

## RELATED FOUNDATIONS:

- Student Engagement
- Social & Physical Environments

## RESOURCES:

- [Foodland Ontario Vegetables and Fruit Facts](#)
- [Unlock Food: Recipe Makeovers](#)
- [Health Unit Food Safety Information](#)
- [Be Food Safe](#)
- [Unlock Food: Food Safety](#)
- [Canadian Partnership for Food Safety](#)

## Create it! Make it! School Cookbook

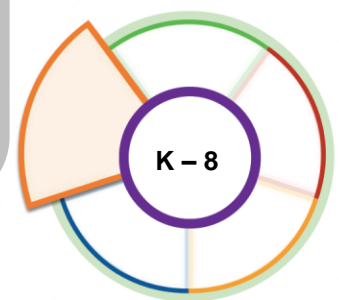
**ACTIVITY GOAL:** To increase knowledge and awareness of the importance of vegetables & fruit consumption through the engagement of the school community in the creation of a school cookbook.

### ACTIVITY INSTRUCTIONS:

1. Assemble a team to develop a school cookbook (e.g., a Healthy Schools Committee may make this an initiative).
2. Develop submission criteria for the school cookbook. Examples of criteria may include:
  - All recipes must include a vegetable, fruit or both.
  - If possible, submit a picture of the recipe once it is made, so it can be included with the recipe. May also request including a sentence or two why you like the recipe and what makes it healthy.
3. Consider assigning different meals to different grade levels. For example, students in grades K- 3 could submit breakfast recipes etc. to ensure that the different meals are represented in your cookbook. Consider including recipes from a variety of cultures.
4. Determine a deadline for submissions and provide instructions on how students and their families should submit their recipes.

### Curriculum Connections

- K: OE6 Demonstrate an awareness of their own health and well-being
- Grade 1: D1.1 Food for healthy bodies and minds; C2.1 Canada's Food Guide
- Grade 2: D3.2 Healthy eating patterns; D2.2 Food choices (snacks, meals)
- Grade 3: D1.1 Food origins, nutritional value, and environmental impact; D3.1 Local and cultural foods, eating choices
- Grade 4: D1.1 Nutrients; D2.,1 Personal eating choices;
- Grade 5: D2.1 Nutrition facts tables, food labels
- Grade 6: C2.1 Influences on healthy eating; C2.2 Eating cues and guidelines
- Grade 7: C3.1 Healthy eating practices and routines



## Create it! Make it! School Cookbook - continued

5. Send home the submission criteria along with a parent/guardian letter explaining the initiative.
6. Include safety tips and information in the cookbook e.g., food safety facts, internal cooking temperatures of foods etc. For credible food safety information visit [the Middlesex-London Health Unit' Food Safety Webpage](#) or [The Partnership for Food Safety Education](#).
7. You may include handy cooking tips and conversions in the cookbook. For ideas and information related to this, visit [Unlock Food](#).
8. Consider selling the cookbook as a school fundraiser.
9. Grade 7 or grade 8 students could design, proofread, and compile the cookbook. As an alternative, find cookbook templates online that could be used to design the cookbook.
10. This activity provides excellent cross-curricular opportunities. Have students read different recipes and create a glossary of cooking terms (e.g., blending) and a list of different types of food preparation equipment (e.g., French knife). In addition to the recipe development, math skills can be incorporated by asking the students to change amount of ingredients based on the yield of the recipe and the number of people to be served.

For recipe ideas visit [UnlockFood.ca](#), [Cookspiration](#), or [Foodland Ontario](#)

