

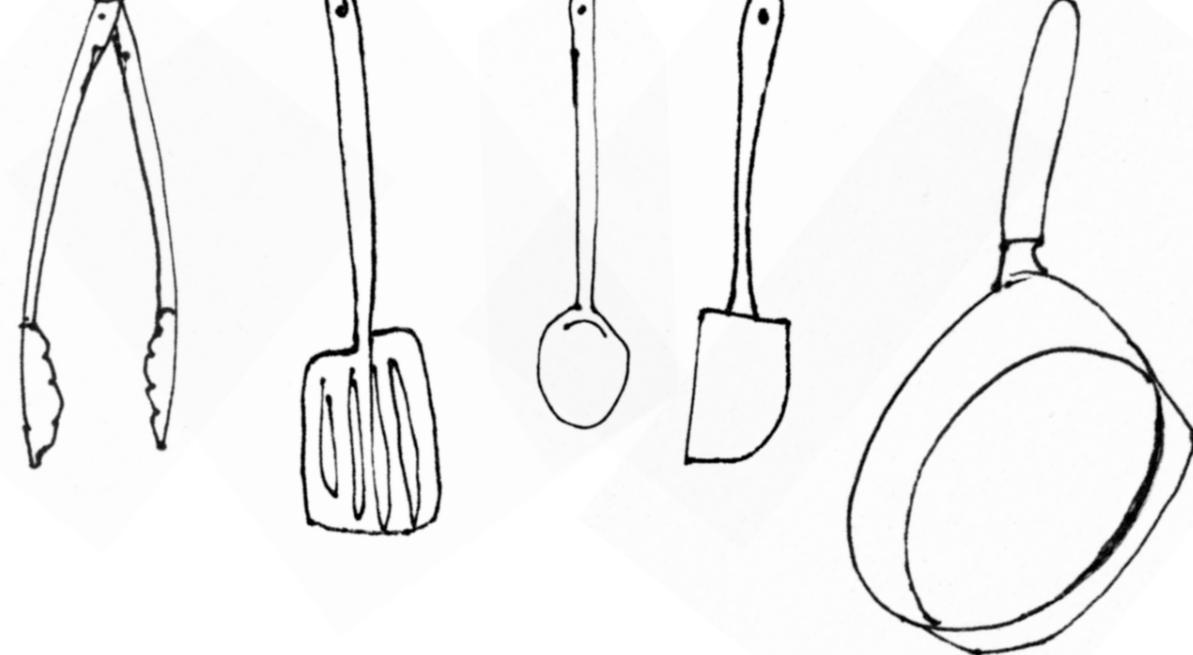


# LEARNING TO LOVE FOOD AND COOKING

A recipe adventure workbook  
with Maple from Canada



**3-5**  
YEAR  
OLDS



## AN INTRO TO THE WORKBOOK

Good food helps to keep us nourished, energised and happy. It brings families and cultures together and when we eat a varied diet it will help to keep us healthy too.

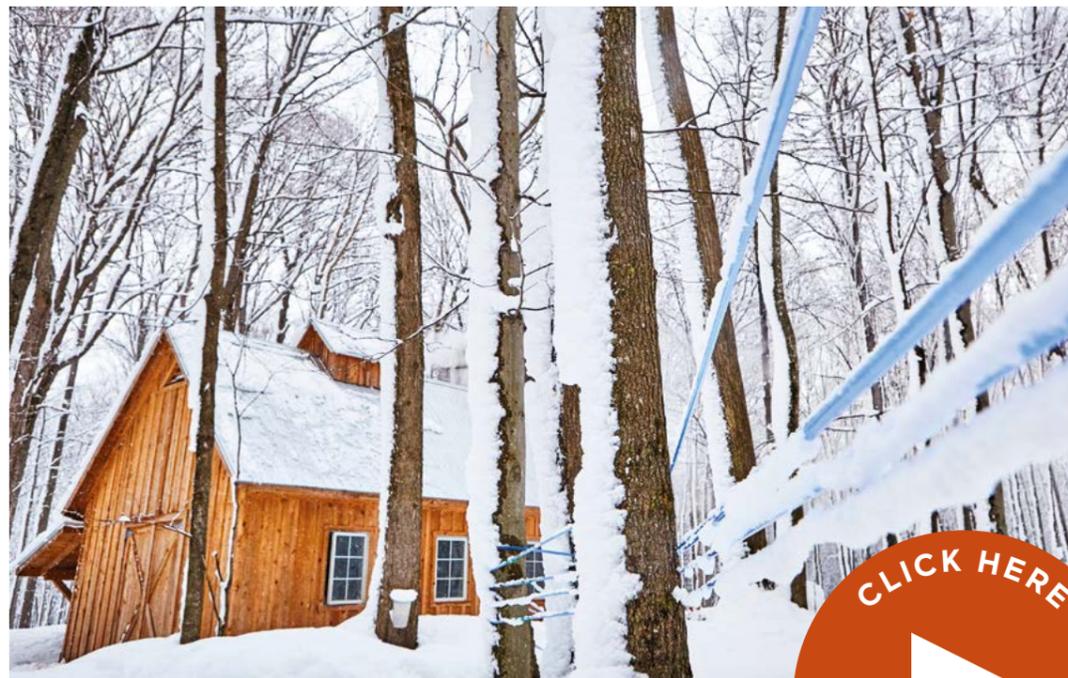
We believe it's important to inspire children from an early age to be curious about food, to help them to understand food and to teach them how to cook.

The eating habits that we form as children follow us into our adult lives and help us to shape our decision-making when it comes to the food we enjoy. So, developing a diverse

diet full of nutritious foods from a young age is key. This is why we've developed a series of fun workbooks for children from 3-11 years old.

Inside each booklet are some exciting maple recipes that your child can make independently for the family to eat, some fun activities and links to more information and videos.

# WHAT IS MAPLE AND HOW IS IT MADE?



How many litres of sap, the liquid inside the tree, is needed to make 1 litre of pure Canadian maple syrup?

- a. 20 litres
- b. 30 litres
- c. 40 litres

# ABOUT PURE CANADIAN MAPLE SYRUP

Pure Canadian maple syrup is a natural product, with no artificial colours, flavours or preservatives.

It's rich in the mineral manganese, which helps to look after bones and connective tissue; riboflavin, helping to reduce tiredness and fatigue and also a source of copper, which is important for looking after connective tissue, the nervous and immune systems, hair colour and skin pigmentation.

The unique taste of maple complements both sweet and savoury dishes. From mid-week casseroles and soups to snacks and speciality

desserts, maple acts as a flavour enhancer and is a great alternative to processed sweeteners.

There are four grades of Canadian maple syrup and each has its own distinct colour, flavour profile and qualities. The colour, which ranges from golden-hued to very dark, is a result of when it is harvested. The sap harvested at the beginning of the season produces a lighter colour maple syrup. As the season progresses the maple syrup is darker with a stronger taste.



# ABOUT THE RECIPES

The earlier children start to think about food, what it is and where it comes from, the better equipped they will be to make good choices around food, nutrition and sustainability as they grow up. This is good for both children and our planet. Cooking with children from as young as three years old can also have really positive benefits on their development in so many ways.

- These recipes are developed with the age of the child and their developmental stage in mind, so try to let children complete each step on their own as much as possible to help them to gain a sense of independence in the kitchen.
- Cooking with your child/children will help their physical development, for example fine motor skills as well as hand-eye coordination. Just think about the range of physical skills that they need to measure oats in a mug, pour liquid from a jug, tear and wash lettuce leaves or mix dry and wet ingredients together.
- They will also learn how to count ingredients, start to work out how to share things evenly and start to understand the concept of time and how long things take to cook.

Most children at this age love repetition and will want to try new skills over and over again. Practice the recipes with them again and again and then repeat the skills that they've learnt in these recipes or other recipes.

Above all, they will also enjoy the social element of sitting, talking and eating the food that they've helped to make.

## KITCHEN SKILLS FOR 3-5 YEAR OLDS:

The skills children learn in this booklet will be with them for the rest of their lives.

To help you and your child/children see how many skills they are learning, here is a handy checklist of 10 new skills to tick off as you work your way through the booklet.

- Arranging ingredients in a bowl
- Mashing ingredients
- Measuring with spoons
- Mixing ingredients with their hands or a spoon
- Pouring and drizzling liquids
- Sensory development – smelling, tasting and touching new ingredients
- Washing ingredients

# MAPLE FRUIT SALAD



Prep  
15 mins



Serves  
4

Fresh fruit, orange juice and pure maple syrup come together to make this refreshing fruit salad that is packed with flavour and colour. Practise mixing skills with little ones, along with helping them to arrange fruit pieces and learning to drizzle with maple syrup.

## INGREDIENTS

120ml pure Canadian maple syrup (preferably amber for its rich taste)

4 cups of fresh orange juice

1 cup strawberries

1 cup raspberries

1 cup blackberries

1 cup blueberries

1 cup watermelon

1 cup grapes

2 kiwis

Handful of fresh mint leaves, for decoration

## METHOD

Prepare the fruit with a small knife. Cut the top off the strawberries and slice into quarters, halve the blackberries and grapes then wash.

Peel the watermelon and kiwi and cut into 2–3cm approx. cubes.

Mix all fruit together in a big bowl and divide across four smaller bowls.

Mix the orange juice and maple syrup in a jug and pour over the fruit.

Add the fresh mint to serve.

## SKILLS:

Arranging fruit pieces in a bowl  
Drizzling maple syrup  
Mixing with their hands  
or a spoon



# MAPLE BANANA BREAD



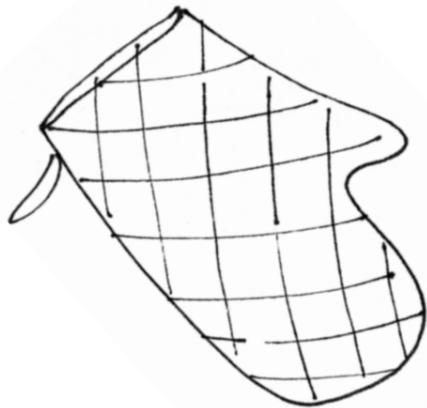
This family favourite is the perfect recipe to help your little ones fall in love with baking, made even sweeter with pure maple syrup. Kids can put their mashing, measuring and pouring skills to the test and watch in delight as their creation rises in the oven!

## INGREDIENTS

- 2 cups very ripe bananas, peeled
- 2 tsp vanilla extract
- 30ml pure Canadian maple syrup (preferably dark syrup for its robust taste)
- 2/5 cup vegetable oil
- 2 eggs
- 2/5 cup maple sugar
- 1 1/2 cups plain flour
- 1/2 tsp bicarbonate of soda
- 1 tsp baking powder

## METHOD

- Preheat oven to 160°C / Gas Mark 3 and line a loaf tin with baking parchment.
- In a mixing bowl, mash together bananas, vanilla, maple syrup and vegetable oil.
- Slowly add eggs, one by one, followed by maple sugar, flour, bicarbonate of soda and baking powder and mix together.
- Pour contents into the tin and bake for 50–60 minutes or until a skewer comes out clean.
- Leave to cool on a wire rack and serve when cooled.



# FROZEN STRAWBERRY, MAPLE AND YOGHURT BARK



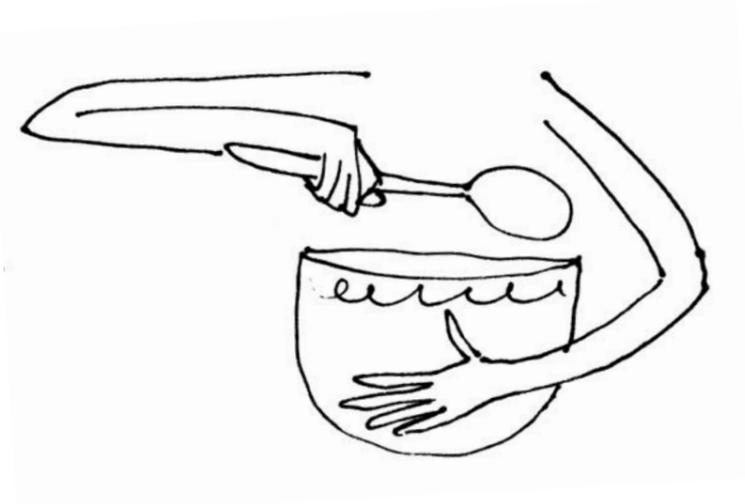
Fruity and refreshing, frozen yoghurt bark is easy to make and the perfect healthy snack for kids on a hot summer's day. This simple recipe is made by mixing Greek yoghurt with pure maple syrup and fresh berries before leaving the mixture to freeze overnight.

## INGREDIENTS

- 1 cup selection of fresh berries
- 1/3 cup roasted almonds (roughly chopped)
- 1 cup low fat Greek yoghurt
- 4 tbsp pure Canadian maple syrup (preferably dark syrup for its robust taste)
- 1 tsp vanilla extract
- 1/2 tsp lemon juice

## METHOD

- Add maple syrup, Greek yoghurt, vanilla extract and lemon juice in a bowl and whisk together.
- Pour the mixture into a tray lined with parchment paper.
- Stud with the fruits and chopped nuts.
- Leave to freeze overnight.
- Once frozen, remove from the freezer and slice into shards.
- Either serve immediately or place back in the freezer to enjoy when desired.



# MAPLE MASTERPIECES

Here are some fun maple colouring sheets to keep your children entertained! Can they make this sugar shack as colourful as a rainbow, so it stands out in the maple forest?



## With maple syrup, the possibilities are endless

Why not find out for yourself and try these exciting activities?

### Grow some food

Whether you have a garden or not, there's plenty of tasty things you can try to grow as a family. Lettuce, tomatoes and chillies grow well both in and outdoors so why not plant a seed and watch it grow. The reward for your hard work will taste great!

### Create a shopping list

Set up a table full of ingredients in different quantities. Create shopping lists for your children and challenge them to find all the correct ingredients and quantities on the table.





# MAKE SOME MAPLE TAFFY

Mmm... Maple taffy! The one-of-a-kind sugar shack treat synonymous with springtime. But did you know you can get taffy all year round? It's true, as it is with all Québec maple products! Aside from its traditional serving on the snow, taffy delights your taste buds when added to desserts like Italian meringue and praline. Get creative! Add a hint of maple taffy to boost the flavour of savoury dishes like red meat and poultry stuffings.

For generations of Québec children, maple taffy signals the waning of winter, the time of year to go out to the sugar shack. The sap is running, collected, and boiled into syrup. It is further concentrated into thick taffy and poured in a thin ribbon onto compacted snow or crushed ice. It hardens on contact, to be twirled around a stick, and enjoyed like a perfect sucker from nature.

## MAPLE TAFFY



Prep  
10 mins



Cooking  
10 mins



Serves  
10-12

### INGREDIENTS

1-2kg of ice  
300-350ml pure Canadian maple syrup (preferably amber syrup for its rich taste)

#### Equipment:

Baking tray  
Wooden ice cream or lolly sticks  
Saucepan  
Thermometer  
Metal ladle or serving spoon  
Wooden spoon  
Food processor

### METHOD

Use a food processor to crush the ice as finely as possible.

Fill a baking tray with clean, fresh ice or snow and smooth the top to flatten it.

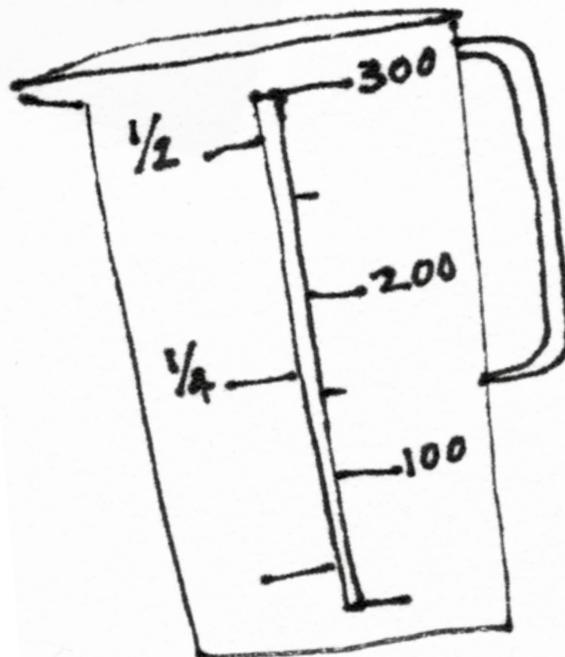
Heat the maple in a thick bottomed saucepan and stir continuously with a wooden spoon. The liquid will soon begin to boil. Once it reaches approx. 115°C it is ready to pour.

With a metal ladle or serving spoon drizzle 2 tablespoons of hot maple mixture onto the ice in thin lines about 5 inches long. Let the maple syrup strips cool for 3-5 seconds until they begin to slightly firm up.

Press the top of the ice cream stick into the hot maple parallel to the ice, which will quickly start to attach to the stick. Turn the stick to evenly gather up all of the strips of maple.

Repeat step 3 and 4 until all of the maple has been collected. Eat while still a little warm.





# DISCOVER FOOD WITH MAPLE



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