FAMILY ACTIVITY: Recipe Book

In this lesson, youth will learn the ways in which their favorite meals are cooked, what ingredients are required to make their favorite meals, and how to write a recipe so that others can cook their favorite meals.

MATERIALS AND INSTRUCTIONS

Materials

- Paper
- Writing utensils
- Coloring utensils
- Examples of recipes (see end of lesson)
- Food magazines (optional)

Instructions

1. Ask youth if they have ever used a recipe to cook anything before
2. Distribute examples of recipes and give youth some time to look them over
3. Ask youth to share what they see or observe on the recipe
   Guide them to think about how tasks are sequenced, how the recipe is layed out, why there is a picture of the food, why numbers are included
4. Ask youth what their favorite meal is
5. Ask youth how they think their favorite meal is prepared
   Guide youth to think about what materials (food, cooking equipment, appliances), quantities of ingredients and actions are needed to prepare the meal
6. Distribute pieces of paper, writing utensils and coloring utensils
7. Instruct youth to create a recipe for their favorite meal and a cover for their recipe book.
   Youth can follow the format of an example recipe or create a unique format for their recipe
   Consider creating a recipe for your favorite meal alongside youth.
8. Once youth are done, staple together their recipe and the cover of the recipe book to create a book.
   You may want to wait to staple the book together if you will be inviting other members of your family to create recipes to create a family recipe book.
9. Invite youth to share their work
10. Reflect

- How did you decide what to include in your recipe?
- How did you decide what order to write the information down on the paper?
- Why did you choose this meal as your favorite?

QUESTIONS TO EXPLORE

1. Are there other meals that you would like to create a recipe for?
2. Can we use your recipe to make your favorite meal?

IDEAS TO INCLUDE YOUNGER SIBLINGS! (ADAPTATIONS FOR 0-5 YEAR OLDS)

- Younger children will be delighted to contribute to a discussion of how their favorite foods are made. Keep in mind that children this age may use fantasy to fill in the gaps from their lived experiences. Invite them to play along by drawing out instructions instead of writing them, and dictating directions that you write for them, to go along with the pictures. Consider your own child’s age and temperament when correcting misconceptions or probing for more detail to add to steps or ingredients. They may remember the last time you made pizza together it was cooked in the oven and you put cheese on top. They may remember some, but not all of the ingredients and all the steps in the process for making the pizza dough.

REFERENCES, MODIFICATIONS, & EXTENSIONS

References
Activity modified from Scholastic, Activity Plan 4-5: A Classroom Cookbook

Modifications
- This lesson is most age appropriate for youth ages 7-8 years old. See suggestions below for engaging older and younger youth.
  - 5-6 year olds: This activity involves writing. If your youth is still developing their writing skills, consider writing all or part of the recipe for them based on what they tell you to write (make sure you write exactly what they say!). Youth can also contribute by drawing images to go along with the words.
  - 9+ year olds: Encourage older youth to follow a standard recipe format, like the examples that you provide them with, but make modifications to make the format their own. Older youth should write the recipes clearly enough for anyone else to follow the instructions.

Extensions
- Cook the recipe that your youth creates
- Engage youth in reading other recipes by cooking using recipes
- Create a family cookbook by inviting each member of your family to write at least one recipe for their favorite food. Create a cover for your cookbook, then staple the pages together to create a book.
Chocolate Chip, PB & Banana Sandwiches

I love finding new ways to combine peanut butter, chocolate and bananas. I was shocked when my nephews (who are very picky eaters) loved these sammies. — Charlotte Gehle, Brownstown, Michigan

TOTAL TIME: Prep/Total Time: 10 min.
YIELD: 2 servings.

Ingredients

1/4 cup creamy peanut butter
2 tablespoons honey
1/4 teaspoon ground cinnamon
2 tablespoons miniature semisweet chocolate chips
4 slices whole wheat bread
1 medium banana, thinly sliced

Directions

1. Mix peanut butter, honey and cinnamon; stir in chocolate chips. Spread over bread. Layer two bread slices with banana slices; top with remaining bread. If desired, cut into shapes using cookie cutters.

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EASY VEGGIE QUESADILLAS

5 from 3 reviews

prep time: 20 MINS  cook time: 20 MINS
total time: 40 MINS  yield: 4-6 SERVINGS

DESCRIPTION

These Easy Veggie Quesadillas are 100% customizable with whatever veggies you have on hand or happen to love most. See notes above for possible ingredient variations!

INGREDIENTS

2 tablespoons olive oil, divided
1 small sweet potato, peeled and diced into 1-cm cubes
2–3 cups chopped veggies (I used bell pepper, red onion and corn)
1 small jalapeño, cored and finely diced
1 (15-ounce) can pinto or black beans, rinsed and drained
1 teaspoon ground cumin
1/2 teaspoon chipotle chili powder (or regular chili powder,)*
fine sea salt and freshly-cracked black pepper, to taste*
4–6 large flour tortillas
3–4 cups shredded Mexican-blend cheese
1 cup chopped fresh cilantro
dipping options: your favorite salsa, guacamole and/or sour cream
INSTRUCTIONS

1. Heat 1 tablespoon olive oil over medium-high heat in a large non-stick sauté pan. Add sweet potato and sauté for 5-6 minutes, stirring occasionally, until cooked through. Transfer to a separate plate and set aside.

2. Add the remaining 1 tablespoon oil to the pan. Add the veggies and jalapeño, and sauté for 4-5 minutes. Stir in the cooked sweet potato, black beans, cumin, chili powder, a generous pinch of salt and black pepper, and sauté for 2 more minutes. Taste and add more salt, pepper and/or cumin if needed. Transfer the mixture to a large bowl and set aside. Rinse (or just wipe off) the sauté pan until it is clean.

3. Return the sauté pan to the stove, and reduce heat to medium. Place a tortilla* in the center of the pan and immediately sprinkle your desired amount of cheese evenly over the surface of the tortilla. Add a few large spoonfuls (about 1 cup) of the veggie mixture on one half of the tortilla, then sprinkle on some cilantro. Fold the other side of the tortilla over to create a half moon. Continue cooking for another 30 seconds or so, or until the bottom of the tortilla is crisp and golden. (Just lift it up and take a peek to see when it’s ready to go.) Then carefully flip the tortilla over and cook it for an additional 30-60 seconds on the second side.

4. Transfer to a serving plate*, slice into triangles, then repeat with the remaining ingredients.

5. Serve warm, along with your favorite salsa, guacamole and/or sour cream for dipping.
Mini Caprese Skewers

Recipe From: Common Threads

Prep: 20 minutes  |  Cook: 0 minutes  |  Total Time: 20 minutes  |  Servings: 5  |  Difficulty: intermediate

🎯 Cultural Facts:
Caprese salad originates from the small island of Capri off the coast of Naples in Italy. The three ingredients represent the colors in the Italian flag, red, green and white.

Ingredients:
- 5 cherry tomatoes
- 2.5 oz mozzarella cheese, cubed
- 5 basil, small leaves

Equipment:
- Wooden Skewers

Directions:
1. Drain the mozzarella. Rinse the tomatoes.
2. Remove the basil leaves from the stem.
3. Carefully skewer a tomato, mozzarella ball, and basil leaf on each toothpick.
4. Enjoy!