

Week 1	Kitchen Safety and Hygiene
Opening Activity	Introduction to the Program
Main Activity	Breakfast Burritos & Homemade Granola
Closing	Recap and Self-Evaluation
Week 2	Reading Recipes and Measuring
Opening Activity	Review Material from Last Week
Main Activity	Cheddar and Corn Scones & Roasted Tomato Soup
Closing Activity	Cleanup and Debrief
Week 3	Using Kitchen Tools I
Opening Activity	Review
Main Activity	Flatbread Pizza and Chicken Caesar Salad
Closing Activity	Clean up and Debrief
Week 4	Where Does Our Food Come From
Opening Activity	Review
Main Activity	Chili and Tutti Fruity Muffins
Closing Activity	Cleanup and Debrief
Week 5	Plant Our Own Food
Opening Activity	Review & Planting
Main Activity	Tuna Toast and Rainbow Salad + Fresh Fruit Spring Rolls (if time allows)
Closing Activity	Cleanup and Debrief
Week 6	Making Healthy Choices
Opening Activity	Review & Balance
Main Activity	Sweet Chili Stir Fry and Sunny Energy Bites
Closing Activity	Cleanup and Debrief
Week 7	Planning Ahead
Opening Activity	Review & Making a Grocery List
Main Activity	Pasta Pomodoro and Roasted Vegetables
Closing Activity	Cleanup and Debrief
Week 8	Choosing the Best Foods
Opening Activity	Review & Ripeness and Expiry Dates
Main Activity	Falafel Wraps and Fruit Kebabs
Closing Activity	Cleanup and Debrief
Week 9	Getting Creative (Substitutions)
Opening Activity	Review and Substitutions
Main Activity	Cheesy Omelets & French Toast Skewers
Closing Activity	Cleanup and Debrief
Week 10	Food and Culture
Opening Activity	Review and Discussion of Culture
Main Activity	Three Sisters Soup & Bannock

Closing Activity	Cleanup and Debrief
Week 11	Celebrating With Food!
Opening Activity	Review and Decorating
Main Activity	Carnival Pasta Salad and Butter Tarts
Closing Activity	Cleanup and Debrief

** Consider moving around three sister's soup and adding Lentil Dahl for Food and Culture Night