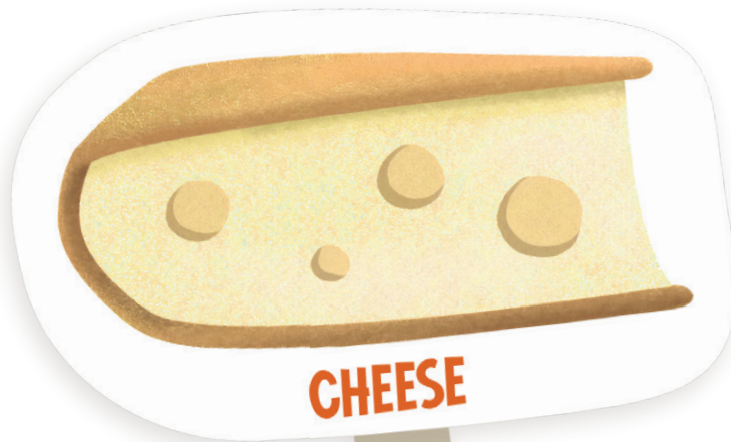


Bring the story to life with puppets!

Breathe more magic into the activities with the puppets and puppet theatre.
Let children's imaginations run free or use our ideas for inspiration.





Set the stage with a puppet theatre



Invite young learners to get creative with a homemade puppet theatre. It's perfect for the pretend play area!



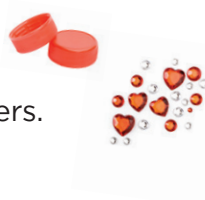
- ▲ Cereal box
- ▲ Craft paint / paintbrush
- ▲ Glue gun
- ▲ Fabric for curtains
- ▲ Scissors
- ▲ Pompoms
- ▲ Ribbon scraps
- ▲ Glue stick

1. Cut a rectangular window out of the front and back of the cereal box.
2. Design a header for the top with the leftover cardboard.
3. Paint the header and the window. **Bonus tip: Use an old yogurt container lid as a paint tray!**
4. Hot glue the header to the window.
5. Hot glue the curtain fabric to the inside top border of the window (behind the header).
6. Tie back the curtains with ribbon scraps.
7. Hot glue pompoms to the header.



Extra decoration ideas!

- ★ Glue milk caps to the base to use as stage lights.
- ★ Add some sparkle with dollar store gems and stickers.



WELCOME TO THE CREATIVE CAULDRON

12 fun activities + 5 kid-friendly recipes

Learn through play

Bring the story to life with these activities. Use them as starting points and encourage children to lead through creative play.

Using food and kitchen tools in play can help:

- ▲ Spark interest in food and cooking
- ▲ Build confidence in kitchen skills
- ▲ Expand food acceptance



Build food literacy at a young age

It's never too early to start building food literacy. Food literacy is more than just learning to eat. It also involves things like learning how food is prepared and how food connects people.

Use these activities to help build food literacy in young children through:

- ▲ Cooking and enjoying food
- ▲ Learning about kitchen tools
- ▲ Exploring food traditions
- ▲ Creating food-themed arts and crafts



Think outside the kitchen

Food literacy learning can happen in and out of the kitchen. We offer a variety of play-based activities that can be done in different settings.



Dip dip hooray!

Children, like dragons, love dipping food.
Make our Dragon cheese fondue and other dip recipes.
Enjoy a dippy meal together!



Dragon cheese fondue

Makes 1 1/4 cups (300 mL)

INGREDIENTS

1 tbsp	15 mL	Butter
1 tbsp	15 mL	Flour
1 cup	250 mL	Canadian milk
1 cup	250 mL	Canadian aged Cheddar cheese, shredded
1 tbsp	15 mL	Dijon mustard
Salt and pepper to taste		



Be aware that some vegetables pose a choking risk for children under the age of four.

DIRECTIONS

1. Melt the butter in a saucepan and whisk in the flour. Cook for one minute on low heat.
2. Whisk in the milk until smooth. Turn up the heat slightly and cook until milk starts to simmer and bubbles appear.
3. Add the cheese and mustard and cook until thickened, stirring often.
4. Add salt and pepper to taste.



Puppet fun!

Use the fire puppet to pretend that the fiery breath of Papa Dragon is keeping their fondue warm.



Safety for young eaters



Some cheese fondues can be stringy, and this can be a choking risk for children under the age of four. Our Dragon cheese fondue recipe has a smooth and creamy texture and is safer for young children.

- Cheryl, Registered Dietitian in PEI

Tzatziki

Makes $\frac{3}{4}$ cup (175 mL)

INGREDIENTS

$\frac{1}{4}$		English cucumber, peeled
$\frac{1}{2}$ cup	125 mL	Plain yogurt
$\frac{1}{2}$ tbsp	7 mL	Lemon juice
1 clove		Garlic, minced
1 tsp	5 mL	Fresh dill, finely chopped
$\frac{1}{8}$ tsp	0.5 mL	Salt

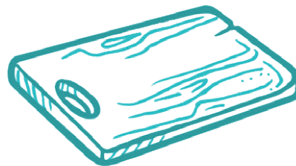


DIRECTIONS

1. Cut cucumber in half lengthwise. Use a spoon to scoop out seeds.
2. Grate cucumber and place on a piece of cheesecloth, gathering edges to form a pouch. Squeeze to drain off liquid.
3. Combine all ingredients in a bowl and mix until smooth.



TIO'S TIP: Put the grated cucumber between two sheets of paper towel to squeeze out the liquid if you don't have cheesecloth.



The benefits of protein



Protein helps children grow and develop. It also helps keep them full until their next meal or snack. These dip recipes use milk, cheese and yogurt, which are part of the protein foods in *Canada's Food Guide*.

- Renée, Registered Dietitian in NB

Creamy orange fruit dip

Makes 1 cup (250 mL)

INGREDIENTS

1		Small orange
1 cup	250 mL	Greek vanilla yogurt

DIRECTIONS

1. Slice orange in half. Use a spoon to scrape the pulp and juice into a small bowl.
2. Stir in the yogurt and let sit for at least 10 minutes before serving.
3. Serve with fruit.



Be aware that some pieces of fruit pose a choking risk for children under the age of four.



TIO'S TIP: Add 1/8 tsp (0.5 mL) of orange zest to the dip for extra flavour.



Puppet fun!

Use the food puppets to engage younger children in recipe preparation.



Kids in the kitchen

Involving children in meal preparation helps build food skills and self-confidence.



THE OBSERVER

(under the age of 2)

Invite children to watch you prepare food. Use these tips to engage them.

- ▲ Describe the colour or shape of the food.
- ▲ Explain what you are doing, such as mixing or pouring.
- ▲ Give them a food they can touch and smell.
- ▲ Offer them safe utensils to play with.

THE BEGINNER

(ages 2 to 4)

Invite children to try these basic tasks.

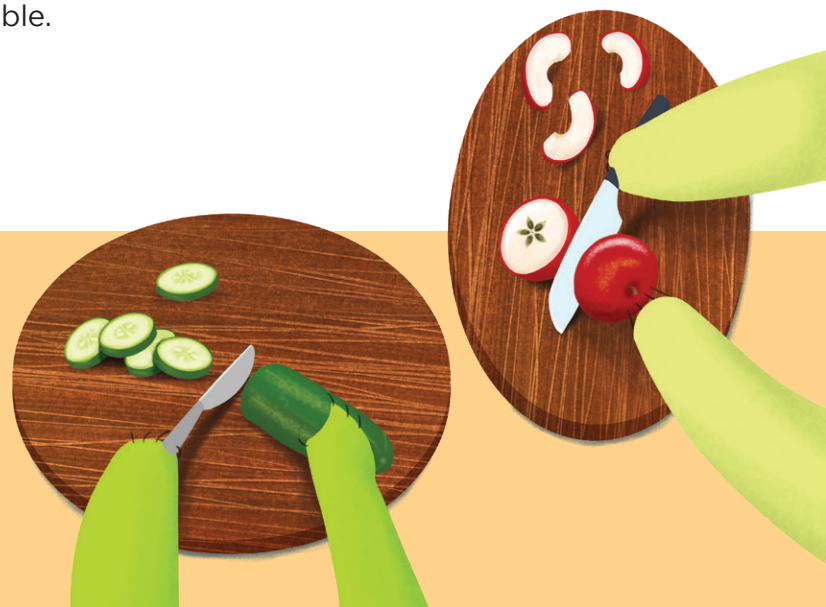
- ▲ Wash fruits and vegetables.
- ▲ Measure and add ingredients to a bowl.
- ▲ Tear herbs with fingers.
- ▲ Mix with a spoon or whisk.
- ▲ Help set the table.
- ▲ Help clean up.

THE APPRENTICE

(ages 4 to 6)

Invite children to explore new kitchen skills when they are ready and interested. You may be nervous for children to use sharp tools when grating, peeling or cutting. The tips on the next page may be helpful for the apprentice who is just starting out.

Always provide supervision. Assign tasks that are suited to the age, skill and comfort level of the child. Children can start to do simple tasks once abilities and interests grow. They can then move on to tasks needing more skill.



Adapted kitchen skills for the apprentice

Children will gain confidence when they are taught to gradually and safely use kitchen tools.



Using a grater

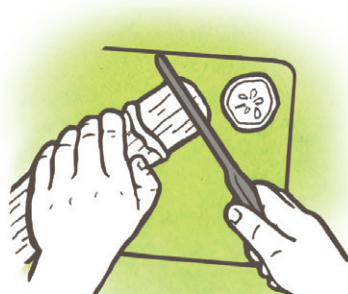
Start by using a box grater, which has a sturdy base and a handle on top. Help children hold the grater to keep it in place. For the cheese, have children hold where the wrapper is rolled back. This will show when fingers are getting close to the grater.

Using a peeler



Use a clean cloth to hold the end of the food being peeled. Rest the food on the cutting board. This will prevent the food from slipping.

Using a knife



Use a butter knife instead of a paring knife for softer foods. This will help children develop knife skills.

Using scissors



Use scissors in a glass to cut herbs. This will help protect little fingers.



Kitchen tool play

Using kitchen tools in play gives children practice before using them in the kitchen.



TIO'S TIP: Don't play with tools that have sharp points or edges.



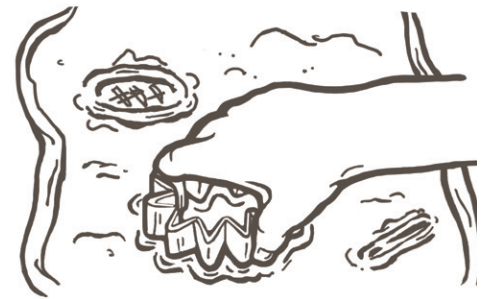
Kitchen tool art

Dip kitchen tools in paint to make designs on paper.
Keep the fun going!
Children can turn their kitchen tool stamps into dragons or monsters.



Guessing game

Put a kitchen tool in a bag. Ask children to put a hand in the bag and guess the tool.



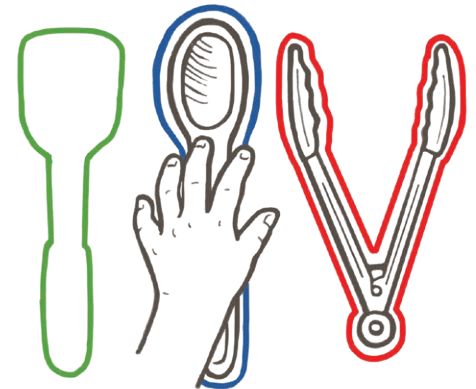
Stamping fun

Use kitchen tools as stamps on flattened modelling dough to make patterns and shapes.



Sensory play

Put sand or water in a bin and add kitchen tools. Watch the digging, stirring, and pouring happen! Add soap to the water bin to make it foamy for extra fun.



Search and find matching game

Trace kitchen tools on paper and then hide the tools. Invite children to find and match the tool to its shape.



It's imagination time!

Set up a food-themed pretend play area.

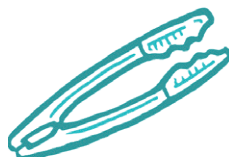
BAKERY



Let's roll out ideas

- ▲ Cut beige felt into a circle or strips for the pie crust.
- ▲ Fill the felt pie with blue pom-poms for blueberries.

TACO STAND



Festive playtime party

- ▲ Fold up yellow felt circles for the taco shells.
- ▲ Cut strips of green felt for the lettuce, red felt for the hot sauce, white felt for the sour cream and orange felt for the shredded cheese.
- ▲ Use brown pieces of yarn for the ground beef.
- ▲ Use black and red pom-poms as black beans and tomatoes.

ICE CREAM SHOP



Some cool add-ons

- ▲ Scrunch up tissue paper into balls for the ice cream.
- ▲ Use beads for the sprinkles.
- ▲ Use red pom-poms for the cherries.
- ▲ Roll up beige construction paper for the cones.

Celebrating food traditions

Saturday night dinner is the Dragon family's favourite tradition. They get to spend time together cooking and eating a delicious meal. Family food traditions are unique to each family and should be celebrated.

Traditions can be simple and part of your everyday life. They do not have to be linked to big celebrations. Some ideas to get started:



SMOOTHIE MONDAY

Start a weekly "smoothie day." Ask children to pick different frozen fruits and vegetables to blend with milk and yogurt.



TEDDY TUESDAY

Have a teddy bear picnic lunch. Put blankets and teddy bears on the floor and let children sit and enjoy their lunch.



WORLDLY WEDNESDAY

Try exploring different foods from around the world. Pick a country and try a food from there.



CHEESY THURSDAY

Have a cheese tasting at snack time. Pair a new cheese with crackers, fruits and vegetables.



FOODIE FRIDAY

Invite children to help prepare a recipe. Try our Cheesy pull apart rolls and Butter in a jar recipes on the next pages.



Preparing traditional family foods

Eating together and taking time to enjoy food allows people of all ages to establish a positive relationship with food. This also helps generations connect and share cultural food practices.

- Elaine, Registered Dietitian in NS

Cheesy pull apart rolls

Makes 12 rolls

INGREDIENTS

3 tbsp	45 mL	Butter
1 cup	250 mL	Warm water
2 1/4 cups	560 mL	All-purpose flour
1 1/4 cups	310 mL	Whole wheat flour
2 1/4 tsp	11 mL	Quick-rise yeast (1 pkg)
3 tbsp	45 mL	Sugar
1 tsp	5 mL	Salt
1 tsp	5 mL	Garlic powder
1 cup	250 mL	Canadian aged Cheddar cheese, shredded



DIRECTIONS

1. Preheat oven to 400°F (200°C). Grease a 12-cup muffin tin.
2. Melt butter in a microwave-safe dish or small saucepan. Stir in water and set aside.
3. Add remaining ingredients to a resealable plastic bag. Seal bag and shake until combined.
4. Pour the water and butter in the bag. Seal the bag well and start squeezing the bag. Do this until dough pulls away from the sides of the bag (about 5 minutes).
5. Place the dough on a floured work surface and knead for 5 minutes. The dough should be smooth and firm.
6. Pull off small pieces of dough (about 1 tbsp in size) and roll into balls. Place 4 balls into each muffin cup. Cover with a clean kitchen towel and let rise for 15 minutes.
7. Bake for about 12 minutes.
8. Cool and share with friends!



Butter in a jar

Makes $\frac{2}{3}$ cup (150 mL)



INGREDIENTS

1 cup	250 mL	Whipping cream
$\frac{1}{8}$ tsp	0.5 mL	Salt

DIRECTIONS

1. Add whipping cream to the jar and leave at room temperature for 20 minutes.
2. Add salt to the jar and tighten the lid.
3. Shake for about 15 minutes. Note: The cream will start to get thick after a few minutes (this is whipped cream). Continue shaking until a hard ball forms (this is butter). You will also be left with liquid (this is buttermilk).
4. Rinse butter with cold water and enjoy!



TIO'S TIP: Spread your butter on the Cheesy pull apart rolls from the previous page.



Redefining “picky” eating



Have you heard children say “yuck, that food is gross” when doing a food-themed activity or recipe? This is often considered “picky eating.”

Let’s reframe how children learn to eat. Think of it as “cautious eating.”

Children can sometimes be uncertain about food. It can take more than 15 exposures before a child may eat a food. Children do best when food is served in a pressure-free environment (see examples below). They will learn to enjoy a variety of foods with practice over time.

- Michelle, Registered Dietitian in NB

Visit our program at NourishingBeginnings.ca to learn more about how to support young eaters.

When a child says	Rather than saying (pressure)	Consider saying (pressure-free)
I don’t want to eat that food.	You like this food, remember?	Thanks for letting me know. You get to decide if you want to eat that food.
I want crackers instead.	No crackers today.	I like crackers too. Today we have yogurt, fruit, and cereal. Would you like to try one of those?

Yuck, that food is gross.

It sounds like you don’t want this food right now. Let’s pass it along and you can choose from other foods.





Roar for reusing

Did you know that dragons are magic? They can turn a milk carton into a cheese grater or a yogurt container into a cauldron! There's no right or wrong way to make these crafts. Set the stage and invite children to use their imagination!

Milk carton barn

Clean and dry a milk carton so that kids can get creative. For example, cut out barn doors or paint the barn a bright colour. This could make a great addition to a farm-themed sensory bin!



BUDGET-FRIENDLY

These craft ideas reuse items, which keeps costs lower.

SAFE PLAY

Some of the crafts in this book use small materials, which pose a choking risk for children under the age of four. Some steps need to be done by an adult, like using a craft knife.



Where food comes from

This book and its activities provide many great conversation starters to explore where food comes from. Take the milk carton barn, for example. Ask questions like: Have you ever been to a dairy farm? What animals did you see? What foods are made with milk? Who works on a farm? Where does the milk go after it's picked up? These discussions can help children connect with their community and the people who grow, pick, prepare and transport food.

- Janis, Registered Dietitian in PEI

Milk carton cheese grater

Clean and dry a milk carton. Cut the bottom off the milk carton. Paint the carton to look like a cheese grater (mix black and white paint together). Once paint is dry, glue a strip of construction paper to the top for a handle. Use this pretend grater in a play kitchen or in the taco stand activity.



Paper roll fire-breathing dragon



Invite children to decorate recycled paper rolls. Use colours inspired by their favourite dragon. Use these to “breathe fire” during pretend play.

Yogurt container cauldron



Reuse a yogurt container to make a cauldron. Invite children to paint the container black. After the paint has dried, they can add flames to the bottom of the cauldron and attach a pipe cleaner for the handle. Children can use this cauldron in pretend play, or you could use it to store the puppets.

Yogurt container dragon den village



Reuse small yogurt cups to make dragon dens, just like the one from the story. You could glue the yogurt cups to a piece of construction paper and paint them green (like grass). Add cut-out trees or other plants to complete the look.

Milk carton dragon feet



Clean and dry two milk cartons. Cut a large rectangle from one side of each carton (this will be the bottom of the dragon foot). Get children to step into the cartons so you can trace their feet. Use the footprints to guide cutting a hole big enough for their feet to fit through the top. Invite children to decorate the dragon's feet with construction paper, adding scales and toes.

Puppet fun!

Get the David and Papa puppets to explore the dragon village.



Tried and tested

The yogurt dragon den craft was a HUGE hit with my son. He thought there were little families of dragons in each one and took it to his room for the night to keep them safe!

- Tracy, mom and Registered Dietitian Consultant in PEI

Puppets for the book “Saturday at the Dragon House”

Use these puppets while you read the story and during the activities. Simply cut along the dotted line and attach to a craft stick with some glue.



TIO'S TIP: For extra support and durability, glue the back of your puppet to a used milk carton before cutting it out.



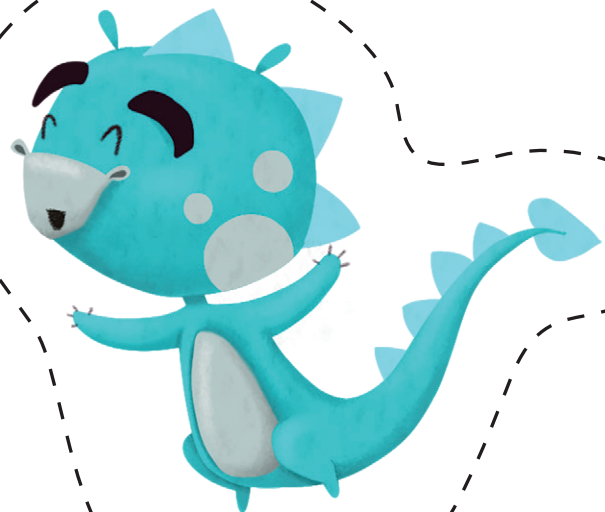
DAVID



DIDI



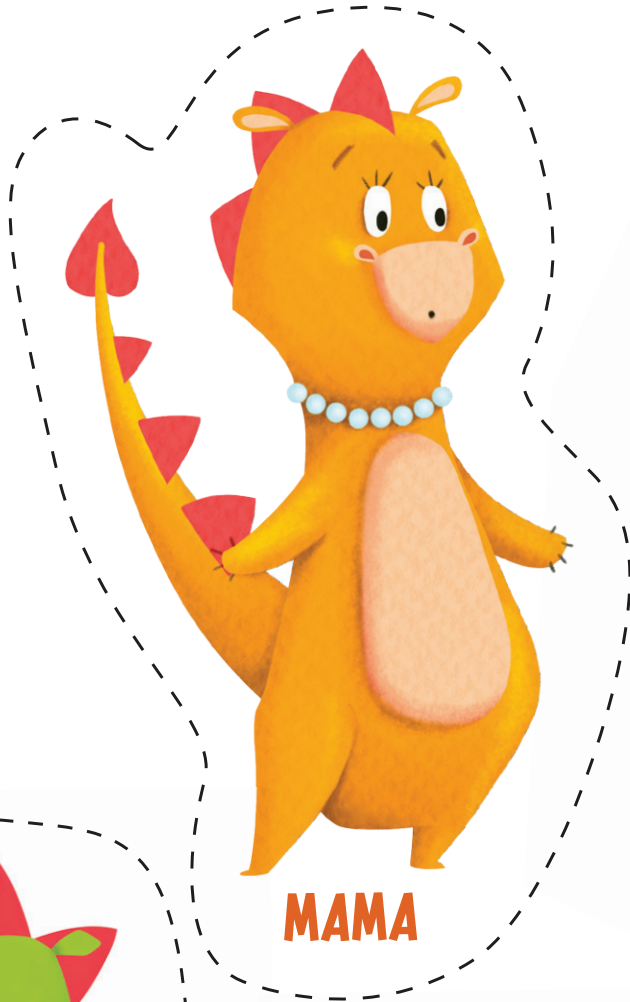
PAPA



TIO

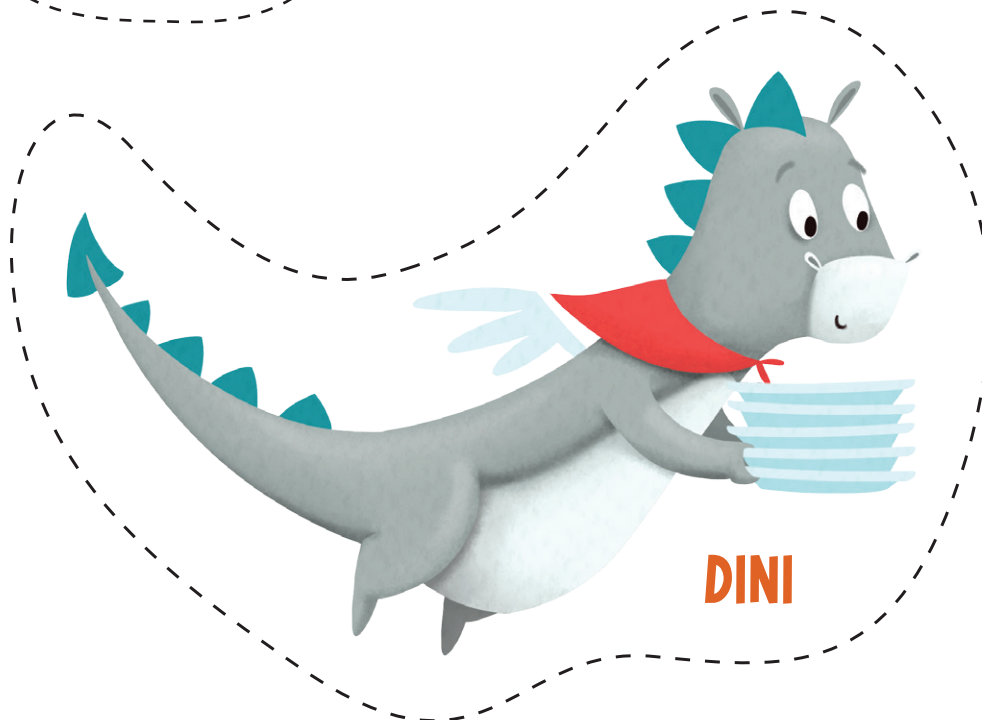
Puppets for the book "Saturday at the Dragon House"

Cut out along the dotted lines.



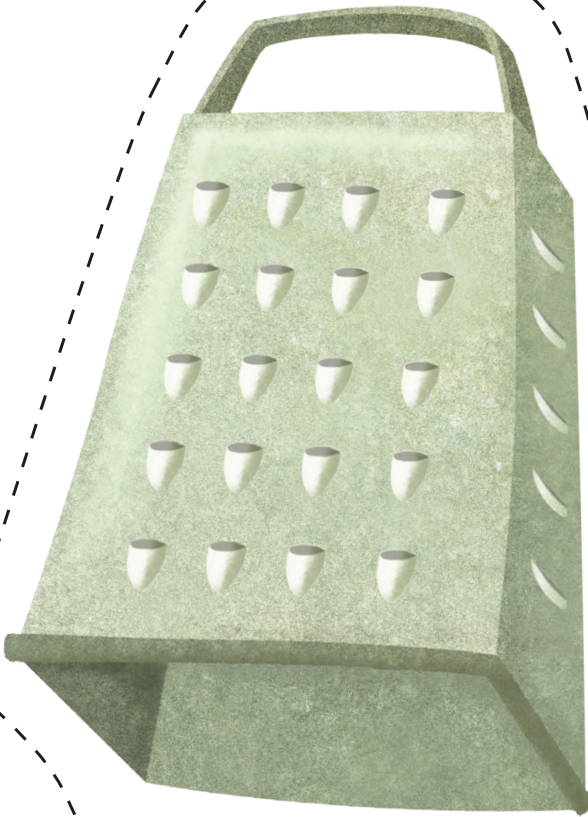
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Puppets for the book "Saturday at the Dragon House"

Cut out along the dotted lines.



GRATER



CHEESE



BREAD



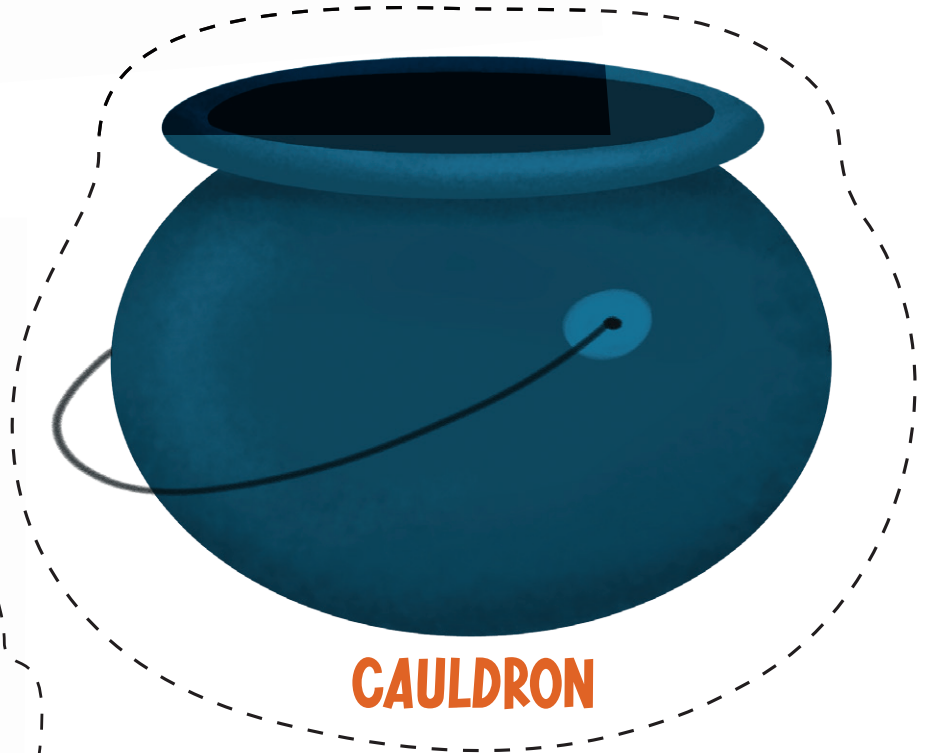
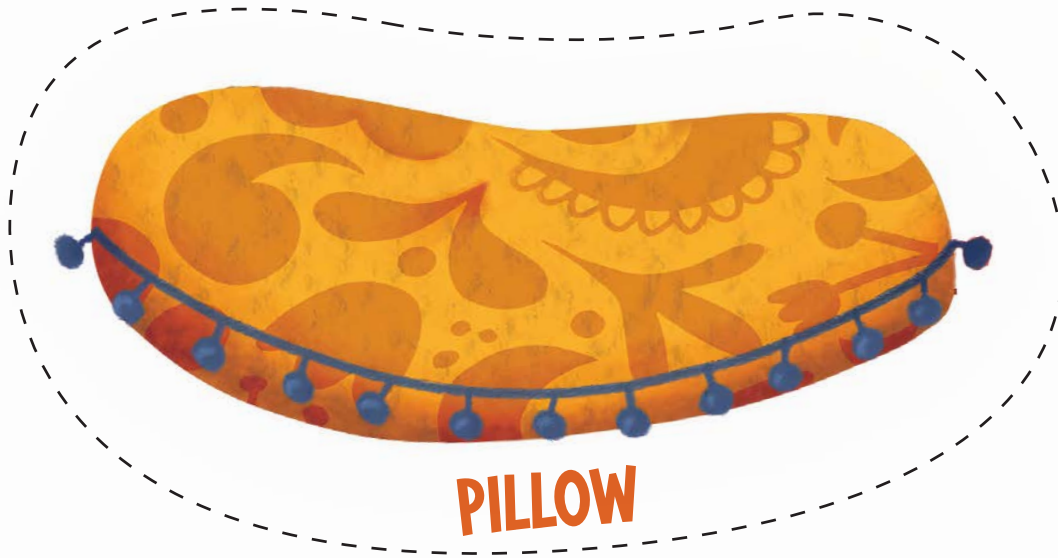
SHREDDED CHEESE



BREAD SLICES

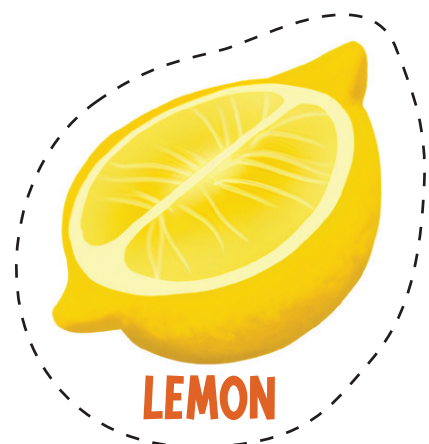
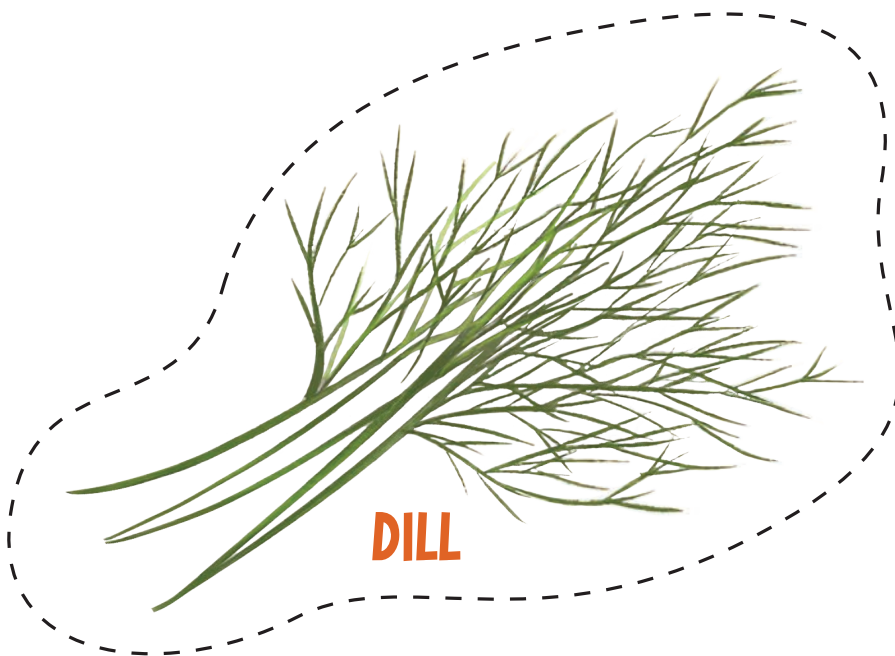
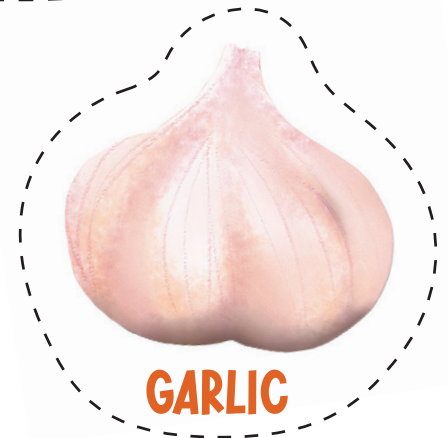
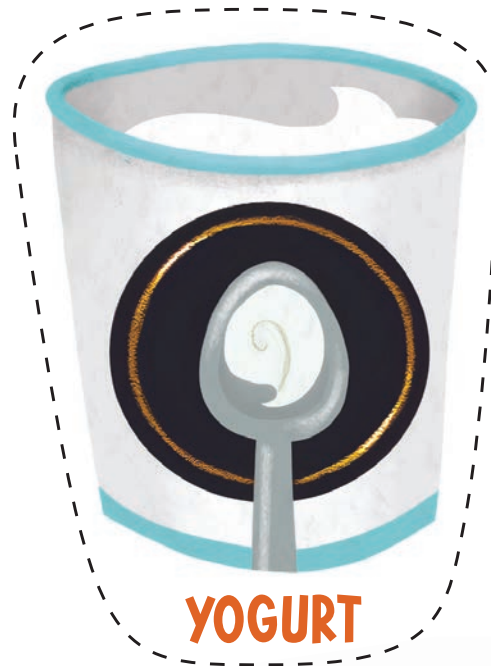
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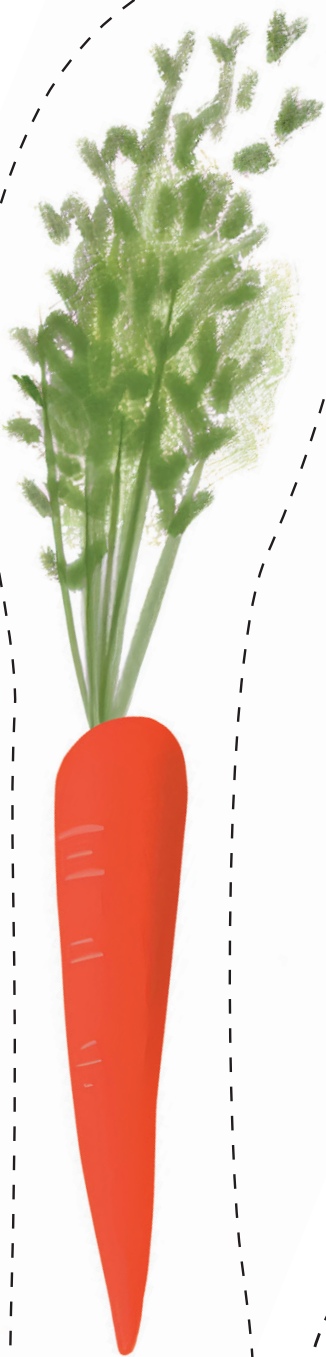
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Puppets for the book "Saturday at the Dragon House"

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CARROT



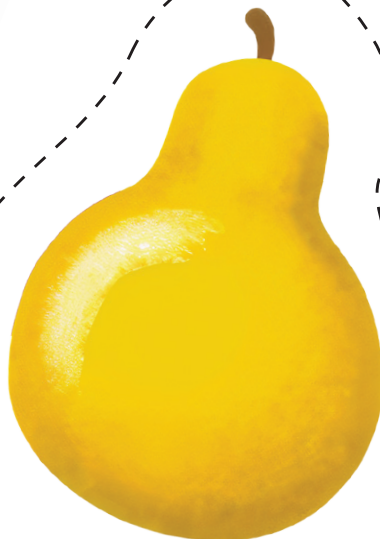
BROCCOLI



APPLE



CUCUMBER



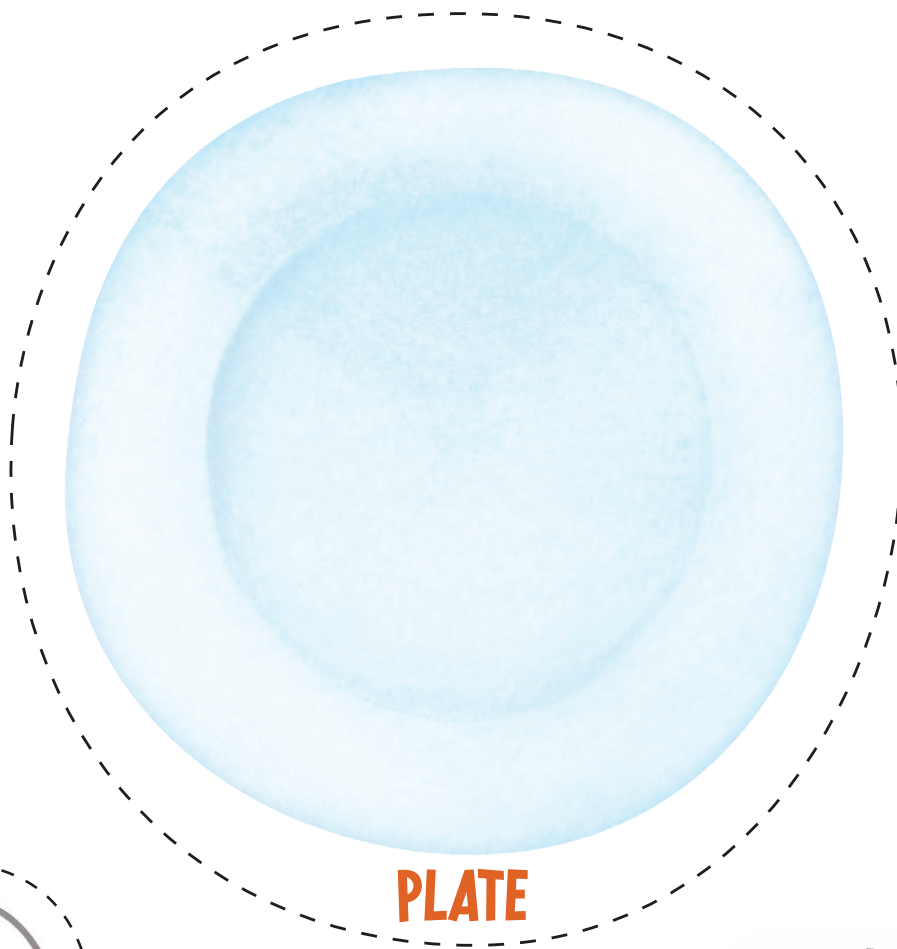
PEAR



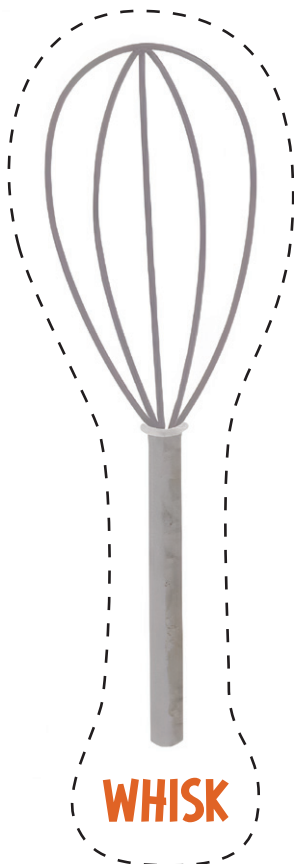
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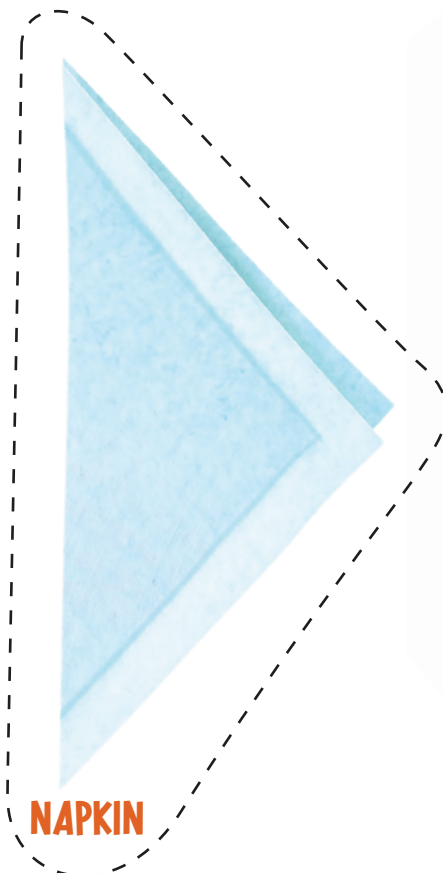
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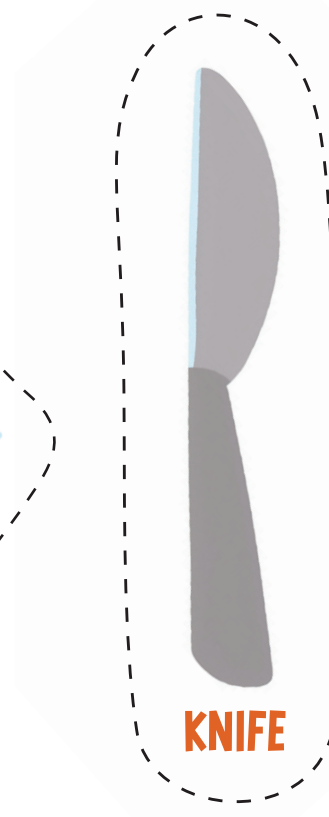
PLATE



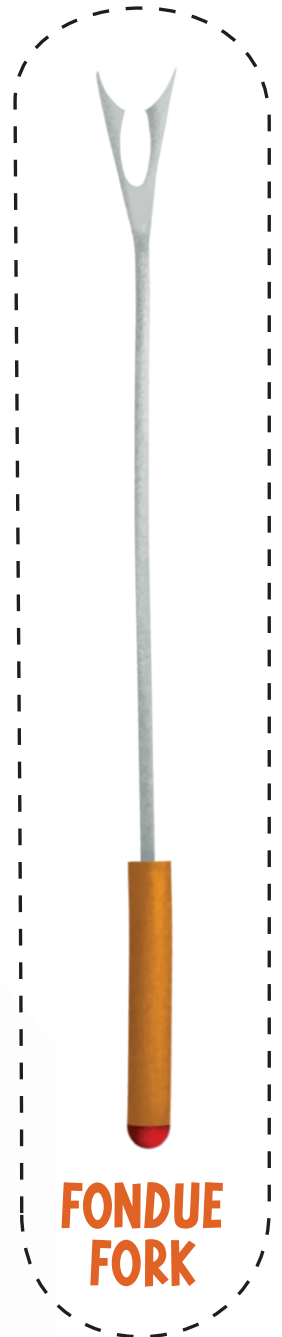
WHISK



NAPKIN



KNIFE



**FONDUE
FORK**