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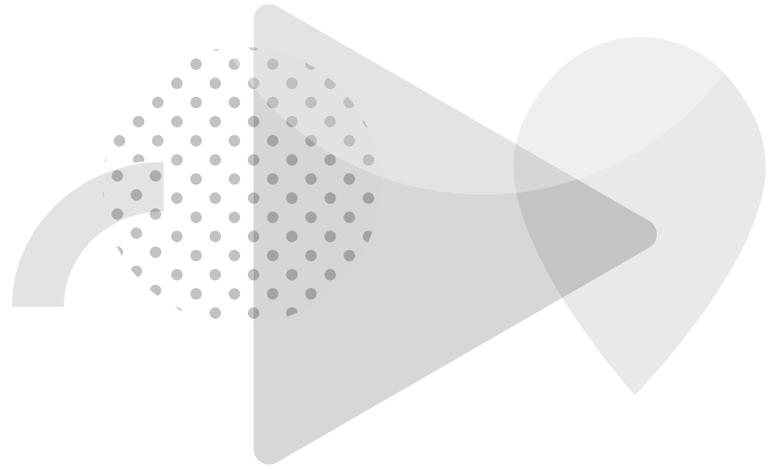
Career and Technology Foundations:

## **DIY Meals and Snacks Module**

# **STUDENT WORKBOOK**







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The Do-It-Yourself Meals and Snacks module addresses this challenge:  
How can you use *Canada's Food Guide* (CFG) to plan and prepare enjoyable meals and snacks?

## LESSONS AT A GLANCE

### LESSON 1: THE BUILDING BLOCKS OF MEALS AND SNACKS

Practise creating meals and snacks that feature foods from the CFG Plate.

Recipes: Honey Mustard Chicken Wraps, Macaroni and Cheese with Broccoli

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### LESSON 2: EXPLORING VARIETY

Explore how choosing a variety of vegetables and fruits, whole grain foods, and protein foods helps your body get the nutrients it needs.

Recipes: Nourish Bowl, Chili

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### LESSON 3: FACTORS THAT AFFECT FOOD CHOICES

Examine how various factors related to personal needs and available resources influence food choices.

Recipes: Design-a-Smoothie, Basic Beef Burger/Black Bean Burger

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### LESSON 4: SIGNATURE DISH

Apply knowledge of the CFG Plate, of choosing a variety of foods, and of factors that affect food choices in the development of a signature dish.

Recipes: Students' choice

# STUDENT COOKING RUBRIC: LESSONS 1–3

## LEARNING OUTCOMES

- I appraise the skills, knowledge, and technologies used to respond to challenges.
- I follow safety requirements associated with occupational areas and related technologies.
- I develop skills that support effective relationships.

Use this rubric in Lessons 1–3 to assess working in the kitchen.

Rate yourself using this suggested scale: **1 – Learning; 2 – Satisfactory; 3 – Proficient; 4 – Excellent**

AREA	Collaboration	Safety and Cleanliness	Time Management	Recipe Success
<b>LESSON 1</b> RECIPE: _____				
<b>LESSON 2</b> RECIPE: _____				
<b>LESSON 3</b> RECIPE: _____				

Identify one area to explore in more detail for each lesson. Explain what you observed and how the number rating you selected supports your observations.

Lesson 1 Area: \_\_\_\_\_

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Lesson 2 Area: \_\_\_\_\_

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Lesson 3 Area: \_\_\_\_\_

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# LESSON 1: THE BUILDING BLOCKS OF MEALS AND SNACKS

## ACTIVITY: BUILD-YOUR-OWN MEALS AND SNACKS

### SNACKS

Look at each meal and snack as it comes up on the screen and check off the Canada's Food Guide (CFG) foods you see in the images: VF = vegetables and fruits, WGF = whole grain foods, PF = protein foods.

1. Would you add any other foods to the snack so that it contains foods from at least two categories (vegetables and fruits, whole grain foods, and protein foods)?
2. Would you swap out any foods for something you like better, while keeping foods from at least two of the three categories?
3. Would you add anything else to the snack to make it taste even better?

Snack 1: Orange slices



- VF
- WGF
- PF

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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Snack 2: Yogurt and berries



- VF
- WGF
- PF

1. \_\_\_\_\_  
\_\_\_\_\_  
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2. \_\_\_\_\_  
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\_\_\_\_\_
3. \_\_\_\_\_  
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# MEALS

Look at each meal and snack as it comes up on the screen and check off the Canada’s Food Guide (CFG) foods you see in the images: VF = vegetables and fruits, WGF = whole grain foods, PF = protein foods.

1. Would you add any other foods to the meal so that it contains at least one vegetable or fruit, one whole grain food, and one protein food?
2. Would you swap out any foods for something you like better while keeping at least one vegetable or fruit, one whole grain food, and one protein food?
3. Would you add anything else to the meal to make it taste even better?

**Breakfast 1: Whole grain English muffin with strawberry jam, and a glass of water**



- VF
- WGF
- PF

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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**Breakfast 2: Scrambled eggs, whole grain toast, and a glass of milk**



- VF
- WGF
- PF

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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# MEALS

Look at each meal and snack as it comes up on the screen and check off the Canada's Food Guide (CFG) foods you see in the images: VF = vegetables and fruits, WGF = whole grain foods, PF = protein foods.

1. Would you add any other foods to the meal so that it contains at least one vegetable or fruit, one whole grain food, and one protein food?
2. Would you swap out any foods for something you like better while keeping at least one vegetable or fruit, one whole grain food, and one protein food?
3. Would you add anything else to the meal to make it taste even better?

**Lunch 1: Vegetarian chili, whole grain bun, and a glass of milk**



- VF
- WGF
- PF

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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**Lunch 2: Grilled cheese sandwich on whole grain bread, bell peppers, dip, and a glass of water**



- VF
- WGF
- PF

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
3. \_\_\_\_\_  
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 \_\_\_\_\_

# MEALS

Look at each meal and snack as it comes up on the screen and check off the Canada's Food Guide (CFG) foods you see in the images: VF = vegetables and fruits, WGF = whole grain foods, PF = protein foods.

1. Would you add any other foods to the meal so that it contains at least one vegetable or fruit, one whole grain food, and one protein food?
2. Would you swap out any foods for something you like better while keeping at least one vegetable or fruit, one whole grain food, and one protein food?
3. Would you add anything else to the meal to make it taste even better?

**Supper 1: Whole grain pasta with tomato sauce, salad, cupcake, and a glass of water**



- VF
- WGF
- PF

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
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**Supper 2: Moose stew, carrot sticks, and a glass of milk**



- VF
- WGF
- PF

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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## RECIPE:

# HONEY MUSTARD CHICKEN WRAPS

**Prep Time:** 10 minutes

**Cooking Time:** 10–15 minutes

**Serves:** 4

### KITCHEN EQUIPMENT

- Two cutting boards, one for chicken and one for vegetables
- Chef's knife or paring knife
- Aluminum foil
- Oven or toaster oven
- Oven mitts
- Liquid measuring cups
- Measuring spoons
- Small bowl
- Whisk
- Large non-stick skillet
- Wooden spoon
- Serving spoon

### INGREDIENTS

- 4 large whole grain tortillas
- 30 mL (2 Tbsp) cornstarch
- 175 mL ( $\frac{3}{4}$  cup) milk
- 75 mL ( $\frac{1}{3}$  cup) honey mustard
- Salt and pepper to taste
- 15 mL (1 Tbsp) butter
- 450 g (1 lb) boneless skinless chicken, cut into thin strips
- 2 garlic cloves, minced
- 1 red bell pepper, cut into thin strips
- 500 mL (2 cups) romaine or leaf lettuce, shredded



## PREPARATION

1. Preheat oven or toaster oven to 180 °C (350 °F). Wrap tortillas in a large foil package and warm in oven for 5–10 minutes.
  2. Meanwhile, in a measuring cup or bowl, whisk together cornstarch, milk, honey mustard, salt, and pepper.
  3. In a large non-stick skillet, melt butter over medium-high heat.
  4. Sauté chicken just until chicken is starting to brown.
  5. Add garlic and red pepper; sauté for 2 minutes.
  6. Stir milk mixture, pour into skillet, and stir to combine.
  7. Reduce heat to medium and cook, stirring, for 3–5 minutes or until thickened and chicken is no longer pink inside. Remove from heat and let cool slightly in pan.
  8. Spoon filling along centre of tortillas and top with shredded lettuce.
  9. Fold up tortilla at one end of filling, then roll to enclose filling.
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## VARIATIONS

- For a meatless version replace the chicken with one 540 mL (19 oz) can of low sodium chickpeas (rinsed and drained).
- Add extra toppings: sautéed mushrooms, pickled jalapeño peppers, shredded cheese, chopped tomatoes, etc.
- Add 15 mL (1 Tbsp) grainy mustard or hot brown mustard with the honey mustard.
- Add 10 mL (2 tsp) minced hot pepper with the bell pepper.

Adapted from Dairy Farmers of Canada *Honey Mustard Chicken Wraps*.

## RECIPE:

# MACARONI AND CHEESE WITH BROCCOLI

**Prep Time:** 15 minutes

**Cooking Time:** 20 minutes

**Serves:** 6

### KITCHEN EQUIPMENT

- Cutting board
- Chef's knife or paring knife
- Grater
- Stovetop
- Three large saucepans, one with a lid
- Two colanders
- Liquid measuring cups
- Dry measuring cups
- Measuring spoons
- Spatula
- Whisk

### INGREDIENTS

- 500 mL (2 cups) whole grain macaroni
- 1 head broccoli, cut into florets
- 30 mL (2 Tbsp) butter
- 60 mL (¼ cup) all-purpose flour
- 2 mL (½ tsp) dry mustard
- 625 mL (2½ cups) milk
- 500 mL (2 cups) shredded Cheddar cheese
- 60 mL (¼ cup) chopped green onions
- 15 mL (1 Tbsp) chopped fresh parsley or
- 5 mL (1 tsp) dried parsley
- Salt and pepper to taste



## PREPARATION

### Macaroni

1. Bring a large saucepan of water to a boil.
2. Cook macaroni until al dente, about 12 minutes.
3. Drain in a colander and set aside.

### Broccoli

1. Bring about ¼ inch of water to a boil in a large saucepan with a lid.
2. Add broccoli florets.
3. Cover and steam for about 3 minutes until crisp-tender or 8 minutes until softened.
4. Drain in a colander and set aside.

### Cheese sauce

1. In a large saucepan, melt butter over medium heat.
  2. Blend in flour and dry mustard.
  3. Gradually whisk in milk.
  4. Cook and stir until mixture boils and thickens, about 5 minutes.
  5. Remove from heat and add shredded cheese. Stir until melted.
  6. Fold macaroni, broccoli, green onion, and parsley into the sauce. Add salt and pepper to taste.
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## VARIATIONS

- Use a different type of cheese or cheese blend, for example Cheddar and Swiss.
- Use a different type of vegetable, such as grated carrot, grated zucchini, or cooked peas.

Adapted from Dairy Farmers of Canada *Macaroni 'n' Three Cheeses*.

# LESSON 2: EXPLORING VARIETY

## ACTIVITY: FOOD PROFILES

Your teacher will assign you a set of foods to examine using nutrient graphs.

1. What *Canada's Food Guide* category do these foods belong to: vegetables and fruits, whole grain foods, or protein foods? \_\_\_\_\_
2. In the chart below, list the top three nutrients in each food from highest percent daily value (% DV) to lowest % DV. If there is a tie, write in all the nutrients at that % level. Mark the protein claim for each food as well.

FOOD	TOP THREE NUTRIENTS	% DV	PROTEIN CLAIM
	1.		<input type="radio"/> Excellent source of protein
	2.		<input type="radio"/> Good source of protein
	3.		<input type="radio"/> Low source of protein
	1.		<input type="radio"/> Excellent source of protein
	2.		<input type="radio"/> Good source of protein
	3.		<input type="radio"/> Low source of protein
	1.		<input type="radio"/> Excellent source of protein
	2.		<input type="radio"/> Good source of protein
	3.		<input type="radio"/> Low source of protein

FOOD	TOP THREE NUTRIENTS	% DV	PROTEIN CLAIM
	1.		<input type="radio"/> Excellent source of protein
	2.		<input type="radio"/> Good source of protein
	3.		<input type="radio"/> Low source of protein
	1.		<input type="radio"/> Excellent source of protein
	2.		<input type="radio"/> Good source of protein
	3.		<input type="radio"/> Low source of protein
	1.		<input type="radio"/> Excellent source of protein
	2.		<input type="radio"/> Good source of protein
	3.		<input type="radio"/> Low source of protein

3. Are the top three nutrients for each food different?  Yes  No

4. Why do you think it is important to eat a variety of vegetables and fruits, whole grain foods, and protein foods?

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# RECIPE:

## NOURISH BOWL

**Prep Time:** 20 minutes

**Cooking Time:** None (If your grains need to be cooked, estimate 30 minutes.)

**Serves:** 4

### KITCHEN EQUIPMENT

- Cutting board
- Chef's knife or paring knife
- Dry measuring cups
- Liquid measuring cups
- Measuring spoons
- Can opener
- Colander
- Small bowl
- Whisk

### INGREDIENTS

- 1.5 L (6 cups) chopped vegetables such as carrots, cucumber, or bell peppers, or a combination
- 500 mL (2 cups) cooked whole grains such as brown rice, quinoa, or whole grain couscous
- 1-540 mL (19 oz) can low sodium pulses such as chickpeas, beans, or lentils, rinsed and drained
- 125 mL (½ cup) shredded cheese OR pumpkin or sunflower seeds
- 250 mL (1 cup) dressing (see options below)

### Dressing options

#### *Yogurt Dressing*

- 150 mL (⅔ cup) plain yogurt
- 60 mL (¼ cup) balsamic vinegar
- 2 mL (½ tsp) Italian seasoning
- 30 mL (2 Tbsp) maple syrup (optional)

#### *Quick Hummus Dressing*

- 150 mL (⅔ cup) hummus
- 60 mL (¼ cup) apple cider vinegar

## PREPARATION

1. Whisk all dressing ingredients in a small bowl.
  2. Divide vegetables, grains, pulses, and cheese/seeds among four bowls.
  3. Top each bowl with dressing.
- 

## VARIATIONS

- Use cooked or roasted vegetables instead of raw vegetables.
- Omit the grains and serve the bowl with 4 pieces of whole grain flatbread (such as pitas or tortillas).
- Use 500 mL (2 cups) cooked meat, fish, or poultry instead of pulses.
- Use 8 hard-boiled eggs instead of pulses.
- Use a different type of dressing.



## RECIPE:

# CHILI

**Prep Time:** 15 minutes

**Cooking Time:** 20 minutes

**Serves:** 6

### KITCHEN EQUIPMENT

- Cutting board
- Chef's knife or paring knife
- Colander or sieve
- Liquid measuring cups
- Dry measuring cups
- Measuring spoons
- Stovetop
- Large non-stick saucepan with lid
- Wooden spoon
- Can opener

### INGREDIENTS

- 15 mL (1 Tbsp) butter
- 1 onion, chopped
- 1 garlic clove, minced
- 450 g (1 lb) ground meat of your choice: beef, turkey, chicken, or pork
- 1 green bell pepper, chopped
- 250 mL (1 cup) bite-sized canned or frozen vegetables such as corn, sliced mushrooms, or mixed vegetables
- 1-540 mL (19 oz) can low sodium diced or crushed tomatoes
- 1-540 mL (19 oz) can of your choice of low sodium black beans, kidney beans, chickpeas, or mixed beans, rinsed and drained
- 125 mL (½ cup) water
- 45 mL (3 Tbsp) chili powder
- 7 mL (1½ tsp) ground cumin
- Salt to taste

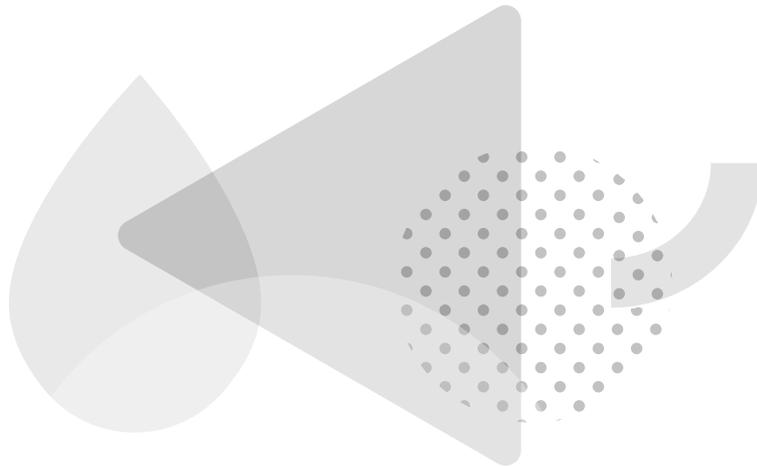
**Optional Toppings:** Shredded cheese, plain Greek yogurt, sour cream, chopped cilantro, hot pickled peppers

## PREPARATION

1. Heat butter in a large, non-stick saucepan over medium-high heat.
  2. Add chopped onion and garlic and sauté for 2–3 minutes until onion is translucent.
  3. Add meat and cook until browned, 7–10 minutes. Drain off fat, if necessary, and discard it.
  4. Stir in green bell pepper, vegetables, tomatoes, beans, water, and spices.
  5. Cover and simmer for 20 minutes.
  6. Ladle chili into bowls and add toppings as desired.
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## VARIATIONS

- For a meatless version omit the ground meat and add another 540 mL (19 oz) can of beans.



# LESSON 3: FACTORS THAT AFFECT FOOD CHOICES

## ACTIVITY: THIS OR THAT

There are no right or wrong answers for this activity. The purpose of the activity is to think about some of the reasons we make food choices.

### SCENARIO

You were sent to the store with \$15 to buy groceries to make breakfast for your family of four.\* You decide to make oatmeal, keeping in mind what you've learned about *Canada's Food Guide* (CFG) and variety. You write oats, milk, and blueberries on your grocery list.

### PART 1: SELECT FOODS

Review each section and put a checkmark next to your preferred choice (for example, instant oatmeal versus rolled oats) and consider what three factors most influenced your decision. If you choose a different food from what is listed, look up the cost online or in a grocery flyer and record the information.

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#### \*Notes:

- Food prices were based on three major grocery stores in Edmonton, Alberta (summer 2020).
- Remote communities experience significant differences in pricing and availability. Consider using the open-ended “other” section in the activity as an opportunity to discuss this with your class.

# INSTANT OATMEAL PACKETS *VERSUS* ROLLED OATS

FACTOR	Instant oatmeal packets (unflavoured)	or	Rolled oats
<b>TASTE</b>	Have you tried this before? If yes, did you enjoy it? If no, would you like to try it?		Have you tried this before? If yes, did you enjoy it? If no, would you like to try it?
<b>COST<sup>1</sup></b>	\$3.21/8 packets 1 packet = 1/3 cup (\$0.40 per 28 g or 1/3 cup)		\$3.88/1 kg bag (\$0.11 per 28 g or 1/3 cup)
<b>INGREDIENTS<sup>2</sup></b>	Whole grain rolled oats, whole grain oat flour, calcium carbonate, salt, guar gum (thickener), vitamins and minerals (ferric orthophosphate [iron], niacinamide, thiamine mononitrate, calcium pantothenate, pyridoxine hydrochloride [vitamin B <sub>6</sub> ], folic acid)		Rolled whole grain oats
<b>PREPARATION</b>	No need for a microwave or stove; simply add boiling water. Cooking time approx. 1 minute.		Requires a microwave or stove. Cooking time approx. 3-5 minutes.
<b>OTHER</b>	For example, if you have celiac disease you need to consider gluten free products when buying oats.		
<p>Select which ingredient you would choose:</p> <p><input type="radio"/> Instant oatmeal packets (unflavoured)</p> <p><input type="radio"/> Rolled oats</p> <p><input type="radio"/> Other _____</p> <p>What were the top three factors you considered in making your final food selection?</p> <p>1. _____</p> <p>_____</p> <p>2. _____</p> <p>_____</p> <p>3. _____</p> <p>_____</p>			

<sup>1</sup>Cost: Keep in mind that having reliable access to enough affordable, acceptable food can dictate choices before taste, variety, or nutrition.

<sup>2</sup>Ingredient lists: Food additives or specific vitamins and minerals are regulated under Canada's *Food and Drug Regulations*. They are safe to consume, even if their names are unfamiliar or difficult to pronounce. Health Canada states that food additives "must be of suitable quality, must be effective for their intended purpose, and when used according to the Lists, must not pose a hazard to the health of the consumer." (Health Canada. 2016. Food additives. [www.canada.ca/en/health-canada](http://www.canada.ca/en/health-canada). Accessed October 28, 2020.)

- Guar gum: a soluble plant fibre used to thicken or stabilize foods
- Calcium carbonate: food firming agent
- Vitamins and minerals:
  - Iron: ferric orthophosphate
  - B vitamins: niacinamide, thiamine mononitrate, calcium pantothenate, pyridoxine hydrochloride, folic acid

## 1% MILK VERSUS ALMOND BEVERAGE (FORTIFIED, UNSWEETENED)

FACTOR	1% Milk	or	Almond beverage (fortified, unsweetened)
<b>TASTE</b>	Have you tried this before? If yes, did you enjoy it? If no, would you like to try it?		Have you tried this before? If yes, did you enjoy it? If no, would you like to try it?
<b>COST<sup>1</sup></b>	\$3.83/2 L (\$0.47 per 250 mL or 1 cup)		\$4.24/1.89 L (\$0.53 per 250 mL or 1 cup)
<b>FOOD GUIDE SNAPSHOT<sup>2</sup></b>	Milk is part of the protein foods category in CFG.		Almond beverage does not contain enough protein to be part of CFG's protein foods category. It is also not part of the vegetables and fruits or whole grain foods categories.
<b>PRODUCTION</b>	Milk is produced and processed locally in Canada, then delivered to grocery stores.		Almonds are grown outside of Canada, then processed into almond beverage and delivered to grocery stores.
<b>OTHER</b>	For example, if you are lactose intolerant you may prefer lactose free milk.		
<p><b>Select which ingredient you would choose:</b></p> <p><input type="radio"/> 1% Milk</p> <p><input type="radio"/> Almond beverage (fortified, unsweetened)</p> <p><input type="radio"/> Other _____</p> <p><b>What were the top three factors you considered in making your final food selection?</b></p> <p>1. _____</p> <p>_____</p> <p>2. _____</p> <p>_____</p> <p>3. _____</p> <p>_____</p>			

<sup>1</sup>**Cost:** Keep in mind that having reliable access to enough affordable, acceptable food and can dictate choices before taste, variety, or nutrition.

<sup>2</sup>**Food Guide Snapshot:** The only plant-based beverage included in CFG's protein foods category is fortified, unsweetened soy beverage. (Health Canada. 2020. Eat protein foods. [www.food-guide.canada.ca](http://www.food-guide.canada.ca). Accessed October 28, 2020.) Other plant-based beverages are not included in any CFG category (vegetables and fruits, whole grain foods, and protein foods).

## FRESH BLUEBERRIES *VERSUS* FROZEN BLUEBERRIES

FACTOR	Fresh blueberries	or	Frozen blueberries
<b>TASTE</b>	Have you tried this before? If yes, did you enjoy it? If no, would you like to try it?		Have you tried this before? If yes, did you enjoy it? If no, would you like to try it?
<b>COST<sup>1</sup></b>	\$4.05/340 g (\$0.93 per 78 g or 1/2 cup)		\$4.38/600 g (\$0.57 per 78 g or 1/2 cup)
<b>SEASONALITY<sup>2</sup></b>	Fresh blueberries are in season when you are making your selection.		Frozen blueberries were picked at peak ripeness and frozen within hours to retain nutrients and flavour.
<b>PRODUCTION</b>	There is a sign beside the fresh blueberries with a picture of a local farmer who grows blueberries and supplies them to the store.		The frozen blueberries package says, "Product of Canada."
<b>OTHER</b>	For example, you may consider choosing organic <sup>3</sup> to be important when buying produce.		
<p>Select which ingredient you would choose:</p> <p><input type="radio"/> Fresh blueberries</p> <p><input type="radio"/> Frozen blueberries</p> <p><input type="radio"/> Other _____</p> <p>What were the top three factors you considered in making your final food selection?</p> <p>1. _____</p> <p>_____</p> <p>2. _____</p> <p>_____</p> <p>3. _____</p> <p>_____</p>			

<sup>1</sup>**Cost:** Keep in mind that having reliable access to enough affordable, acceptable food can dictate choices before taste, variety, or nutrition.

<sup>2</sup>**Seasonality:** Frozen and canned vegetables and fruit are healthy and convenient options. They often take less time to prepare and are just as nutritious as fresh vegetables and fruits.

<sup>3</sup>**Organic:** Choosing organic or conventionally produced foods is a personal decision. Health Canada recognizes that "there is no scientific evidence to show that there is a health risk from eating conventionally grown produce because of pesticide residues, or that organic foods are safer to eat than conventionally produced foods."\* It should also be noted that both organic and conventional foods use pesticides and veterinarian-prescribed antibiotics when needed. (Health Canada. 2020. Pesticides and food safety. [www.canada.ca/en/health-canada](http://www.canada.ca/en/health-canada). Accessed October 28, 2020.)

## PART 2: CALCULATE THE TOTAL COST OF THE BREAKFAST

### SELECT WHICH FOODS YOU CHOSE AND PRICE YOUR BREAKFAST

- Instant oatmeal packets (unflavoured) \$3.21/8 packets
- Rolled oats \$3.88/1 kg
- Other (name of food and cost): \_\_\_\_\_

- 1% Milk \$3.83/2 L
- Almond beverage (fortified, unsweetened) \$4.24/1.89 L
- Other (name of food and cost): \_\_\_\_\_

- Fresh blueberries \$4.05/340 g
- Frozen blueberries \$4.38/600 g
- Other (name of food and cost): \_\_\_\_\_

TOTAL COST: \_\_\_\_\_

## PART 3: REFLECT ON THE FACTORS THAT AFFECTED YOUR FOOD CHOICES

1. Did you stay within your budget of \$15? If no, explain. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What were the top factors you considered in making your final food selections? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What is one factor **not** discussed that might influence your food decisions? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Does your breakfast have at least one vegetable or fruit, one whole grain food, and one protein food?  
If not, what could you add? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Are there any foods you would add or change to make this meal more enjoyable? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## RECIPE:

# DESIGN-A-SMOOTHIE

**Prep Time:** 5 minutes

**Cooking Time:** None

**Serves:** 2

### KITCHEN EQUIPMENT

- Dry measuring cups
- Liquid measuring cups
- Measuring spoons
- Blender

### INGREDIENTS

- 125 mL ( $\frac{1}{2}$  cup) milk
- 125 mL ( $\frac{1}{2}$  cup) yogurt
- 250 mL (1 cup) fresh, frozen, or canned fruit

#### Boosters

*Choose one or two boosters in the suggested amounts.*

- Protein boosters: 7–15 mL ( $\frac{1}{2}$ –1 Tbsp) nut or seed butter, skim milk powder, or hemp hearts
- Fibre boosters: 7–15 mL ( $\frac{1}{2}$ –1 Tbsp) rolled oats, wheat germ, ground flaxseed, or chia seeds
- Veggie boosters: 30–60 mL (2 Tbsp– $\frac{1}{4}$  cup) diced avocado or 125 mL ( $\frac{1}{2}$  cup) chopped spinach or kale
- Flavour boosters: 2–5 mL ( $\frac{1}{2}$ –1 tsp) cinnamon, nutmeg, vanilla extract, grated ginger, or lemon zest or 7–15 mL ( $\frac{1}{2}$ –1 Tbsp) shredded coconut

### PREPARATION

1. Place ingredients and boosters in a blender. Cover tightly.
2. Blend until smooth.
3. If needed, add milk to thin your smoothie to a consistency you enjoy.

### VARIATIONS

- Use Greek yogurt for a thicker smoothie or smoothie bowl.
- Try using different combinations of fruit, such as frozen strawberries and frozen mangos.
- Get creative with different types of boosters.

## RECIPE:

# BASIC BEEF BURGER

**Prep Time:** 10 minutes

**Cooking Time:** 10–12 minutes

**Serves:** 6

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### KITCHEN EQUIPMENT

- Parchment paper or plastic wrap
- Large mixing bowl
- Stand mixer (optional)
- Disposable gloves (optional)
- Measuring spoons
- Frying pan
- Turner

### INGREDIENTS

- 450 g (1 lb) extra lean ground beef
- 1 egg
- 15 mL (1 Tbsp) Dijon or yellow mustard
- 5 mL (1 tsp) salt
- 2 mL (½ tsp) ground or fresh cracked black pepper
- 6 whole grain buns



## PREPARATION

1. Cut and lay out 12 small squares of parchment paper or plastic wrap.
  2. Place ground beef in a large mixing bowl. Add egg, mustard, salt, and pepper.
  3. Mix well until combined with a stand mixer or your hands (consider using disposable gloves).
  4. Divide beef mixture into six equal balls and place well spaced on parchment paper or plastic wrap. If you are wearing disposable gloves, discard them.
  5. Top each ball with a square of parchment paper or plastic wrap. Press down on meat balls with both hands to flatten evenly so they are about 1 cm ( $\frac{1}{2}$ " ) thick.
  6. Once patties are formed, with your index finger and thumb pinch a small indent into the centre of each patty (don't make a hole). This will stop the burgers from shrinking during cooking.
  7. Heat a large, greased frying pan over medium-high heat.
  8. Cook patties in the pre-heated frying pan until browned on one side, 5-6 minutes. Flip patties over and cook until brown on the other side, 5-6 minutes. Burgers should be cooked through to an internal temperature of 74 °C (165 °F). Serve on buns.
- 

## VARIATIONS

- Add extra toppings: cheese, sautéed mushrooms or onions, lettuce, tomatoes, etc.
- Add 125 mL ( $\frac{1}{2}$  cup) shredded Cheddar cheese in step two.
- Add 30 mL (2 Tbsp) chopped fresh mint and 60 mL ( $\frac{1}{4}$  cup) crumbled Feta cheese in step two.
- Add 30 mL (2 Tbsp) sliced sun-dried tomatoes and 60 mL ( $\frac{1}{4}$  cup) shredded Mozzarella cheese in step two.
- Heat 7.5 mL ( $\frac{1}{2}$  Tbsp) of butter in a frying pan on medium heat. Sauté 60 mL ( $\frac{1}{4}$  cup) diced onion, 60 mL ( $\frac{1}{4}$  cup) frozen corn kernels, and 60 mL ( $\frac{1}{4}$  cup) diced bell pepper for 4-5 minutes. Remove from heat and add 7.5 mL ( $\frac{1}{2}$  Tbsp) chili powder. Cool for 7-10 minutes, then add in step two.
- Use wild game instead of beef.
- Cook on a barbecue instead of in a frying pan.

## RECIPE:

# BLACK BEAN BURGER

**Prep Time:** 10 minutes

**Cooking Time:** 10–12 minutes

**Serves:** 4

### KITCHEN EQUIPMENT

- Parchment paper or plastic wrap
- Food processor
- Large mixing bowl
- Whisk
- Small mixing bowl
- Rubber spatula
- Measuring spoons
- Frying pan
- Turner

### INGREDIENTS

- 1-540 mL (19 oz) can low sodium black beans, drained and rinsed
- 1 egg
- 15 mL (1 Tbsp) Dijon or yellow mustard
- 2 mL ( $\frac{1}{2}$  tsp) salt
- 2 mL ( $\frac{1}{2}$  tsp) ground or fresh cracked black pepper
- 1 medium carrot, grated (approximately 125 mL/ $\frac{1}{2}$  cup)
- 175 mL ( $\frac{3}{4}$  cup) quick oats
- 4 whole grain buns



## PREPARATION

1. Cut and lay out eight small squares of parchment paper or plastic wrap.
  2. Place  $\frac{3}{4}$  of the beans in a food processor and pulse until smooth. Place the remaining beans in a large bowl.
  3. Whisk egg, mustard, salt, and pepper in a small bowl. Pour over the beans in the bowl.
  4. Fold in the pureed beans, then add grated carrot and oats. Mix well.
  5. Divide the bean mixture into four equal balls and place well spaced on parchment paper or plastic wrap.
  6. Top each ball with a square of parchment paper or plastic wrap. Press down on balls with both hands to flatten evenly so they are about 1.5 cm ( $\frac{3}{4}$ " ) thick.
  7. Heat a large, greased frying pan over medium-high heat.
  8. Cook patties in the pre-heated frying pan until browned and crisp on one side, 5-6 minutes. Flip patties over and cook until brown and crisp on the other side, 5-6 minutes. Serve on buns.
- 

## VARIATIONS

- Add extra toppings: cheese, sautéed mushrooms or onions, lettuce, tomatoes, etc.
- Add 125 mL ( $\frac{1}{2}$  cup) shredded Cheddar cheese in step three.
- Add 30 mL (2 Tbsp) chopped fresh mint and 60 mL ( $\frac{1}{4}$  cup) crumbled Feta cheese in step three.
- Add 30 mL (2 Tbsp) sliced sun-dried tomatoes and 60 mL ( $\frac{1}{4}$  cup) shredded Mozzarella cheese in step three.
- Heat 7.5 mL ( $\frac{1}{2}$  Tbsp) of butter in a frying pan on medium heat. Sauté 60 mL ( $\frac{1}{4}$  cup) diced onion, 60 mL ( $\frac{1}{4}$  cup) frozen corn kernels, and 60 mL ( $\frac{1}{4}$  cup) diced bell pepper for 4-5 minutes. Remove from heat and add 7.5 mL ( $\frac{1}{2}$  Tbsp) chili powder. Cool for 7-10 minutes, then add in step three.
- Cook on a barbecue instead of in a frying pan.

# LESSON 4: SIGNATURE DISH

## ACTIVITY: MY SIGNATURE DISH

### PART 1: PLANNING THE MEAL OR SNACK

1. Remembering what you've learned so far, and using the *Canada's Food Guide* (CFG) transformation videos as inspiration, create a signature dish.
  - ▶ **Choose a meal or snack**
    - Create your own recipe.
    - Use an existing recipe for inspiration, and note changes you made to it.
  - ▶ **If you're creating a meal, choose at least one food from each category (vegetables and fruits, whole grain foods, and protein foods).**
  - ▶ **If you're creating a snack, choose foods from at least two of the three categories (vegetables and fruits, whole grain foods, and protein foods).**
2. Decide whether you will record your meal or snack preparation to create a fast-motion step-by-step video, or whether you will photograph each step of the process to show how the recipe is made.
3. Complete the Signature Dish Planning worksheet and have your teacher sign it before you proceeding to Part 2.

### PART 2: COOKING AND PRESENTATION

1. Once you have assembled the ingredients for your signature dish, begin preparing your meal or snack while working on your presentation (for example, by filming a video or taking photographs).
2. Complete the Student Reflection: Lesson 4 worksheet.
3. Submit your final presentation video or photographs with your completed Student Reflection: Lesson 4 worksheet.

# SIGNATURE DISH PLANNING

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

Recipe title: \_\_\_\_\_

This recipe is a

- Meal
- Snack

This recipe includes (select all that apply)

- Vegetables and fruits
- Whole grain foods
- Protein foods

Grocery list (include details, such as number or quantity needed):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Kitchen equipment (for example, blender, mixer, thermometer):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Group roles (if applicable): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Presentation plan:

- Short video of recipe preparation
- Step-by-step photographs of recipe preparation
- Combination of video and photography
- Other (describe): \_\_\_\_\_

**SIGNATURE DISH PLANNING CONTINUED...**

**RECIPE TITLE:** \_\_\_\_\_

Number of servings: \_\_\_\_\_

Preparation time: \_\_\_\_\_

Cooking time: \_\_\_\_\_

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**INGREDIENTS (include amounts):**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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**PREPARATION DIRECTIONS:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Approved by: \_\_\_\_\_

# STUDENT REFLECTION: LESSON 4

## LEARNING OUTCOMES

- I appraise the skills, knowledge, and technologies used to respond to challenges.
- I follow safety requirements associated with occupational areas and related technologies.
- I develop skills that support effective relationships.
- I plan in response to challenges.
- I create products, performances, or services in response to challenges.
- I collaborate to achieve common goals.

Recipe Title: \_\_\_\_\_

I have submitted my visual presentation (video, photographs)

### Canada's Food Guide (CFG)

List the ingredients in your recipe that are part of the CFG Plate.

VEGETABLES AND FRUITS	WHOLE GRAIN FOODS	PROTEIN FOODS
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

### Variety

Provide an adaptation or variation of your recipe (for example, an ingredient substitution).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Factors that affect food choices

What three factors did you consider when planning your signature dish (for example, cost, time, seasonality)? Why?

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**STUDENT REFLECTION: LESSON 4 CONTINUED...**

The following questions will help you reflect on your experience in creating a signature dish.

One strength of my planning was...

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I worked with others to be safe by...

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Examples of my collaboration with others are...

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Because I collaborated with others, I was able to...

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