oven to 350 degrees.
- 6) Roll the dough into long ropes between your hands. Make them about as thick as a pencil.
- 7) Use the ropes to form shapes such as Christmas trees, holly leaves, stars or bells. Pinch the ropes together at the ends. They will be filled with candy 'glass,' so make sure they are closed shapes.
- 8) Place your shapes on a baking sheet covered in tin foil. Bake them for about 6 minutes.
- 9) Remove them from the oven and fill each shape with a thin layer of crushed candy.
- 10) Bake for another 6 minutes, until the candy melts.
- 11) Let the shapes cool, and peel them off the tin foil.

## Easter Bunny Cupcakes

You can decorate these cupcakes to suit any occasion, or make them into bunnies for Easter.

### You will need:

#### For cupcakes:

2 ¼ cups flour  
1 ⅓ cups sugar  
3 tsp baking powder  
1/2 teaspoon salt  
1/2 cup shortening  
1 cup milk  
1 tsp vanilla  
2 large eggs



#### For decorating:

White icing (use purchased icing if you're short on time)  
Marshmallows (about 12)  
Smarties or similar round candies  
Liquorice laces or liquorice goodies

### Method:

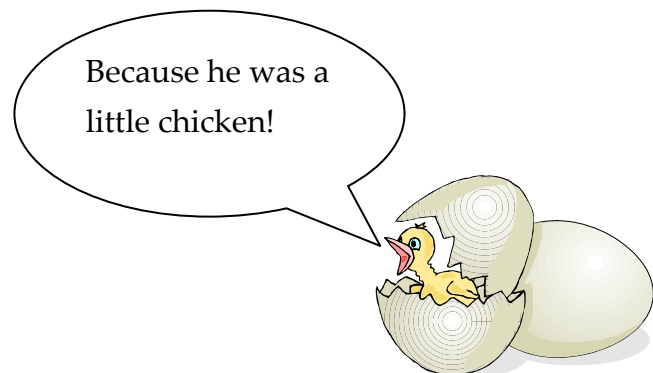
#### For cupcakes:

- 1) Preheat the oven to 350 degrees.
- 2) Combine the flour, sugar, baking powder, and salt in a large mixing bowl.
- 3) Add the shortening, milk, and vanilla. Beat for 1 minute on medium speed.

- 4) Add eggs to the mixture. Beat for 1 minute on medium speed. Beat on high speed for 1 minute 30 seconds until well mixed.
- 5) Spoon batter into greased muffin tins.
- 6) Bake for 20 to 25 minutes or until a toothpick inserted in the center comes out clean.
- 7) Cool 5 minutes in tins. Remove and place on wire racks to cool completely.

### **For Decorating:**

- 1) Ice the cupcakes with white icing.
- 2) Place 2 smarties on each cupcake for eyes, and 1 for a nose.
- 3) Cut the marshmallows in half widthwise with a pair of scissors, so that they make a pinched oval shape. Place them on each cupcake for ears.
- 4) Cut the liquorice lace into about 2.5 cm lengths. Use them to make whiskers, or use liquorice goodies.



## Spooky Halloween Punch

This special punch, with ghostly floating hands, is perfect for a Halloween party.

### You will need:

3-5 latex gloves (thin surgical style, not yellow rubber gloves)

Water

1 bottle cranberry juice

1 bottle club soda or ginger ale

1 can lemonade concentrate, thawed.

Large bowl



### Method:

- 1) Rinse the latex gloves with water.
- 2) Fill each glove about 2/3 full with water. Squeeze out as much air as possible, and tie a knot in the top.
- 3) Place the filled gloves on a baking sheet in the freezer until solid.
- 4) Mix the juice, soda, lemonade concentrate and 2 cups cold water together in the punch bowl.
- 5) Remove the glove from the freezer. Run them under hot water for about 20 seconds, then cut the top of the gloves and peel them back from the ice.
- 6) Place the ice hands in the punch and serve.

## Sugar Cookies

Sugar cookies are great for holidays because they can be rolled out and cut into any shape. Try making hearts for Valentine's Day, bunnies for Easter, pumpkins for Halloween or whatever else you can think of. Try icing them with royal icing.

### You will need:

$\frac{3}{4}$  cup butter, softened  
1 cups white sugar  
2 eggs  
 $\frac{1}{2}$  tsp vanilla extract  
2  $\frac{1}{2}$  cups all-purpose flour  
1 tsp baking powder  
 $\frac{1}{2}$  tsp salt



### Method:

- 1) In a large bowl, cream together butter and sugar until smooth.
- 2) Beat in eggs and vanilla.
- 3) Mix in the flour, baking powder, and salt. Wrap the dough in waxed paper and chill in the fridge for at least one hour (or overnight).
- 4) Preheat the oven to 400 degrees.
- 5) Roll out the dough on a floured surface to  $\frac{1}{4}$  inch thick.
- 6) Cut into shapes with any cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets.
- 7) Bake 6 to 8 minutes in preheated oven. Cool completely before icing.

## Egg in a Frame

This makes a good weekend breakfast, or the perfect breakfast in bed for Mother's Day, Father's Day or a birthday.

### You will need:

1 slice of bread (thick, whole wheat bread works best)

1 egg

1 tbsp butter

Salt and pepper



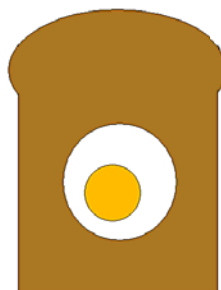
They'd crack each other up!

Why don't eggs tell jokes?



### Method:

- 1) Cut a hole in the slice of bread using a biscuit cutter. Or try using a simple cookie cutter, like a heart or a star.
- 2) Melt the butter in a frying pan over medium heat. Place the slice of bread in the pan and brown for about 2 minutes.
- 3) Flip the bread over. Crack the egg into the hole.
- 4) Cover the frying pan with a lid and cook until the egg white is solid, about 3-4 minutes. Sprinkle with salt and pepper.



## Cooking and Literacy Activities

Here are some literacy games and activities related to cooking. You might try working on them while your recipes are in the oven.

### I'm Going to the Store

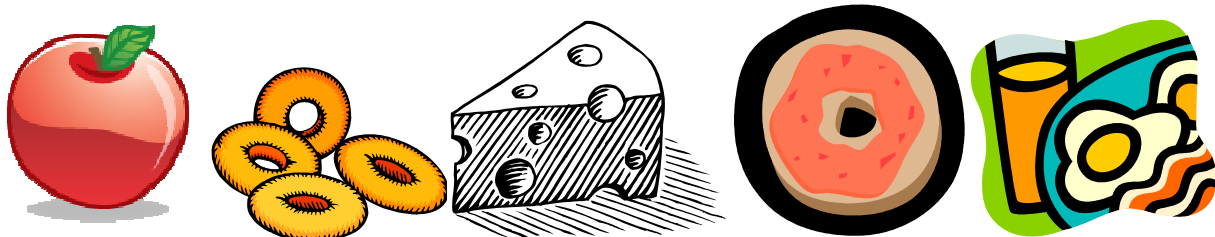
You can play this alphabet game with any number of people sitting in a circle. The goal is for the group to come up with and remember a shopping list that goes from A to Z. The first person must think of a food that starts with A. The second person must remember the food that starts with A and think of a food that starts with B. The third person must remember the foods that start with A and B and think of a food that starts with C and so on through the alphabet.

For example:

The first person says, "I'm going to the store, and I'm going to buy apples."

The second person says, "I'm going to the store and I'm going to buy apples and bagels."

The third person says, "I'm going to the store and I'm going to buy apples, bagels and cheese."



## Make a Lunch

Lunches should contain something from each of the four food groups- **grains, fruits and vegetables, dairy and meat and meat alternatives**. Look at the lunches below. Each lunch is missing one food group. Write in a food that will turn the lunch into a balanced meal.

### Lunch 1

Tuna Sandwich

Apple

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### Lunch 2

Vegetable Beef Soup

Milk

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### Lunch 3

Ham and Cheese Sandwich

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### Lunch 4

Yogurt

Celery Sticks with Peanut Butter

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### Lunch 5

Carrot Sticks

Milk

Bun

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### Lunch 6

Salad

Turkey

Chocolate Pudding

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## Recipe Cards

Help your child start a collection of favorite recipes. Kids can often cook simple recipes from 'adult' cookbooks, but may be frustrated by small print or wordy recipes. They can copy them out in their own words. You can buy recipe cards, or photocopy the one below.

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A colorful illustration of various kitchen items and ingredients arranged on a yellow and white checkered surface. From left to right, the items include: a wooden rolling pin, a glass jar with a brown lid, a small blue and white patterned cup, an open book with text, a small blue bowl with a heart pattern, a wooden bowl filled with white liquid, two white eggs, a blue pitcher with a heart pattern, a glass jar with a brown lid, two salt and pepper shakers, and a cardboard box.

## Breakfast Mix-Up

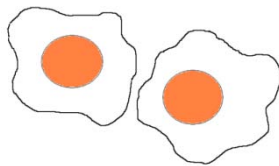
These breakfast foods are all mixed up. Draw a line from the food on the left to the food on the right that goes with it best.



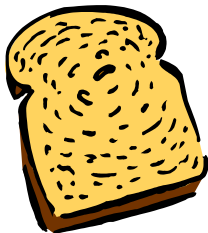
Cereal



Pancakes



Eggs



Toast



Syrup



Bacon



Jam



Milk

## Measuring

Measuring is very important when you cook and bake. Fill the sink up with water and answer these questions using measuring cups and spoons. If you have old measuring cups or can find some at a garage sale, try doing this activity in the sandbox or bathtub. You can make up your own questions too.

How many tablespoons are in  $\frac{1}{2}$  cup?

How many teaspoons are in  $\frac{1}{4}$  cup?

How many teaspoons are in a tablespoon?

How many  $\frac{1}{4}$  cups are in 1 cup?

How many  $\frac{1}{3}$  cups are in 2 cups?



### Part 2 (for older kids and adults)

You should be able to answer these questions without measuring, by using your answers from the questions above. Younger children can measure them out.

How many tablespoons are in 1 cup?

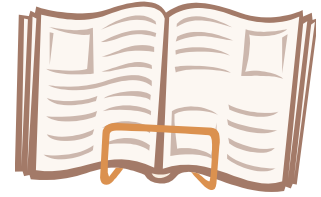
How many teaspoons are in 1 cup?

How many  $\frac{1}{4}$  cups in  $2\frac{1}{2}$  cups?

How many tablespoons are in  $1\frac{1}{2}$  cups?

## Family Recipes

Recipes are often passed down through families. Talk with your family about what your favourite foods were when you were small. Then, write a letter together to grandma, grandpa or another family member asking for the recipe.



Even if you live in the same community as your extended family, they will still appreciate getting mail. You can invite them over to share when you try the recipe out. You could also ask them if they have any recipes that were passed down to them from their parents or grandparents. Remember to send a thank you note once you receive the recipe.

Dear Grandma,

My dad told me that you  
know how to make the  
best oatmeal cookies.

Could you please send  
me the recipe?



## More Family Cooking Ideas

- ★ Start a recipe book or file of your child's favourite recipes. All you need is a blank notebook or set of recipe cards. Older children can help copy the recipes out of cookbooks or magazines.
- ★ Think about a time when you had something delicious to eat at someone else's house. Write that person a letter to ask for the recipe.
- ★ Go for a picnic. Everyone can help make sandwiches, cut up fruit and prepare other picnic food. If it's too cold for an outdoor picnic, spread out a blanket in the living room and have an indoor picnic.
- ★ Decorate a birthday cake for a friend or family member. Mom or Dad can put plain icing on a cake, and the kids can go crazy with sprinkles and small candies.
- ★ For a fun kid's birthday activity, decorate a slab cake or angel food cake with white icing. Put small bowls of sprinkles and small colourful candies in the middle of the table, and let each person decorate his or her own slice of cake.
- ★ Toddlers who are too young to help with real cooking can still have fun in the kitchen. Try giving them plastic bowls and utensils for pretend mixing and stirring, or just to bang on. They may also enjoy playing with measuring cups and spoons in the sink.
- ★ Try growing some food of your own. Carrot, bean and pea seeds are inexpensive and will grow easily outside in pots or boxes.





★ If it's wintertime or you don't have a place to garden, try growing some bean seeds in a jar or carrot tops in a shallow dish of water. You won't be able to eat the results, but your child will still be fascinated by watching them grow.

- ★ For an indoor gardening/ project that you can eat, fill each section of an egg carton with about an inch of soil. Plant alfalfa seeds in the soil, and water them daily using a spray bottle. Use the alfalfa to make hair for face sandwiches (pg.10) or potato heads (pg.12)

## More Cooking Books

Here are a few fun cookbooks you can try. You can find more at your school or community library.

***Kids Cooking: A Very Slightly Messy Manual* by the Editors of Klutz (Klutz Books)**

This book has easy recipes with pictorial instructions, and comes with attached measuring spoons.

***The Jumbo Vegetarian Cookbook* by Judi Gillies and Jennifer Glossop (Kids Can Press)**

This book is filled with vegetarian recipes that older kids can make themselves.

***Play with your Food* by Joost Elffers (Stewart, Tabori and Chang)**

This book shows you how to turn fruits and vegetables into entertaining creatures. Fun for adults too!

***Company's Coming Kids' Cooking* by Jean Paré (Company's Coming)**

In this book you will find many classic kid-friendly recipes. The chocolate rice krispie roll is guaranteed to win friends.

***The Cooking Book* by Jane Bull (DK Publishing)**

This book shows you how to make fun recipes using step-by-step photos.

## Cookbooks Based on Stories

These cookbooks have recipes inspired by stories, so you can try out some of the food from your favourite books!

*Green Eggs and Ham Cookbook: Recipes Inspired by Doctor Seuss* by Georgeanne Brennan. (Random House)

*Roald Dahl's Revolting Recipes* by Felicity Dahl (Penguin Group)

*The Anne of Green Gables Treasury* by Carolyn Collins (Penguin Group Canada)

*The Boxcar Children Cookbook* by Diane Blain (Albert Whitman & Co.)

*The Little House Cookbook: Frontier Foods from Laura Ingalls Wilder's Classic Stories* by Barbara M. Walker (HarperCollins)

*The Nancy Drew Cookbook* by Carolyn Keene (Grosset and Dunlap)

*Fairy Tale Feasts: A Literary Cookbook for Young Readers and Eaters* by Jan Yolen (Crocodile Books)

*The Louisa May Alcott Cookbook* by Gretchen Anderson (Little Brown)

*The Great Big Paddington Book* by Michael Bond. (Collins/World)

*Peter Rabbit's Cookery Book* by Anne Emerson (Warne)