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1.3c Grocery Bag Activity and Teacher's Key
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1.4i Daily Food Evaluation
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2.2b Brown Bagging It
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3.3b Name That Object!
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- Milkshakes
- Orange Julius
- Pastry Circles with Fruit
- Bread with Italian Topping
- Pizza Burgers
- Tomatoed Macaroni
- Crunchy Granola Cookies
## CANADA'S FOOD GUIDE MATCH-UP

The list below contains many foods common in the eating pattern of Canadians. Use the CANADA'S FOOD GUIDE CHART provided for you in class and SORT the list of foods into four food groups. Some of the items do not belong on the food guide. List these foods under the title “EXTRAS” on the back of your chart. See if you can correctly sort the entire list!

<table>
<thead>
<tr>
<th>Foods and Nutrition</th>
<th>Foods and Nutrition</th>
<th>Foods and Nutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>lettuce</td>
<td>whole wheat bread</td>
<td>white bread</td>
</tr>
<tr>
<td>almonds</td>
<td>tossed salad</td>
<td>popcorn</td>
</tr>
<tr>
<td>ice cream</td>
<td>oatmeal cookies</td>
<td>cheddar cheese</td>
</tr>
<tr>
<td>pretzels</td>
<td>orange</td>
<td>potato</td>
</tr>
<tr>
<td>bran muffin</td>
<td>apple pie</td>
<td>cream-of-wheat cereal</td>
</tr>
<tr>
<td>cod fillet</td>
<td>chocolate bar</td>
<td>pork chop</td>
</tr>
<tr>
<td>coleslaw</td>
<td>broccoli</td>
<td>spaghetti noodles</td>
</tr>
<tr>
<td>sesame seeds</td>
<td>yogurt</td>
<td>egg</td>
</tr>
<tr>
<td>carrot</td>
<td>Special K</td>
<td>chocolate cake</td>
</tr>
<tr>
<td>corn niblets</td>
<td>peanuts</td>
<td>chicken</td>
</tr>
<tr>
<td>liver</td>
<td>granola bars</td>
<td>oysters</td>
</tr>
<tr>
<td>doughnut</td>
<td>green beans</td>
<td>salad dressing</td>
</tr>
<tr>
<td>fruit roll-ups</td>
<td>rice</td>
<td>milk</td>
</tr>
<tr>
<td>pancakes</td>
<td>banana</td>
<td>peas</td>
</tr>
<tr>
<td>orange jello</td>
<td>raisins</td>
<td>potato chips</td>
</tr>
<tr>
<td>tomato</td>
<td>cottage cheese</td>
<td>roast beef</td>
</tr>
<tr>
<td>peanut butter</td>
<td>sunflower seeds</td>
<td>cream cheese</td>
</tr>
<tr>
<td>hamburger patty</td>
<td>macaroni noodles</td>
<td>hamburger bun</td>
</tr>
<tr>
<td>turkey</td>
<td>deep-fried onion rings</td>
<td>shrimp</td>
</tr>
<tr>
<td>sour cream</td>
<td>kidney beans</td>
<td>oatmeal cereal</td>
</tr>
<tr>
<td>chocolate drink</td>
<td>apple juice</td>
<td>strawberry jam</td>
</tr>
<tr>
<td>evaporated milk</td>
<td>butter</td>
<td>cupcake</td>
</tr>
</tbody>
</table>

1.3b
Follow the instructions listed to complete the information in the chart provided.

1. Write the names of four food groups in the four sections next to "A".
2. In sections next to "B", write the number of servings recommended daily for each of the food groups in "A".
3. In section "C", write the foods that belong in each food group. Use the list provided on the sheet "Canada's Food Guide Match-Up". On the back of this paper, list "extras" from the list. Are these considered to be "GO", "CAUTION", or "STOP" foods?
4. In section "D", list the important nutrients in each food group. The important nutrients in each group are called LEADER NUTRIENTS for that food group.

<table>
<thead>
<tr>
<th>&quot;A&quot; FOOD GROUPS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>&quot;B&quot; NUMBER OF SERVINGS RECOMMENDED DAILY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>&quot;C&quot; EXAMPLES OF FOODS IN THE GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

Foods and Nutrition
1.3b
The NUTRIENT LIST shown below contains the names of several nutrients important to good health. Each food group in Canada's Food Guide is important because it supplies certain nutrients; these are called the "LEADER NUTRIENTS" for that food group.

Can you match up the nutrients listed below with the food group(s) that supplies them in significant amounts? Place your choices in the section provided on the FOOD GUIDE CHART above.

Nutrients:

**CARBOHYDRATE**

FIBRE (Though it is not a nutrient, fibre is a very important part of the diet; generally it is listed with carbohydrates, as it is often found in carbohydrate-rich foods.)

**PROTEIN**

MINERALS - CALCIUM and PHOSPHORUS
- IRON

VITAMINS - VITAMIN A, VITAMIN B, VITAMIN C, VITAMIN D.

(WATER and FAT are important nutrients also. Water is found in juice, milk and in foods high in liquid. Fat is found in small or large amounts in many foods.)

Foods and Nutrition
1.3b
Follow the instructions listed to complete the information in the chart provided.

1. Write the names of four food groups in the four sections next to "A".
2. In sections next to "B", write the number of servings recommended daily for each of the food groups in "A".
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4. In section "D", list the important nutrients in each food group. The important nutrients in each group are called LEADER NUTRIENTS for that food group.

### "A" FOOD GROUPS

<table>
<thead>
<tr>
<th>Milk and Milk Products</th>
<th>Meat, Fish, Poultry, and Alternates</th>
<th>Breads - Cereals</th>
<th>Fruits and Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### "B" NUMBER OF SERVINGS RECOMMENDED DAILY

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4 (teens)</td>
<td>2</td>
<td>3-5</td>
<td>4-5</td>
</tr>
</tbody>
</table>

### "C" EXAMPLES OF FOODS IN THE GROUP

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>evaporated milk</td>
<td>almonds</td>
<td>bran muffin</td>
</tr>
<tr>
<td>yogurt</td>
<td>cod fillet</td>
<td>pancakes</td>
</tr>
<tr>
<td>mozzarella cheese</td>
<td>sesame seed</td>
<td>whole wheat bread</td>
</tr>
<tr>
<td>cheddar cheese milk</td>
<td>liver</td>
<td>Special K' rice</td>
</tr>
<tr>
<td></td>
<td>peanut butter</td>
<td>macaroni noodles</td>
</tr>
<tr>
<td></td>
<td>hamburger patty</td>
<td>white bread</td>
</tr>
<tr>
<td></td>
<td>turkey</td>
<td>cream of wheat</td>
</tr>
<tr>
<td></td>
<td>peanuts</td>
<td>cereal</td>
</tr>
<tr>
<td></td>
<td>cottage cheese</td>
<td>spaghetti noodles</td>
</tr>
<tr>
<td></td>
<td>sunflower seeds</td>
<td>hamburger buns</td>
</tr>
<tr>
<td></td>
<td>kidney beans</td>
<td>oatmeal cereal</td>
</tr>
<tr>
<td></td>
<td>mozzarella cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>cheddar cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>pork chops</td>
<td></td>
</tr>
<tr>
<td></td>
<td>eggs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>chicken</td>
<td></td>
</tr>
<tr>
<td></td>
<td>oysters</td>
<td></td>
</tr>
<tr>
<td></td>
<td>roast beef</td>
<td></td>
</tr>
<tr>
<td></td>
<td>shrimp</td>
<td></td>
</tr>
</tbody>
</table>

|                     |                     |                     |
|                     |                     |                     |
|                     | lettuce             | coleslaw            |
|                     | pancakes            | carrot              |
|                     | whole wheat bread   | corn niblets        |
|                     | Special K' rice     | tomato              |
|                     | macaroni noodles    | tossed salad        |
|                     | white bread         | orange              |
|                     | cream of wheat      | broccoli            |
|                     | cereal              | green beans         |
|                     | spaghetti noodles   | banana              |
|                     | hamburger buns       | apple juice         |
|                     | oatmeal cereal      | potato              |
|                     |                    | peas                |
|                     |                    | raisins             |

Foods and Nutrition 1.3b
"A" FOOD GROUPS

<table>
<thead>
<tr>
<th>Milk and Milk Products</th>
<th>Meat, Fish, Poultry, and Alternates</th>
<th>Breads - Cereals</th>
<th>Fruits and Vegetables</th>
</tr>
</thead>
</table>

"D" LEADER NUTRIENTS

<table>
<thead>
<tr>
<th>calcium</th>
<th>protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>phosphorus</td>
<td>iron</td>
</tr>
<tr>
<td>vitamin B</td>
<td>vitamin A</td>
</tr>
<tr>
<td>(riboflavin)</td>
<td>vitamin B</td>
</tr>
<tr>
<td>vitamin A &amp; D</td>
<td>protein</td>
</tr>
<tr>
<td>Protein</td>
<td>carbohydrates</td>
</tr>
<tr>
<td>vitamins esp. A &amp; C</td>
<td>iron</td>
</tr>
<tr>
<td>minerals</td>
<td>fibre</td>
</tr>
<tr>
<td>fibre</td>
<td></td>
</tr>
</tbody>
</table>

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PROTEIN

MINERALS - CALCIUM and PHOSPHORUS
- IRON

VITAMINS - VITAMIN A, VITAMIN B, VITAMIN C, VITAMIN D.

(WATER and FAT are important nutrients also. Water is found in juice, milk and in foods high in liquid. Fat is found in small or large amounts in many foods.)
**TEACHER’S KEY**

**CANADA’S FOOD GUIDE - CHART**

**Extras** - Foods high in fat and sugar belong in the "extras" group. Those with significant redeeming features may be classified as CAUTION FOODS. Those with no redeeming features are STOP foods. The Department of Health guidelines and poster show this effectively. GO foods are foods from Canada’s Food Guide.

<table>
<thead>
<tr>
<th>Ice Cream (high in fat, therefore, extra though it does contain some milk)</th>
<th>Pretzels</th>
<th>Salad Dressing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Roll-up</td>
<td>Cheezies</td>
<td>Potato Chips</td>
</tr>
<tr>
<td>Sour Cream</td>
<td>Doughnut</td>
<td>Cream Cheese</td>
</tr>
<tr>
<td>Oatmeal Cookies</td>
<td>Orange Jello</td>
<td>Strawberry Jam</td>
</tr>
<tr>
<td>Chocolate Bar</td>
<td>Chocolate Drink</td>
<td>Cupcake</td>
</tr>
<tr>
<td>Raisins (are fruit, but should be used with caution as a snack because they are sugary and sticky and adhere to teeth)</td>
<td>Apple Pie</td>
<td>Chocolate Cake</td>
</tr>
<tr>
<td>Sour Cream</td>
<td>Granola Bars</td>
<td>Deep Fried Onion Rings</td>
</tr>
<tr>
<td>Oatmeal Cookies</td>
<td>Butter</td>
<td>Popcorn</td>
</tr>
</tbody>
</table>

Reference: *Creative Living*, p. 265-266
GROCERY BAG ACTIVITY

Give students grocery bags of food items (labels or containers) such as those listed below. Include items that are relevant to the particular group - e.g., snack foods for adolescents. The object of the activity is to sort the foods into six categories.

- milk and milk products
- breads and cereals
- meat, fish, poultry and alternates
- fruits and vegetables
- mixed foods
- other foods (extras)

Label information may help in categorizing some items. Food labels list ingredients in decreasing order of proportion.

One suggestion is to divide a table top into sections and label the sections with titles from the list above.

Suggested food items for grocery bag

<table>
<thead>
<tr>
<th>milk</th>
<th>potato chips</th>
<th>peanut butter</th>
</tr>
</thead>
<tbody>
<tr>
<td>green peas</td>
<td>rice</td>
<td>instant pudding</td>
</tr>
<tr>
<td>margarine</td>
<td>pork</td>
<td>tuna</td>
</tr>
<tr>
<td>apple juice</td>
<td>pizza</td>
<td>pease pudding</td>
</tr>
<tr>
<td>jelly</td>
<td>plums</td>
<td>sour cream</td>
</tr>
<tr>
<td>orange drink (e.g., tang)</td>
<td>chocolate bar</td>
<td>hamburger</td>
</tr>
<tr>
<td>ketchup</td>
<td>eggs</td>
<td>baked beans</td>
</tr>
<tr>
<td>macaroni</td>
<td>bacon</td>
<td>green beans</td>
</tr>
<tr>
<td>cream cheese</td>
<td>tea</td>
<td>dream whip</td>
</tr>
<tr>
<td>butter</td>
<td>whipping cream</td>
<td>pickles</td>
</tr>
<tr>
<td>ice cream</td>
<td>soda pop (e.g. 7up)</td>
<td>sweetened condensed</td>
</tr>
<tr>
<td>cheese</td>
<td>crackers</td>
<td></td>
</tr>
<tr>
<td>carrots</td>
<td>potatoes</td>
<td></td>
</tr>
</tbody>
</table>

Foods and Nutrition
1.3c
## Sample Answers for Grocery Bag

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Foods in This Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk and Milk Products</td>
<td>milk, cheese, instant pudding (1 package prepared with milk yields 1/2 serving milk per portion)</td>
</tr>
<tr>
<td>Meat, Fish, Poultry and Baked Beans, Cheese</td>
<td>pork, eggs, peanut butter, tuna, pease pudding, Alternates</td>
</tr>
<tr>
<td>Breads and Cereals</td>
<td>macaroni, rice, crackers, muffin</td>
</tr>
<tr>
<td>Fruits and Vegetables</td>
<td>green peas, apple juice, plums, potatoes, green beans, carrots</td>
</tr>
<tr>
<td>Mixed Foods</td>
<td>pizza, hamburger, chicken noodle soup</td>
</tr>
<tr>
<td>Other Foods</td>
<td>margarine, jelly, orange drink (e.g., tang) ketchup, cream cheese, potato chips, chocolate bar, bacon, tea, whipping cream, soda pop (e.g., 7-up), sour cream, dream whip, pickles, sweetened condensed milk</td>
</tr>
</tbody>
</table>
# KARL'S KITCHEN
## MENU

**Soup**
- Cream of Tomato Soup
- Chicken Soup

**Side Orders**
- French Fries
- French Fried Onion Rings
- Hot Garlic Bread
- Apple Sauce
- Bran Muffin
- Bowl of Chili

**Desserts**
- Ice Cream
- Apple Pie
- Cherry Pie
- Jello and Cream
- Chocolate/Butterscotch Pudding
- Chocolate Cake
- Brownies
- Fresh Fruit

**Sandwiches**
- Fishburger
- Hamburger
- Cheeseburger
- Club Sandwich
- Peanut Butter and Banana Sandwich

**Salads**
- Fresh Fruit Salad
- Seafood Salad
- Coleslaw
- Tossed Green Salad
- 3-Bean Salad

**Beverages**
- Chocolate Milk
- Milk - 2%
- Milk - Skim
- Tea
- Coffee
- Soft Drinks

---

**Foods and Nutrition**
1.4a
1. Which foods from the menu would you choose if you wanted to be well nourished?

2. List the meat alternates included in this menu.

3. List your favourite foods from the menu. Are they good sources of the major nutrients?

4. List the foods on the menu that contain a lot of kilojoules (calories) and few nutrients.
   
   or

   List the foods you should avoid.
**Daily Food Evaluation**

1. Record all the foods you ate for one day and the approximate amount of each food. Then indicate which food group(s) each food represents by placing a check (✓) in the box provided. Remember to complete the paragraph for step 2 on the next page.

### BASIC FOUR FOOD GROUPS

<table>
<thead>
<tr>
<th>Food You Ate</th>
<th>Amount You Ate</th>
<th>Milk and Milk Products</th>
<th>Meat, Fish, Poultry, Alternates</th>
<th>Bread and Cereals</th>
<th>Fruits and Vegetables</th>
<th>Extras</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total Servings You Had from Each Food Group**

**Recommended Servings per day from Canada's Food Guide**
2. Write a paragraph comparing what you ate to Canada's Food Guide recommendations. If your food intake did not meet the food guide recommendations, suggest changes you could make to improve your eating habits.
WHAT'S WRONG IN THIS KITCHEN?

Look carefully at this kitchen scene.
Identify the unsafe conditions and list them on a separate sheet of paper. Tell how each condition should be corrected. (CLUE: There are at least fifteen (15) hazards shown. If you find less than five (5) you are not very safety conscious.)
BROWN BAGGING IT

Brown bag lunches can provide nourishing noontime meals. However, not all foods are suitable for bag lunches. Poultry, eggs, fish, and foods made of milk are perfect hosts for bacteria that can cause food poisoning. From the variety of foods shown below, circle the ones you would recommend for a brown bag lunch that will not be refrigerated.

HINT: Some things should be left at home if they cannot be packed to stay hot or cold.

celery sticks cream-filled doughnut
pickles small carton milk
canned butterscotch pudding potato salad
canned fruit juice
homemade tapioca pudding egg salad sandwich
chicken salad carrot sticks
raisins leftover crab legs
chocolate chip cookies apple
potato chips trail mix
yogurt cheese
devilled eggs crackers
meat loaf sandwich fried chicken
sliced turkey sandwich granola bars

From the items you chose as safe brown-bag foods, create a menu for your own lunch. Use Canada's Food Guide to choose foods that are nutritious as well as tasty. Write your menu below.

BROWN BAG LUNCH MENU

_________________________
_________________________
_________________________
_________________________

Foods and Nutrition 2.2b
A. Well-Written Recipe

**Apple Pancakes**

180 mL milk
30 mL melted margarine
1 egg
1 tart apple (cored and thinly sliced)
250 mL all purpose flour
10 mL baking powder
30 mL white sugar
3 mL salt

2. Mix flour, baking powder, sugar, and salt on waxed paper.
3. Add dry ingredients to the liquid all at once, stirring just enough to moisten.
4. Lightly butter or grease a heavy frying pan or griddle and heat over medium heat until a few drops of cold water dance on the surface.
5. Pour batter on griddle, forming 10 cm circles. Bake until cakes are full of bubbles and golden underneath.
6. Turn with spatula and brown other side.
7. Place finished pancakes on warmed plate in 95°C oven until serving time.

A. Poorly-Written Recipe

**Apple Pancakes**

1/4 lb. flour
1 gill milk
1 dessert spoon olive oil
pinch salt

sugar
glass water
2 eggs

Make a batter with the ingredients. Cook in frying pan ’till done but before done place sliced apples on top. Serve hot.

Foods and Nutrition

3.1b
NAME THAT OBJECT!

For each piece of equipment shown below, give the correct name and the proper function.

1. Name
   Function

2. Name
   Function

3. Name
   Function

4. Name
   Function

5. Name
   Function

6. Name
   Function

7. Name
   Function

8. Name
   Function

9. Name
   Function

Foods and Nutrition 3.3b
Granola

Yield 6 cups (may be halved or doubled)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>rolled oats</td>
<td>750 mL</td>
</tr>
<tr>
<td>wheat germ</td>
<td>125 mL</td>
</tr>
<tr>
<td>shelled sunflower seeds</td>
<td>125 mL</td>
</tr>
<tr>
<td>shredded coconut</td>
<td>125 mL</td>
</tr>
<tr>
<td>vegetable oil</td>
<td>125 mL</td>
</tr>
<tr>
<td>honey</td>
<td>60 mL</td>
</tr>
<tr>
<td>brown sugar</td>
<td>60 mL</td>
</tr>
<tr>
<td>vanilla</td>
<td>2 mL</td>
</tr>
<tr>
<td>salt</td>
<td>1 mL</td>
</tr>
<tr>
<td>raisins</td>
<td>125 mL</td>
</tr>
</tbody>
</table>

Method:

1. Preheat the oven to 140°C.
2. Gather the utensils: metric measures wooden spoon
   (dry, liquid, spoons) 2 cookie sheets
   large bowl rubber scraper/spatula
   metal spatula plastic bag
   saucepan (small) oven mitts, cooling racks
3. Using the dry measures, measure the first four ingredients into the large bowl.
4. Measure the oil, honey (liquid measure) and sugar (dry measure) into the saucepan. Place the pan on the stove and heat at medium setting.
5. When the mixture in the saucepan is heated, add the vanilla and salt. Stir.
6. Pour the heated mixture in the saucepan over the ingredients in the large bowl. Stir-toss to coat lightly.
7. Spread loosely on the large cookie sheets.
8. Bake in preheated oven for 25-30 minutes. Stir occasionally to toast lightly and evenly.
9. Remove pans from oven and place on cooling racks.
10. Measure raisins in dry measure and stir gently into the granola on the cookie sheets.
11. Cool, stirring occasionally.
12. Measure 625 ml of granola into plastic bag and label. Pass in to your teacher. (This is for next week's lab.) Divide the remainder of granola among the lab group members.

Clean Up

- wash dishes
- put away dishes
- rinse dishes
- clean counters and stove
- dry dishes
- sweep floor

Foods and Nutrition
Recipes
Milkshakes

Ingredients:  
125 mL milk  
2 scoops ice cream

Flavour variations: (choose one)  
1 mL vanilla  
30 mL chocolate syrup  
30 mL strawberry or raspberry jam  
30 mL butterscotch syrup

Procedure:

To make this recipe, you will work independently. You will work as a group to do the clean up.

Decide on the flavour you want.

As your turn comes up you will measure the milk into the blender container. Then add the ice cream and the flavouring.

Cover the blender and blend for about five seconds or until smooth.

Pour into a glass and rinse out the container with cold water.

Clean Up:  
- wash dishes  
- rinse dishes  
- dry dishes  
- put away dishes  
- clean up counter  
- sweep floor  
- replace cloths  
- other duties

Foods and Nutrition Recipes
Orange Julius

250 mL milk
250 mL water
8 ice cubes
170 mL frozen orange juice concentrate
5 mL vanilla

Combine all ingredients in a blender. Cover the blender and blend for about 5 seconds or until smooth. Pour into glasses. Garnish with orange slices if desired.

Makes 3-4 servings.
Pizza Burgers

1/2 hamburger bun or English muffin per person
tomato sauce
mozzarella cheese
oregano or Italian seasoning

Preheat oven to 230°C.

Gather utensils: cookie sheet
oven mitts
turner
small plate per person

Each person will take 1/2 burger bun and spread sauce on inside of bun.

Sprinkle with a little oregano or Italian seasoning.

Sprinkle cheese on top.

Place your pizza burger on a cookie sheet with the others from your group.

When all burgers are assembled, bake 10 minutes or until cheese is melted and bubbly.

Use the turner to remove each burger to the cooling rack, and then to individual small plates for serving.

Clean Up
wash dishes sweep floor
rinse dishes clean counters, stove, canisters
dry dishes other duties
put away dishes

Foods and Nutrition
Recipes
Tomatoed Macaroni

1 can (540 ml) tomatoes
30 mL margarine
1 mL oregano
500 mL elbow macaroni
  grated Parmesan cheese

1. Bring 2L water to a full boil in a large covered saucepan.

2. In a small saucepan heat tomatoes, margarine, and oregano to boiling. Reduce heat; simmer 10 to 12 minutes, stirring occasionally.

3. Add 5 mL salt and 5 mL vegetable oil to boiling water. Sprinkle in macaroni and cook **uncovered** at full boil, stirring occasionally. Cook 7-9 minutes or until tender but firm (al dente). Drain in colander.

4. Place macaroni in a serving dish or on dinner plates. Pour tomato sauce over. Sprinkle with cheese.

Serves 4.
Bread with Italian Topping

1 loaf (baguette) Mediterranean-style bread, about 5 cm in diameter or
10 slices bread, melba toast, or pita bread

50 ml butter, melted

**Topping**

- 25 mL oil
- 250 mL finely chopped onions
- 2 large cloves garlic, minced
- 1 can (796 mL) tomatoes, drained. Dice tomatoes.
- 2 egg yolks
- 250 mL freshly grated Parmesan cheese
- dash salt and pepper

Preheat broiler. Cut bread diagonally into 1 cm thick slices. Place slices in a single layer on baking sheet and brush with some of the melted butter. Broil for 3 minutes or until golden. Turn bread, brush with remaining butter and broil until golden. Watch carefully to prevent bread from burning. Adjust oven heat to 200°C.

**Topping**

In a large skillet, heat the oil. Cook onions and one garlic clove over medium heat, stirring frequently until onions are translucent and tender, about 5 minutes. Drain tomatoes (reserve juice for another use). Chop pulp into 5 mm dice. Stir into skillet and cook over medium-high heat, uncovered, stirring frequently, until sauce is thickened, 5 to 10 minutes. Remove from heat. Stir in remaining garlic, egg yolks, cheese, salt and pepper.

Spread tomato mixture over toast rounds and bake in 200°C oven for 5 to 10 minutes or until heated through and topping is beginning to brown around edges. For a browner topping broil the product 10 cm from broiler. Serve immediately in napkin-lined basket.

Makes 10 appetizer servings or 4-5 servings, as accompaniment to salad.
Pastry Circles With Fruit

1 package pie crust mix
15 mL white sugar
3 mL cinnamon

Topping
Whipping cream or ice cream, fresh fruit, frozen or canned fruit, pie filling, pudding, nutmeg.

1. Preheat oven to 240°C.

2. Prepare pastry according to package directions. DO NOT ROLL OUT. Instead, divide the dough into 8 equal parts. Gently shape each into a ball.

3. Pat each ball into a circle (7-8 cm across) on ungreased baking sheet.

4. Prick each pastry circle several times with a fork, making sure the holes are big enough so they won't close up during baking (this prevents puffing).

5. Mix the sugar and cinnamon in a custard cup. Sprinkle on top of the pastry circles.

6. Bake 7 minutes or until light brown.

7. With turner, carefully lift circles onto rack to cool.

Just before serving:

Prepare whipping cream (if using) and chill.

Prepare fruit or pudding, (drain canned fruit; wash and slice fresh fruit; prepare pudding).

Place a pastry circle on each dessert plate (4).

Spoon fruit or pudding topping onto each.

Cover with remaining circles. Top with whipped cream (or ice cream) and remaining fruit.

Sprinkle with nutmeg.
Crunchy Granola Cookies

Yield 18-36 cookies depending on size

125 mL margarine
125 mL brown sugar
1 egg
5 mL vanilla
125 mL whole wheat flour
125 mL white flour
1 mL baking soda
pinch of salt
625 mL granola (buy or make your own)

1. Preheat oven to 180°C. Grease baking sheets.

2. Measure the margarine and brown sugar into the mixing bowl.

3. With the electric mixer, cream the margarine and sugar until smooth and fluffy.

4. Wash the egg and break into a small bowl. Add the egg and vanilla to the creamed mixture (margarine and sugar) and beat until thoroughly blended.

5. Remove the mixer from the bowl and clean off excess batter.

6. Add the flour, soda and salt to the creamed mixture. Stir with a wooden spoon.
Crunchy Granola Cookies (cont'd)

7. Add the granola and mix with wooden spoon.
8. Drop batter by spoonfuls onto greased baking sheets.
10. Bake for 8-10 minutes, or until browned lightly. Cool on cooling rack.

Clean Up
- wash dishes
- rinse dishes
- dry dishes
- put away dishes
- clean counters, stove and sink
- clean floor
## Teacher's Key

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<thead>
<tr>
<th>Milk and Milk Products</th>
<th>Meat, Fish, Poultry, and Alternates</th>
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<th>Fruits and Vegetables</th>
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**Creative Living, p. 265-266**

**Extras** - Foods high in fat and sugar belong in the "extras" group. Those with significant redeeming features may be classified as CAUTION FOODS. Those with no redeeming features are STOP foods. The Department of Health guidelines and poster show this effectively. GO foods are foods from Canada's Food Guide.

- ice cream
  (high in fat, therefore, extra though it does contain some milk)
- fruit roll-up
- sour cream
- oatmeal cookies
- chocolate bar
- raisins
  (are fruit, but should be used with caution as a snack because they are sugary and sticky and adhere to teeth)
- pretzels
  cheezies
doughnut
orange jello
chocolate drink
apple pie
granola bars
deep fried onion rings
butter
popcorn
chocolate cake
- salad dressing
  potato chips
  cream cheese
  strawberry jam
  cupcake
Top of range or hot plate
Oven or toaster oven
Microwave oven
Other small appliances
  - blender
  - electric frying pan
  - food processor

Note: Deep fat frying is not recommended at this level.