

# Blueberry Skyscrapers

## Blueberry Skyscrapers

YIELD: 10 SERVINGS (1 SKYSCRAPER PER CHILD) • COST PER SERVING: \$1.62

### BEFORE THE COOKING ACTIVITY (Steps for the cook or educator)

- › Wash the blueberries.
- › Prepare the oatmeal by adding 330 mL (1 ½ cups) of water to 160 mL (¾ cup) of rolled oats. Microwave for 2 to 3 minutes or until the oatmeal is cooked. It is best to prepare the oatmeal and store it in the refrigerator the night before so that it is cold for the cooking activity.
- › Put the Cottage cheese, Quark cheese and blueberries into separate bowls.
- › Pour the maple syrup into a small pitcher.
- › Keep the ingredients that need to stay cold in the refrigerator until the cooking activity begins.

### DURING THE COOKING ACTIVITY

#### 1<sup>st</sup> STEP: DISCUSSION

- › Name the ingredients you will use to make the *Blueberry Skyscrapers*.
- › Name the kitchen utensils you will use to make the *Blueberry Skyscrapers*. What are these utensils used for?
- › Do you know what blueberries are? How do blueberries grow?
- › Do you know any other berries? Which ones?
- › When you look at the Quark cheese, what other food does it remind you of?

#### 2<sup>nd</sup> STEP: MAKING THE RECIPE

##### Give each child:

- › 1 clear glass
- › 1 small spoon

Put all the ingredients and other kitchen utensils in the centre of the table.

##### Little chef's steps:

Follow the 14 steps illustrated on pages 30 to 36.

### ACTIVITY REVIEW

- › Did you like making the *Blueberry Skyscrapers*?
- › Which steps did you find easy? Which steps were harder?
- › Would you like to make *Blueberry Skyscrapers* again by adding other ingredients? Which ones?
- › How many different layers did you have in your glass? Could you make more? How?
- › Before this activity, had you ever used a dry measuring cup? If yes, which foods did you measure?

### Variation

Replace the blueberries with other seasonal fruit or with frozen or canned fruit preserved in its own juice.



Do you know what the main purpose of food is? To feed us! Foods provide the body with energy and nutrients to help it function at its best. Children should be encouraged to listen to their bodies and eat according to their needs. In other words, they should eat when they are hungry and stop when they are full. Bribing, rewarding or punishing a child with food goes against this concept. When feeding children, remain as neutral as possible and make sure that the atmosphere is pleasant during meal time. After all, eating is one of life's greatest pleasures!

## : Utensils for the cooking activity

FOR THE CHILDREN

10 small  
clear glasses

1 • 60 mL (¼ cup)  
dry measuring cup

3 • 15 mL (1 tbsp)  
measuring spoons

1 • 5 mL (1 tsp)  
measuring spoon

10 small spoons

# : Ingredients



## : Little chef's steps



**1**

Using the 15 mL (1 tbsp) measuring spoon, measure the Cottage cheese.



**2**

Place your Cottage cheese in your glass.



**3**

Using the 15 mL (1 tbsp) measuring spoon, measure the Quark cheese.



**4**

Using the small spoon, put your Quark cheese into your glass.

## : Little chef's steps



**5** With your educator's help, use the 5 mL (1 tsp) measuring spoon to measure the maple syrup.



**6** Pour the maple syrup into your glass.



**7**

With your educator's help, put 1 to 2 drops of vanilla extract onto your small spoon.



**8**

Add the vanilla into your glass.

## : Little chef's steps



**9**

Using your small spoon, mix together all of your ingredients.



**10**

Using another 15 mL (1 tbsp) measuring spoon, measure 30 mL (2 tbsp) of oatmeal.



**11**

Using your small spoon, add your oatmeal on top of your cheese mixture.



**12**

Spread your oatmeal with your small spoon so that it completely covers the cheese mixture.

## : Little chef's steps



**13**

Using the 60 mL (¼ cup) measuring cup and your small spoon, measure the blueberries.



**14**

Top your glass with the blueberries.

**Enjoy!**