

Family Cookbook

EASY TO MAKE, EASY TO LOVE

AGES
5 to 9

Celebrate family traditions by creating a cookbook at home with your kids. This can be a keepsake for your child and would make a nice gift for family members.

Supplies:

- White paper
- Markers or colored pencils
- Hole punch
- Binder



Instructions:

1. Get family members to think about their favorite recipe. You may need to brainstorm ideas together. See page 2 for conversation starters.
2. Print blank recipe templates shown on page 3 and give everyone a copy.
3. Ask each family member to write their recipe on the template. You will need to help little ones with this part. This will give your child practice with vocabulary and writing!
4. Put your art skills to work. Get everyone to draw a picture of their recipe using markers or colored pencils.
5. Punch holes in recipe pages once everyone finishes their recipe. Add them to the binder to create a family cookbook.
6. Consider adding your child's favorite recipe each year. Print extra recipe templates so you have them in your binder ready to be used.
7. Think about making a digital cookbook instead of a printed one, so it is easy to share. Try using one of the many scanner apps that are available.

Expand Learnings at Home

Connect Through Conversation

Get family members to think about why they chose their recipe. Use the points below to start the discussion.

- When was the first time you tried this recipe?
- Does the recipe trigger a memory of a special person or event?
- What is your favourite ingredient in this recipe?
- Did somebody teach you how to make this recipe? If so, who?

Activities for Extra Fun!

Yes, it takes longer. Yes, there will be a mess. Yes, it's easier to cook alone. But getting little ones involved in the kitchen builds confidence, helps improve food acceptance and creates lasting memories. It's never too late to start!

- Pick a recipe from your cookbook and make it together as a family.
- Invite another family to make a cookbook as well. Have a potluck where each family cooks one or two recipes from their cookbook. You will get to try each other's favorite foods, which is a bonus to hanging out!

Recipe:

I chose this recipe because

Servings _____

Ingredients

Directions

