

Materials	Paper, pen
Learning Outcome	Identify a recipe to make, describe the ingredients, and follow the instructions to prepare the recipe.

Description

Invite the child to choose a recipe that they would like to prepare using foods that are available at home. The recipe can be online, in a cook book, or a family favourite. Ensure that the child has a list of ingredients and instructions to follow.

Ask the child to collect the necessary ingredients. After they have done so, ask the child if any of the ingredients in the recipe could be found in one of the three food groupings - vegetables and fruit, whole grain foods, or protein foods? Use [Canada's Food Guide](#) if they need support identifying the food.

For spices and herbs, talk to the child about each one and explain that spices and herbs are from plants and are used to flavour and garnish foods.

Prepare the recipe together, encouraging the child to follow the instructions provided. Be sure to wash the food appropriately, support the child with chopping or grating, and have an adult manage the oven or stove.

As you enjoy the food, ask the child the following questions about the process they followed to make the food:

- What were all the steps you had to take to make this food?
- What was the easiest step of the process? Hardest?
- What could you do if you did not have one of the ingredients you needed to make the meal?

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *If you made this recipe again, what would you do differently?*
- *What words would you use to describe the process of following the recipe and preparing the meal?*