



Canada Agriculture and Food Museum

Cherished class recipe book

Dear parents and guardians,

As you may know, our class has been participating in the Healthy Kids Quest for the last few weeks. The program is designed to help students discover new foods, develop a positive relationship with eating, and explore different ways to live well and feel good.

Your child, with your help, now has the opportunity to share a traditional family recipe or food of cultural importance with the rest of the class. The students will be working to compile a recipe book containing recipes that are special to them and their families. Once complete, each student will bring a copy of the recipe book home. It may provide inspiration to prepare, explore, and try new foods!

Instructions

1. Help your child identify the dish they would like to share with the class.
2. Help your child type the recipe on the computer. Please save it as a Word document.
3. Send the recipe to the following email address and note before:
4. The recipe should include:
 - a. Recipe title (name of the dish)
 - b. Student's name



- c. One or two sentences on why this dish is special
- d. List of ingredients needed
- e. Steps needed to prepare the dish

Please don't hesitate to contact me if you have any questions on the activity.

Thank you for your co-operation!

This lesson plan was produced by the Canada Agriculture and Food Museum.

[View all of Ingenium's learning resources on our website.](#)