



## THE CHALLENGE:



Dinner time! Cooking from scratch has a whole lot of benefits. From expanding your palate, to using fresh, nutritious ingredients, to being able to gobble down the delicious creations you make.

Your challenge this week is to find a recipe to make in your very own kitchen. It could be an old family favorite or a new recipe from a cook book or website like this [one](#). Take the time to make it from scratch and enjoy the end product with your family. YUM!

~ STEAM TEAM ~  
Create, Test, Improve

## Learning Activities

### Language Arts:

Create a menu for your family this week. In your menu include breakfast, lunch, and supper options. Beside each item draw a picture of the food and include a price. Make the meals worth \$1.00, \$2.00, \$5.00, or \$10.00 each. Once your menu is created, you and your family can sit down and decide what meals you may eat this week!



### Numeracy:

Once you have decided on what meals your family is going to eat this week, add up the total cost of meals. Did your family eat more than \$100.00 or less than \$100.00?

Menu	
	drink.....\$1
	bread sticks.....\$2
	salad.....\$2
	slice.....\$1
	small pizza.....\$5
	large pizza.....\$10
	extra toppings.....free
	cookie.....\$1

### You and Your World:

Bread is a staple food for almost every culture around the world. They come in many shapes and sizes and can be grilled, baked, boiled, or fried. Bao, Chapati, Foccacia, Baguette, Naan, Luskinikn, Pretzels, Matzo, Tortillas, and more! When grocery shopping this week, ask a family member to bring home a new type of bread for you to try, or try making it at home. Check out this *How It's Made* video on commercial bread [here](#).



### Physical Education:

Exercise helps us stay physically and mentally healthy. Challenge yourself this week to the ASD-N Virtual Olympics to help burn off those delicious baked good you made!



### Jumping - Jacks

1 Jumping Jack = 0.2 calories  
100 Jumping Jacks = 20 calories

Click [HERE](#) for the Virtual Olympics.

### Culinary Match-up

- a) Sauté
- b) Simmer
- c) Broil

- 1 Cooking using direct heat over the food.
- 2 To cook food gently and slowly.
- 3 Fry quickly in a little hot fat.

See previous and French Issues [here](#)



## THE CHALLENGE:



Dinner time! Cooking from scratch has a whole lot of benefits. From expanding your palate, to using fresh, nutritious ingredients, to being able to gobble down the delicious creations you make.

Your challenge this week is to find a recipe to make in your very own kitchen. It could be an old family favorite or a new recipe from a cook book or website like this [one](#). Take the time to make it from scratch and enjoy the end product with your family. YUM!

~ STEAM TEAM ~  
Create, Test, Improve

## Learning Activities

### Language Arts/ Art/Technology:

Have you ever wondered about the menu items at your favorite restaurant? Where do they get the ideas? How are the described so scrumptiously?

Try designing your perfect restaurant!

- Create a menu of at least 10 food items and describe them deliciously!
- Create a logo for your restaurant! Use paper and markers or get creative with Canva found [here](#).

Consider your theme and your customers.



What would draw people in? Try your menu out on family and friends!

### Numeracy/Social Studies:

Bread is a staple food for almost every culture around the world. They come in many shapes and sizes and can be grilled, baked, boiled, or fried. Bao, Chapati, Focaccia, Baguette, Naan, Luskini, Pretzels, Matzo, Tortillas, and more! Check out this *How It's Made* video on commercial bread [here](#).

The items below are the ingredients you will need to make bread:

- |               |                    |
|---------------|--------------------|
| Yeast: \$4.99 | Salt: \$5.49       |
| Flour: \$7.49 | Canola Oil: \$6.49 |
| Sugar: \$5.99 |                    |

How much money will you need to start making your own bread?

Try it out and/or shop for a type you have never tried before.

### Science: *When dandelions first appear, fiddleheads are near*

What is your favorite wild food? Did you know you can make [Dandelion Lemonade](#)? *Foraging* is when you actively search for food, particularly in the wild and New Brunswick is home to some delicious wild foods! With help from an adult, do some research about the edible wild foods in our province or your community and see if you can find some of these delicacies in your area! Avoid all mushrooms though as some can be **poisonous**!



### Physical Education:

Exercise helps us stay physically and mentally healthy. Challenge yourself this week to the ASD-N Virtual Olympics to help burn off those delicious baked good you made!

Click [HERE](#) for the Virtual Olympics.



#### Jumping - Jacks

1 Jumping Jack = 0.2 calories  
100 Jumping Jacks = 20 calories

## Culinary Match-up

- a) Poach
- b) Waft
- c) Knead

- 1 To press, fold, and stretch with the heel of your hand.
- 2 A scent carried in the air.
- 3 To cook very gently in hot liquid just below the boiling point.



## THE CHALLENGE:



Dinner time! Cooking from scratch has a whole lot of benefits. From expanding your palate, to using fresh, nutritious ingredients, to being able to gobble down the delicious creations you make.

Your challenge this week is to find a recipe to make in your very own kitchen. It could be an old family favorite or a new recipe from a cook book or website like this [one](#). Take the time to make it from scratch and enjoy the end product with your family. YUM!

~ STEAM TEAM ~  
Create, Test, Improve

## Learning Activities

### Language Arts/Art/Technology:

Have you ever wondered about the menu items at your favourite restaurant and how they are described so scrumptiously?

Try designing your perfect restaurant! Create a menu of 10 food items and describe them deliciously. Then, create a logo for your restaurant with paper and markers or get creative with [Canva](#)! Consider your theme and your customers. What would draw people in? Try your menu out on family and friends!



### Numeracy:

This is a delicious brownie recipe, but it's been doubled for a party. Give this recipe a try, but you will have to halve all the ingredients to make just one batch!

#### Best Brownies:

- 1 cup butter
- 2 cups white sugar
- 4 eggs
- 1 tsp vanilla
- 2/3 cup unsweetened cocoa
- 1 cup of flour
- ½ tsp salt
- ½ tsp baking powder

#### Frosting:

- 6 tbsp butter, softened
- 6 tbsp unsweetened cocoa
- 2 tbsp honey
- 2 tsp vanilla
- 2 cups icing sugar



#### Baking Instructions:

1. Set oven at 350 degrees F. Grease and flour an 8-inch square pan.
2. Melt butter, stir in sugar, eggs and vanilla. Beat in cocoa, flour, salt, and baking powder. Spread in pan.
3. Bake for 25-30 minutes

### Social Studies/Science:

Bread, in all its various forms, is the most widely consumed food in the world. It is an important source of carbohydrates and is also portable and compact. This may be why it has been an integral part of our diet for over 30,000 years.

The first known leavened bread, made with semi-domesticated yeast, dates back to about 1000 B.C. in Egypt. Yeast are single-celled microorganisms called fungi, that release CO<sub>2</sub> gas when they consume sugar. The CO<sub>2</sub> then creates a 'bubble' in the dough giving it its light, fluffy texture. Watch this time-lapse of bread rising [here](#)!

### Physical Education:

Exercise helps us stay physically and mentally healthy. Challenge yourself this week to the ASD-N Virtual Olympics to help burn off those delicious baked goods you made!

Click [HERE](#) for the Virtual Olympics.



#### Jumping - Jacks

1 Jumping Jack = 0.2 calories  
100 Jumping Jacks = 20 calories

## Culinary Match-up

- a) Julienne
- b) Al dente
- c) Dredge

- 1 To coat wet food with a dry ingredient prior to cooking.
- 2 Cooked but left with a bit of firmness
- 3 Cutting food into long thin strips.