



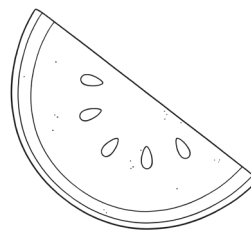
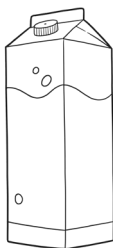
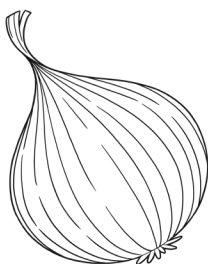
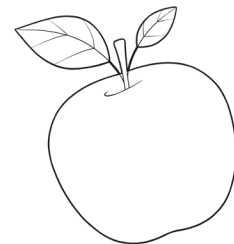
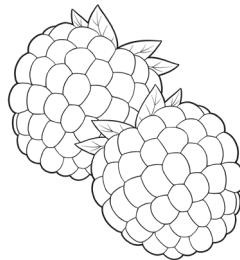
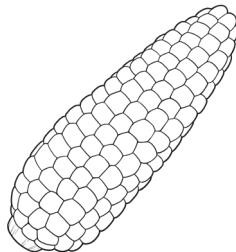
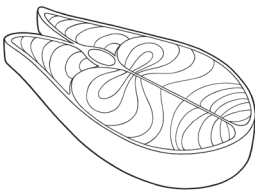
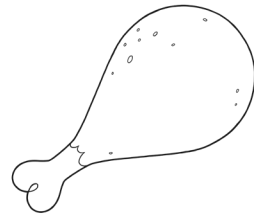
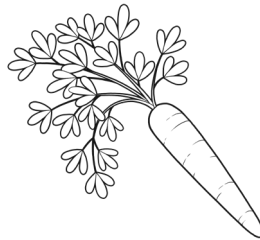
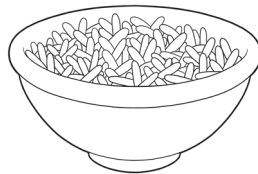
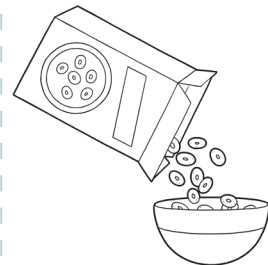
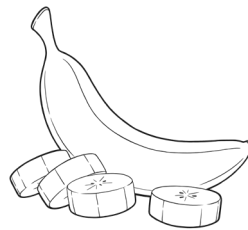
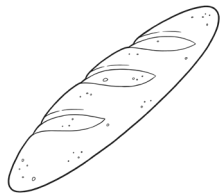
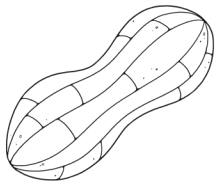
What's Cooking in the Forest?

STUDENT ACTIVITY BOOK

- Kindergarten -

Food cards

Colour and
cut out the
food items.





Kitchen bingo!



Place the
coloured food
cards in the correct
column.

Your bingo card
is ready!

| VEGETABLES AND FRUITS | | WHOLE GRAIN FOODS | PROTEIN FOODS |
|-----------------------|--|----------------------|------------------|
| | | | |
| | | | |
| | | | |
| | | | |

Which one doesn't belong?

Within each food category, circle
the food that doesn't belong.

Vegetables
and fruits
cloud



Whole grain
foods cloud



Protein
foods cloud





Count with me!



Count the foods in each circle and colour the correct number.



| | | | |
|---|--|--|--|
| <div>2</div> <div>3</div> <div>4</div> | | | <div>4</div> <div>5</div> <div>6</div> |
| <div>8</div> <div>9</div> <div>10</div> | | | <div>6</div> <div>7</div> <div>8</div> |
| <div>3</div> <div>4</div> <div>5</div> | | | <div>7</div> <div>8</div> <div>9</div> |

The Frothy Fruit Cloud



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The Frothy Fruit Cloud

Preparation
time:
15 minutes

Yield:
4 fruit clouds

Maple cloud

- 1/4 cup (60 mL)
2% M.F. evaporated milk
- 2 tsp (10 mL)
maple syrup

Fruit-flavoured milk

- 1 cup (250 mL) unsweetened
strawberry applesauce
- 1 1/4 cups (310 mL) milk
- 2 tsp (10 mL) maple syrup
- Ground cinnamon, to taste

Maple cloud

- 1 Combine evaporated milk and maple syrup in a large bowl.
- 2 Use an electric mixer to whip milk until it is frothy.

Fruit-flavoured milk

- 1 Divide the unsweetened strawberry applesauce, milk and maple syrup between four small glasses. Mix ingredients together.
- 2 Top each glass with a spoonful of maple cloud.
- 3 Sprinkle with cinnamon.