

The Wonder Woods



An evolving story, a cooking activity,
a nursery rhyme and creative games
to promote the development of
healthy eating habits.





The Forest Fiesta

Every year, when the sun sparkles on the waterfall and the moon winks to the fireflies, everyone in the Wonder Woods starts to get very excited. Because the Forest Fiesta is coming – the biggest festival of the whole year! There's music, dancing, games and especially, **ESPECIALLY**, there's a big, delicious feast. With the animals' help, every family prepares their favourite things to eat. But they have to hurry – the fiesta starts in four days!

Here's a story and an activity for each day, so we can join in the excitement and participate at the same time as the characters as they prepare for the Forest Fiesta!

Will they be able to make all their recipes in time for the feast? Wait and see!

DID YOU KNOW?

Milk, yogurt and cheese are all still part of the new *Canada's Food Guide*. They are now included as protein foods, so they are still very much recommended as part of a healthy diet for young children.

Protein foods should be included at every meal: milk, yogurt, cheese, eggs, meat, poultry, legumes, tofu, fish, nuts, etc. In fact, children benefit when they get their protein from a wide variety of foods because each food is different and brings its own unique package of key nutrients.



What is in milk and most dairy products?

- Enough protein to keep children feeling full until their next meal or snack and to help build their growing bodies
 - Calcium to help build healthy bones
 - Fat content that's essential to young children's development

Milk and dairy products are nutritious and small children love them, so why would you leave them out?



Have fun with the kids by preparing
our delicious parfait recipe on Page 7!



Day 1

The Wonder Woods
Forest Fiesta



As soon as the sun comes up, the Rogan family jumps in their little boat. Reggie Rogan and Poppa Rogan row, row, row their boat out onto the lake. They need to find all the ingredients they need to make their famous and delicious stew called Rogaragu.

- *We already have chickpeas and red beans,* says Poppa Rogan.
- *We also have some Gouda cheese and some mushrooms,* says Reggie Rogan.
- *Woof! Woof!* barks Rover the dog as he guards the fishing rods.
- *All we need now is a big fish,* says Poppa Rogan.

While they wait for a fish to bite, Reggie and Poppa Rogan share a delicious sandwich and milk. Yum! But fishing takes a long time and a lot of patience. Luckily Reggie and Poppa can pass the time by practising the songs that they'll sing at the fiesta.

- *La-la-la!* sings Poppa Rogan.
- *Tum-da-dum-da-dum!* sings Reggie Rogan.
- *Aooo, aooo, aooo!* sings Rover.

And then they catch a big fish! Poppa, Reggie and Rover quickly row home to get cooking!

- *This will be our best Rogaragu EVER!* exclaims Reggie Rogan proudly.
- *With all these fresh ingredients, it sure will be delicious!* Poppa agrees.
And it will be ready in time for the feast!

Now there are just three days left before the Forest Fiesta in the Wonder Woods. Will the other families be ready too?

. GAME .

Can you find them?

The Rogan family found everything they need for their recipe. Now can you find all the things hidden in the Wonder Woods?

3 bees	4 fireflies	11 eggs
1 ladybug	7 butterflies	3 peppers
3 snow peas	1 deer	1 pumpkin
1 raccoon	3 squirrels	6 apples
1 cow	3 chickens	6 pears
1 milk carton	1 owl	1 mountain of whole-wheat pasta
3 whole-wheat muffins	7 cubes of cheese	



Now that you have found all the things hidden in the woods, can you put them in the right categories?

Insects (bees, ladybug, fireflies, butterflies)

Animals (raccoon, cow, deer, squirrels, chickens, owl)

Foods that come from an animal (milk, eggs, cheese)

Foods that come from a plant or a tree
(snow peas, peppers, pumpkin, apples, pears)

Foods made from whole-wheat flour (muffins, pasta)



The Wonder Woods Day 2 The Forest Fiesta



High up in their tree house in the Wonder Woods, everyone in the Matina family is getting up early. Today is the day they will prepare everything for the Forest Fiesta. Mama Matina has organized all the details. The two oldest kids, Bibi and Bobbie, hold up their baskets of food.

- *Look! I have the whole-wheat cereal and the milk!* says Bibi.
- *And I have the plain yogurt and the blueberries!* says Bobbie.

But Bella's ingredients haven't arrived yet – she's watching for them with a pair of binoculars.

- *Where can they be?* worries Bella.

Meanwhile, Mama Matina supervises the kitchen, just as Ben and Brynna climb up with a big piece of Gruyère cheese.

- *Mmm, it smells so good!* says Brynna.
- *I hope Kassim is picking us some apples and pears,* says Mama.

But little Kassim isn't picking, he's relaxing in the shade on his swing, dreaming about the big feast. Luckily, his brother sees him and goes to help. Together, they fill a basket full of apples and a basket full of pears.

- *Mama will be so proud,* says Kassim.

Once all the ingredients are brought to the tree house, the whole family will cook together. What are they making? A delicious breakfast!

But they are still missing some VERY important ingredients.

- *Where are the eggs for my omelette?* asks Mama Matina.

Bella hangs her head, saying,

- *Uhh... I don't know where my basket of eggs and my fresh herbs are...*

But just as she says that, there's a knock at the door. Knock, knock, knock! Surprise! When the door opens, there's Bibi with a basket of fresh eggs, and three birds carrying a big bunch of fresh herbs!

- *Delivery for Bella Matina!* announces Bibi with a big smile.
- *Phew! All my ingredients are here,* says Mama.
- *Our super breakfast will be ready in time for the feast!*

. RECIPE .

The Perfect Parfait

SERVES 1

Let's help the Matina family make the Perfect Parfait for the fiesta!

INGREDIENTS

- 2 tbsp (30 mL) frozen blueberries, thawed
- 1/4 cup (60 mL) 2% M.F. vanilla yogurt
- 1/4 cup (60 mL) frozen strawberries, thawed
- 1 tbsp (15 mL) quick-cook oats
- Ground cinnamon, to taste

- 1** On the table, put all the recipe ingredients you'll need to make the Perfect Parfait: a bowl of blueberries, a bowl of vanilla yogurt, a bowl of crushed strawberries and a bowl of quick-cook oats, with a measuring spoon for each. Include a jar of ground cinnamon for sprinkling.
- 2** Give each child a glass and a spoon.
- 3** Have the children move around the table so they can fill their glasses with each ingredient.
- 4** As soon as everyone has filled their glasses with all the ingredients, enjoy your Perfect Parfaits together!



. GAME .

Who will eat breakfast first?

AIM OF THE GAME

Be the first player to get the six ingredients needed to make a breakfast of a small cheese and vegetable omelette, half a slice of bread, some strawberries and a glass of milk.

MATERIALS

supplied with the brochure and poster

24 food cards

on the last page of the brochure

1 game board

on the back of the poster

4 game pieces

in a bag with the poster

1 dice

not supplied

PREPARATION

1

Fold and insert the flaps to create four pyramid-shaped game pieces with flat, square bottoms.



2

Detach the 24 food cards found on the last page of the brochure, shuffle them and put them face down one by one in the middle of the game board (like a memory game).




3


Put all the game pieces on the Start square, roll the dice and have fun!



HOW TO PLAY

Each person takes turns rolling the dice and moving their game piece according to the number shown face-up on the dice.

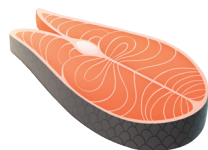
If the game piece lands on an Ingredient square , the player turns over one of the food cards in the middle of the game board, so all players can see which food is on it. If the food on the card matches the food on the Ingredient square, the player takes and keeps the card in their colour-coded player zone. If the foods don't match, the player must turn the food card face down again, leaving it in the middle of the board.

If the game piece lands on a Breakfast square , the player says out loud one of the breakfast ingredients they don't have yet, and then turns over one of the food cards in the middle. If the ingredient on the food card matches the one they said out loud, the player keeps the card and adds it to their game space. If it doesn't match, they put the food card back face down in the middle of the board.

The first player to collect the six breakfast foods wins the game!



The Wonder Woods Day 3 The Forest Fiesta



In the Tassi family, everybody loves kebabs! All kinds of kebabs! Meat kebabs, fish kebabs, vegetable kebabs... and this year, for the Forest Fiesta, the Tassi family has decided to make... the biggest kebab the Wonder Woods have ever seen!

- *We need some meat*, says Tilly.

- *We need some fish*, says Toby.

- *We also need lots of vegetables and some tzatziki sauce made with yogurt for dipping*, says Sam.

So the whole family gets started on their big kebab project. But to grill the biggest kebab, they need a big fire.

- *I'll start building the fire*, says Papa.

- *And I'll go find some wood for the fire*, exclaims Tilly as she heads off to the muffin patch. She comes back quickly with a load of firewood in her arms.

- *Ready? Let's start cooking!* says Papa.

The delicious smell of the giant grilled kebab spreads all over the Wonder Woods.

- *That smells good!* says Tilly.

- *SO good!* says Toby.

- *So, so, SO good!* says Sam, rubbing his tummy.

But the giant kebab is just for the Forest Fiesta feast, not for eating right away. So in the meantime, the Tassi family has a delicious snack of whole-wheat bread and marbled Cheddar cheese.

- *See you tomorrow, giant kebab! We can't wait to share you with everybody in the Wonder Woods!*

. GAME .

Food rainbow

The Tassi family's kebabs aren't just delicious,
they are always super-colourful too!

In an opaque bag, put little paper chips of all different
colours (white, purple, green, yellow, red, brown, orange...).
Take turns pulling out a colour chip and then, as a group,
try naming many foods that are that colour.





The Wonder Woods Day 4 The Forest Fiesta



Everybody in the Wonder Woods is so excited! There's only one day left before the Forest Fiesta! All those living in the Wonder Woods are so excited, even the animals! But the Delly family hasn't made anything for the feast yet! They think they want to make salads but they don't know what to put in them.

- *Let's go for a walk in the Wonder Woods*, says Ali, the littlest one in the family.
Maybe the animals can help us?

- *What a good idea!* says Mama Delly.

So the family sets out into the woods. Soon they meet the rabbits.

- *Hey, rabbits! What should we put in our salad?*

- *Vegetables!* say the rabbits.

Ali Delly thinks that is an excellent idea, so he picks carrots, beets and radishes for the salad. - *Thank you, rabbits!* says Ali.

A little further down the path, Mama sees some butterflies.

- *Hey, butterflies! What tastes good in a salad?*

- *Berries!* say the butterflies.

Mama Delly thinks that is an excellent idea, so she picks strawberries and raspberries for the salad. - *Thank you, butterflies!* says Mama Delly.

Then, near the big tree stump, Ali sees some squirrels.

- *Hey, squirrels! What tasty things could we put in our salad?*

- *Nuts and seeds!* say the squirrels.

Ali Delly thinks that is a wonderful idea, and he is so happy with all the nuts and seeds the squirrels bring him for the salad.

- *Well, I think we have everything we need*, says Mama Delly.

But then a raccoon bounces out from behind a bush.

- *How about lentils?* he says. *Lentils are so good in salads! Want some?*
I can bring you some right away in my wheelbarrow!

- *Great idea!* says Ali Delly. *Thank you, Mr. Raccoon!*

- *Splendid!* says Mama Delly. *All we need to make now is my secret salad dressing of yogurt and maple syrup!*

- *What are you going to call your vegetable, fruit, nut and lentil salads?* asks the raccoon.

Mama Delly and Ali Delly look at each other and say:

- *We'll call them DELLY-icious salads, of course!*

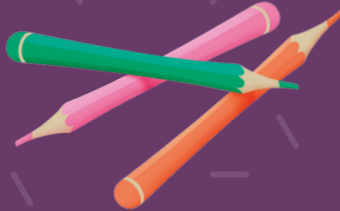
. GAME .

Draw a DELLY-icious salad!

Thanks to the animals in the Wonder Woods, the Delly family will have DELLY-icious salads to share at the feast.

Draw a large salad bowl and a little serving jar for the secret salad dressing.

Then divide the children into four groups: rabbits, butterflies, squirrels and raccoons. Ask the rabbits to draw vegetables, the butterflies to draw berries, the squirrels to draw seeds and nuts, and the raccoons to draw colourful lentils. Cut out all the food drawings and put them in the bowl to create your own DELLY-icious salad!



Day 5

The Wonder Woods
Forest Fiesta

The Forest Fiesta is finally here! The minute the morning sun peeks through the trees, everyone in the Wonder Woods starts singing, dancing and playing games, but especially, ESPECIALLY, they are excited to share the big feast!

The Matina family begins the feast by sharing their super breakfast. Yum!

More singing, dancing and all that playing, and soon it's time to eat for more energy! Look! The Rogan family and the Delly family jump up, saying:

- Come and get your lunch! We have amazing Rogaragu and DELLY-icious salads for you!

After lunch, everyone hikes up Mount Spaghetti and then goes for a swim in Lake Plishploh. It's a long afternoon of fun that makes everyone hungry! When suppertime arrives, it's the Tassi family's turn to present the biggest kebab ever! And everyone loves it!

As the sun sets, the fiesta ends with a huge bonfire and a special performance – Ali Delly, Reggie Rogan and Rover all sing *“Over in the Wonder Woods,”* and everybody claps and cheers!

Tired, happy and well-fed, all the families head home to bed to remember all the fun things they did and the delicious things they ate, and to dream about next year's Forest Fiesta!



. SONG .

Over in the Wonder Woods

(To the tune of "Old MacDonald Had a Farm")

Over in the Wonder Woods EIEIO
Things to eat come from the FIELDS! EIEIO
With some cereal here and some crackers there
Here a bun, there a naan
Yummy muffins everywhere
Over in the Wonder Woods, everything tastes good!

Over in the Wonder Woods EIEIO
Things to eat come from the TREES! EIEIO
With some apples here and some peaches there
Here a nut, there a fruit
Yellow pears everywhere
Over in the Wonder Woods, everything tastes good!

Over in the Wonder Woods EIEIO
Things to eat come from the ANIMALS! EIEIO
With some kefir here and some yogurt there
Here a chicken, there a fish
Milk and cheese everywhere
Over in the Wonder Woods, everything tastes good!

Over in the Wonder Woods EIEIO
Things to eat come from the PLANTS! EIEIO
With some carrots here and some lentils there
Here a pea, there a beet
Cauliflowers everywhere
Over in the Wonder Woods, everything tastes good!

Yumm!

Singing and dancing go together! Get the kids to invent gestures to go with the words in the song.



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