



THE CHALLENGE:



Dinner time! Cooking from scratch has a whole lot of benefits. From expanding your palate, to using fresh, nutritious ingredients, to being able to gobble down the delicious creations you make.

Your challenge this week is to find a recipe to make in your very own kitchen. It could be an old family favorite or a new recipe from a cook book or website like this [one](#). Take the time to make it from scratch and enjoy the end product with your family. YUM!

~ STEAM TEAM ~
Create, Test, Improve

Learning Activities

See previous and French Issues [here](#)

Language Arts/ Art/Technology:

Have you ever wondered about the menu items at your favorite restaurant? Where do they get the ideas? How are the described so scrumptiously?

Try designing your perfect restaurant!

- Create a menu of at least 10 food items and describe them deliciously!
- Create a logo for your restaurant! Use paper and markers or get creative with Canva found [here](#).

Consider your theme and your customers.

What would draw people in? Try your menu out on family and friends!



Numeracy/Social Studies:

Bread is a staple food for almost every culture around the world. They come in many shapes and sizes and can be grilled, baked, boiled, or fried. Bao, Chapati, Foccacia, Baguette, Naan, Luskini, Pretzels, Matzo, Tortillas, and more! Check out this *How It's Made* video on commercial bread [here](#).

The items below are the ingredients you will need to make bread:

Yeast: \$4.99	Salt: \$5.49
Flour: \$7.49	Canola Oil: \$6.49
Sugar: \$5.99	

How much money will you need to start making your own bread?

Try it out and/or shop for a type you have never tried before.

Science: When dandelions first appear, fiddleheads are near

What is your favorite wild food? Did you know you can make [Dandelion Lemonade](#)? Foraging is when you actively search for food, particularly in the wild and New Brunswick is home to some delicious wild foods! With help from an adult, do some research about the edible wild foods in our province or your community and see if you can find some of these delicacies in your area! Avoid all mushrooms though as some can be **poisonous**!



Physical Education:

Exercise helps us stay physically and mentally healthy. Challenge yourself this week to the ASD-N Virtual Olympics to help burn off those delicious baked good you made!

Click [HERE](#) for the Virtual Olympics.



Jumping - Jacks

1 Jumping Jack = 0.2 calories
100 Jumping Jacks = 20 calories

Culinary Match-up

- a) Poach
- b) Waft
- c) Knead

- 1 To press, fold, and stretch with the heel of your hand.
- 2 A scent carried in the air.
- 3 To cook very gently in hot liquid just below the boiling point.