

Recipe Writing

We hope that you have been able to help your parents with preparing meals for your family. This is a great time for you to learn some new skills in the kitchen. Starting from this week, can you help your parents to make at least one meal per week? Can you write out the recipe and start creating a family recipe book? This will be something special for you to look back on in years to come and remember all of the special time you spent at home.

Please make sure an adult is with you in the kitchen and you do not handle sharp objects or touch hot stove tops or ovens.

1. Discuss with your parents which meal you would like to help them with.
2. As you are making it, write down the ingredients and steps you took.
3. Enjoy the delicious meal!
4. Go back to your notes. Write down all of the ingredients you used and the steps you took.
5. Publish this nicely onto some paper or in a special book.
6. Can you make the meal again following your recipe?

There are some examples of recipes on the next page.

Canadian apple pie

Cooking
time

1h 40m

Calories

398

Ingredients

- 3 tablespoons cornstarch
- 2 tablespoons white sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 5 cups apple - peeled, cored, and sliced
- 3/4 cup pure maple syrup
- 1 egg
- 1 egg yolk
- 1/2 teaspoon water



Directions

- 1 Preheat oven to 325 degrees F (165 degrees C). Line a pie dish with 1 crust.
- 2 Whisk together cornstarch, sugar, cinnamon, nutmeg, and salt in a large bowl. Stir apples, maple syrup and whole egg into cornstarch mixture.
- 3 Pour apple mixture into the prepared crust. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape. Whisk together egg yolk and water in a small bowl; brush over the pie. Cover pie loosely with aluminum foil and place on a baking sheet.
- 4 Bake in the preheated oven for 35 minutes. Remove foil; continue baking until crust is golden brown, about 15 minutes. Cool on a wire rack.

Fruit Salad

You will need:

- 2 bananas, peeled, and cut into bite size pieces
- 1 cup fresh strawberries, sliced or 1 package (10 ounces) frozen sliced strawberries
- 1 cup fresh orange slices or 1 can (11 ounces) mandarin oranges, drained
- 1 cup apple, chopped

What to do:

1. Wash your hands and clean your cooking area.
2. Wash bananas, strawberries, oranges, and apples.
3. Peel bananas and oranges.
4. Cut all the fruit according to recipe.
5. Place fruit in a large bowl and mix.

Yield: 10 servings (1/2 cup each)

**High in Fiber &
Vitamin C**



Depending on age, children can help chop or mix fruit. Talk to children about the names, color, and number of pieces of each fruit.