

Make mealtime family learning time.



Family Literacy Day Activity Book

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10 Tips to help your family 'Make mealtime family learning time!'

Here are some tips you can do together to 'Make mealtime family learning time.'

	<h2>1 Follow a recipe together</h2> <p>Pick a recipe to make as a family. Talk about the steps, ingredients, and cooking instructions. Then enjoy your meal together!</p>	<h2>2 Write a grocery list</h2> <p>Write a grocery list of ingredients needed for your family meal. Practice spelling, organize items by category, and add prices to practice math.</p>
<h2>3 Get crafty with food packaging</h2> <p>Make crafts together using food packaging such as plastic containers, glass jars, or recycled cardboard.</p>	<h2>4 Eat your words</h2> <p>Play with your food and write words and messages to your family with alphabet cereal and soup (we like cookie letters too!).</p>	<h2>5 Play "What's that word?"</h2> <p>Introduce new food words—like "zucchini" or "quinoa"—and look them up together. Talk about where the food comes from and how it's used.</p>
<h2>6 Label the kitchen</h2> <p>Make removable sticky note labels for everyday items in the kitchen (like "refrigerator," "spoon," "cup"). Write the item name in one or more languages to help learn new words together.</p>	<h2>7 Create a family cookbook</h2> <p>Collect your family's traditional recipes and make your own family recipe book. Write or type the recipe, include a favourite memory or story, and add your own drawings!</p>	<h2>8 Try a cultural food night</h2> <p>Pick a country, choose a recipe from there, and make it as a family. Why not learn a few words from the language spoken in that country, too!</p>
<h2>9 Explore nutrition labels</h2> <p>Pick a few of your family's favourite snacks and compare their nutrition labels. Talk about serving sizes, ingredients, and which items are healthy choices and why.</p>	<h2>10 Kitchen cupboard scavenger hunt</h2> <p>Make a list of items to find in your kitchen (such as "something that starts with B" or "a can with tomatoes"). Read labels together and talk about what each item is used for.</p>	



Family recipe time

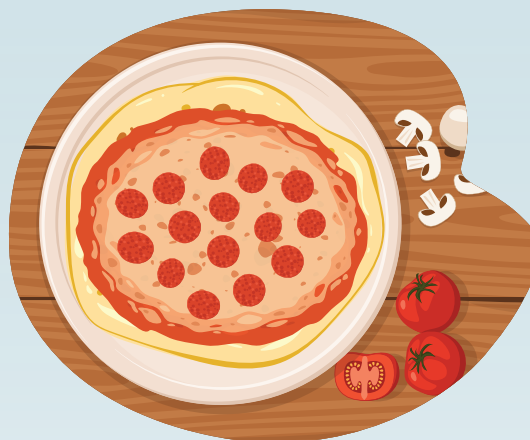
Cooking together as a family is not only fun and delicious, but it also helps everyone practice their reading, math, and language skills. Try out this recipe with your family today!

Mini naan pizzas

Makes: 4 mini pizzas

Preparation time: 10 minutes

Cooking time: 10 minutes



You'll need:

- large baking sheet
- non-stick cooking spray or parchment paper
- spoon
- 4 small naan breads
- 1 cup of tomato sauce
- 1 cup of shredded mozzarella cheese
- toppings of your choice (pepperoni, bell peppers, mushrooms, olives, pineapple, etc.)
- Optional: fresh basil, parsley, or a drizzle of olive oil for garnish

Let's make pizza!

1. Ask a grown-up to preheat your oven to 400°F.
2. Spray your large baking sheet with non-stick cooking spray, or use parchment paper to cover the baking sheet.
3. Place each naan bread on the baking sheet, leaving some space between them.
4. Use a spoon to spread a layer of tomato sauce on each naan bread.
5. Sprinkle shredded mozzarella cheese over the saucy naan bread.
6. With help from a grown-up, chop your favourite toppings into bite-sized pieces.
7. Add your toppings on top of the cheese. You can make fun faces, shapes, or patterns!
8. Ask a grown-up to place the pizzas in the oven. Bake for 10 minutes, or until the cheese is melted and bubbly.
9. Let the pizzas cool for a few minutes. Then, with a grown-up's help, cut them into slices.
10. Optional: Sprinkle the pizzas with chopped basil, parsley, or a drizzle of olive oil.

Enjoy your delicious, homemade mini naan pizzas!



Fruit salad word scramble!

Can you unscramble the names of these delicious fruits? Work together as a family and write the correct word on the line beside each jumble.

1. PPALE _____

2. NABANA _____

3. GNERAO _____

4. YRRBEAWSRT _____

5. EPARGIUVRT _____

6. NPAEIPLEP _____

7. MOLEWNATER _____

8. IWKI _____

9. CHEPA _____

10. APER _____



Take it further

Can you name three fruits that are red?

1. _____ 2. _____ 3. _____

1. apple 2. banana 3. orange 4. strawberry 5. grapefruit 6. pineapple 7. watermelon 8. kiwi 9. peach 10. pear

Answers



A menu for your family

Plan a special meal with your family, and get everyone involved. Ask each person what they would like to add as part of the meal and write it down.

Family member name	Food suggestion
1.	
2.	
3.	
4.	
5.	

Now make a menu for your family meal.

A menu is a list of the food you will eat as part of your meal. Your menu can include something for everyone. You can draw pictures of the food too!

Our Family Menu

Drink

Meal

Appetizer

Dessert



What's on the food label?

Pick any packaged food item your family enjoys and look at the nutrition label.

What's the name of the food?

How many servings are in the package?

Is there any sugar in it? **Yes** **No**

Can you find a word in the ingredients you recognize?

Can you find a word in the ingredients that's hard to say?

Do you think it is a healthy food? **Yes** **No**



Draw a picture of you and your family eating the food together.

Family grocery list

Plan your week's meals together as a family. Check your refrigerator and kitchen cupboards to see what ingredients you already have for your meals. Then write a grocery list for the foods you will need.



Grocery shopping list	
Item	How many I need
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
Total number of items	<input type="text"/>

Where does my food come from?

We eat many different kinds of food every day. Have you ever wondered where it comes from before it gets to the grocery store shelf?

Which food comes from which plant or animal? Match them below by drawing a line between them.



bread



chocolate



eggs



maple syrup



tofu



french fries



honey



milk



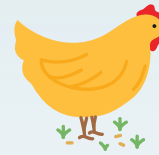
soybeans



nectar



potatoes



chicken



sap



cocoa beans



cow



wheat



Food word search

Can you find all the yummy food words hidden in the puzzle below?

Look up, down, across, and even diagonally! Circle each word as you find it.

M	E	C	A	R	R	O	T	O	R	A	N	G	E	F	M	P	Y
I	X	S	T	N	R	M	E	K	R	R	H	C	M	T	P	B	D
L	J	P	W	W	J	D	B	V	Q	G	S	H	U	W	A	Q	P
K	M	K	T	K	K	X	O	A	L	T	P	I	S	V	C	X	Z
J	U	D	P	I	Z	Z	A	A	A	B	M	C	W	C	R	X	Y
M	Z	R	T	J	G	I	G	R	B	Y	R	K	Y	A	E	X	O
M	P	S	D	C	U	C	U	M	B	E	R	E	N	N	L	B	D
S	A	U	F	C	J	T	O	M	A	T	O	N	A	E	X	C	H
H	S	S	F	U	A	P	P	L	E	V	H	H	P	D	H	X	D
E	T	H	R	P	G	H	O	E	A	S	M	O	C	U	Z	F	K
X	A	I	K	Q	I	Q	X	S	W	G	V	N	J	N	X	G	B
I	Q	G	O	O	C	B	U	N	J	X	C	E	R	E	A	L	R

APPLE

CHICKEN

PASTA

BREAD

CUCUMBER

PIZZA

CARROT

MILK

SUSHI

CEREAL

ORANGE

TOMATO

Foods around the world

Can you guess what type of food is the popular dish of each country?
Match the country to the dish below.



1. Canada

☐

Tacos



2. Sri Lanka

☐

Pad thai



3. Thailand

☐

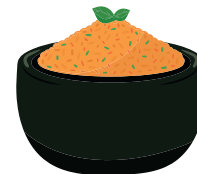
Vegetarian curry



4. Mexico

☐

Jollof rice



5. Turkey

☐

Doner kebab



6. Nigeria

☐

Poutine









Eat the rainbow!

Did you know that fruits and vegetables come in every colour of the rainbow—and each colour helps your body in a different way? When you eat many different colours, you help your body stay strong, smart and full of energy!

Can you find a fruit or vegetable for every colour of the rainbow?

Write or draw one for each below:

Colour	Fruit or Vegetable
 Red	_____
 Orange	_____
 Yellow	_____
 Green	_____
 Blue	_____
 Purple	_____



Family food time colouring sheet

Time to get creative and colour in these delicious fruits and vegetables with any colour you want!



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