

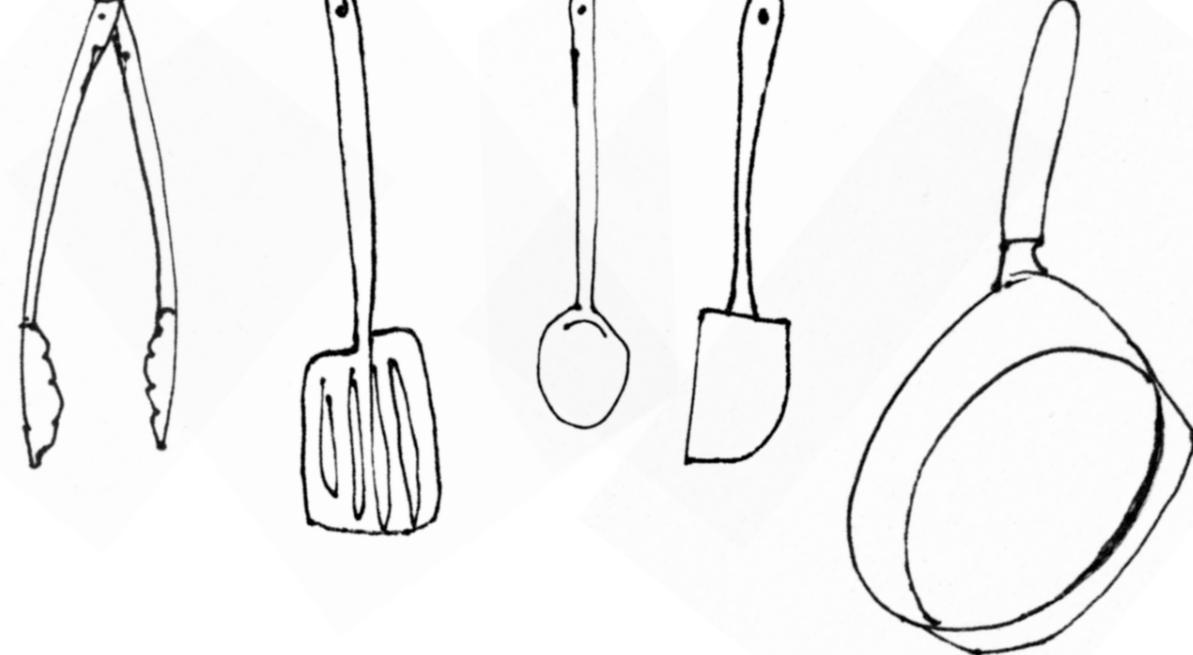


# LEARNING TO LOVE FOOD AND COOKING

A recipe adventure workbook  
with Maple from Canada



**5-7**  
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.**

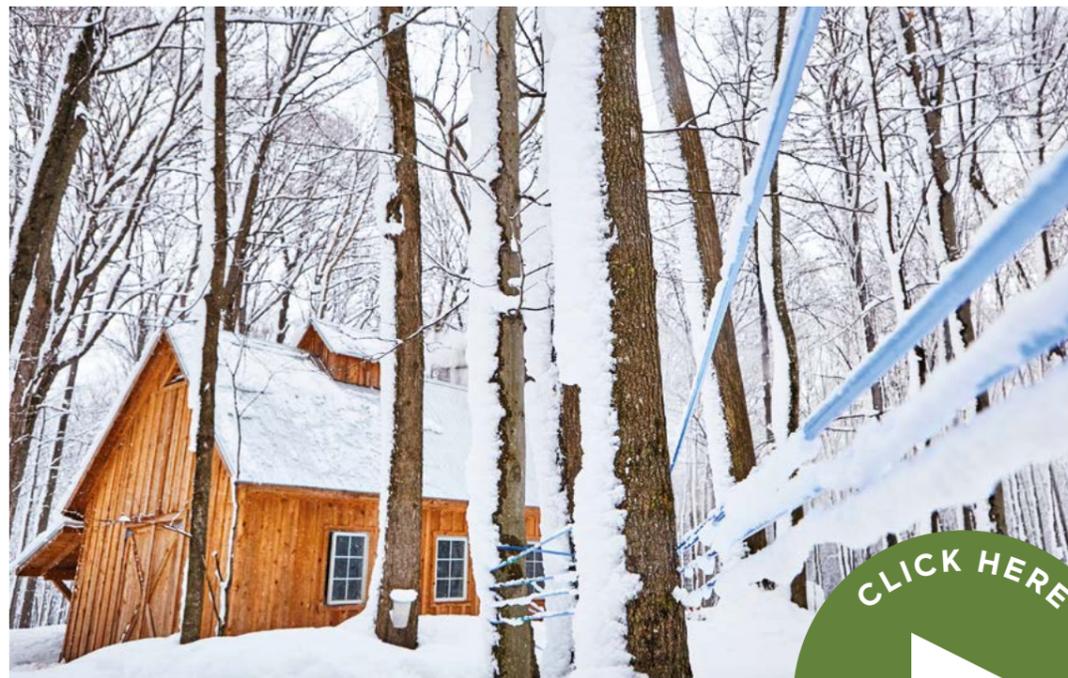
We believe it's important to inspire children from an early age to be curious about food, to help them to understand food and to teach them how to cook.

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 5-7 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 new skills to tick off as you work your way through the booklet. Don't forget to go through the recipes and skills from the previous booklets too.

- Finding ingredients in the kitchen
- Using a spatula
- Using an electric and hand whisk
- Flipping pancakes
- Layering ingredients
- Pouring liquids
- Sprinkling ingredients
- Talking about the recipe – what could be changed next time?
- Helping setting and clearing the table



# MAPLE VEGAN PANCAKES



These easy vegan pancakes require only a handful of ingredients to make, so are the perfect breakfast treat. Get the kids involved with finding ingredients in the cupboard at home and let them help with flipping for a fun start to the morning.

## INGREDIENTS

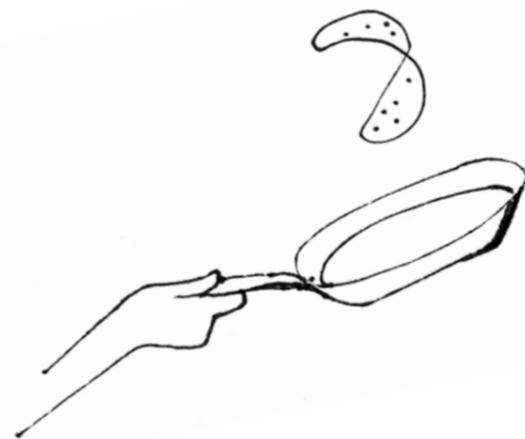
- 3 1/2 cups chickpea flour
- 3 tsp baking powder
- 2 tbsp pure Canadian maple syrup, plus extra for topping (preferably golden colour for its delicate flavour)
- 1 cup + 2 tbsp water or almond/oat milk
- 1 tsp vegetable oil

## METHOD

- In a large bowl, slowly add water or almond/oat milk and maple syrup to the dry ingredients. Then whisk together to form a thick batter.
- Heat oil in a frying pan and add a ladle of batter mix and let it spread out into a thick circular shape.
- Look for air bubbles, browning and dry edges on one side then flip to cook the other side for 1 minute.
- Serve with your favourite toppings and extra maple syrup.

## SKILLS:

- Using a whisk
- Pouring mixture into a pan
- Flipping pancakes



# MAPLE YOGHURT PARFAIT



Prep  
10 mins



Serves  
4

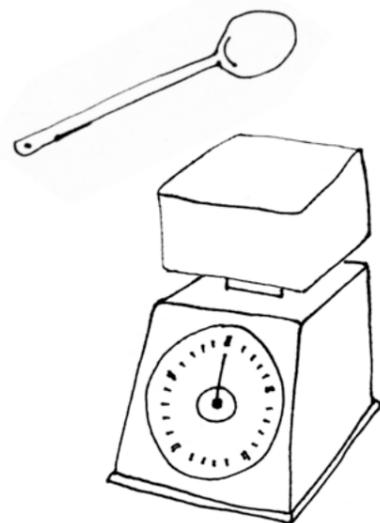
Teach kids how to layer with this yoghurt parfait recipe, filled with creamy yoghurt, crunchy granola, fresh fruit and maple syrup. This is the perfect brunch or afternoon snack!

## INGREDIENTS

60ml pure maple syrup  
(preferably amber for its rich taste)  
2 cups full fat yoghurt  
1 tsp vanilla extract  
1/3 cup jam  
2 cups granola  
1 cup of mixed berries  
(we used strawberries, blueberries and raspberries)

## METHOD

Dice and wash the berries.  
In a large bowl, combine the yoghurt with maple syrup and vanilla extract.  
In four glasses or jars, layer the yoghurt, jam and granola.  
Top with berries and serve.



### SKILLS:

Layering yoghurt and fruit in cups  
Sprinkling granola  
Sensory development



SO GOOD!

# WHITE CHOCOLATE, MACADAMIA AND MAPLE BLONDIES



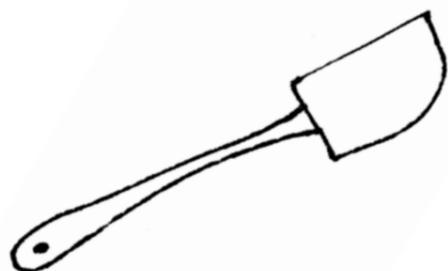
These delightfully soft and fluffy white chocolate blondies, naturally enriched with crushed macadamia, maple sugar and pure maple syrup are sure to be a hit with the family. Test the little ones' ability to use different kitchen utensils like a brush and spatula.

## INGREDIENTS

1 tbsp melted butter (for the cake tin)  
1 cup soft, unsalted room temperature butter  
125ml pure Canadian maple syrup (preferably golden colour for its delicate flavour)  
1/2 cup maple sugar  
3 eggs  
2 cups plain flour  
1 tbsp cornflour  
1 cup white chocolate chips  
1/2 cup macadamia nuts, crushed

## METHOD

Preheat oven to 160°C.  
Brush a 25cm square cake tin with melted butter.  
Line with non-stick baking paper, allowing the sides to overhang slightly.  
Whisk the butter, maple syrup and sugar together until combined, then slowly whisk in the eggs.  
Using a spatula, mix in the plain flour, cornflour and chocolate chips.  
Pour the mixture into the cake-lined tin. Sprinkle the crushed macadamia evenly across the mixture.  
Bake for 20–25 minutes until golden brown.  
Leave to cool completely before slicing into squares.



### SKILLS:

Brush and line a cake tin  
Use a spatula  
Sprinkling nuts



# FOOD FROM AROUND THE WORLD

Now you have learnt a bit more about where maple comes from, see if your children can identify where other ingredients originate from.

Can your child match the list of ingredients to their home countries using the map? You could always use the internet to help if you get stuck.

Why not use the recipes on our website to plan a meal that uses ingredients from around the world?

- Avocado
- Banana
- Cinnamon
- Coffee
- Ginger
- Pasta
- Pineapple
- Rice
- Tea

Answers:  
 Avocado - Mexico  
 Banana - Malaysia, Indonesia, Philippines  
 Cinnamon - Sri Lanka  
 Coffee - Ethiopia

Ginger - China  
 Pasta - Italy  
 Pineapple - Brazil, Argentina, Paraguay  
 Rice - China  
 Tea - China



## FOR MORE FUN, WHY NOT TRY

### Growing some food

Whether you have a garden or not, there's plenty of tasty things you can try to grow. 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!

### Making some pancake art

Mix food dye with milk and some maple syrup to create edible paints for your child to decorate their own pancake - tasty and fun!

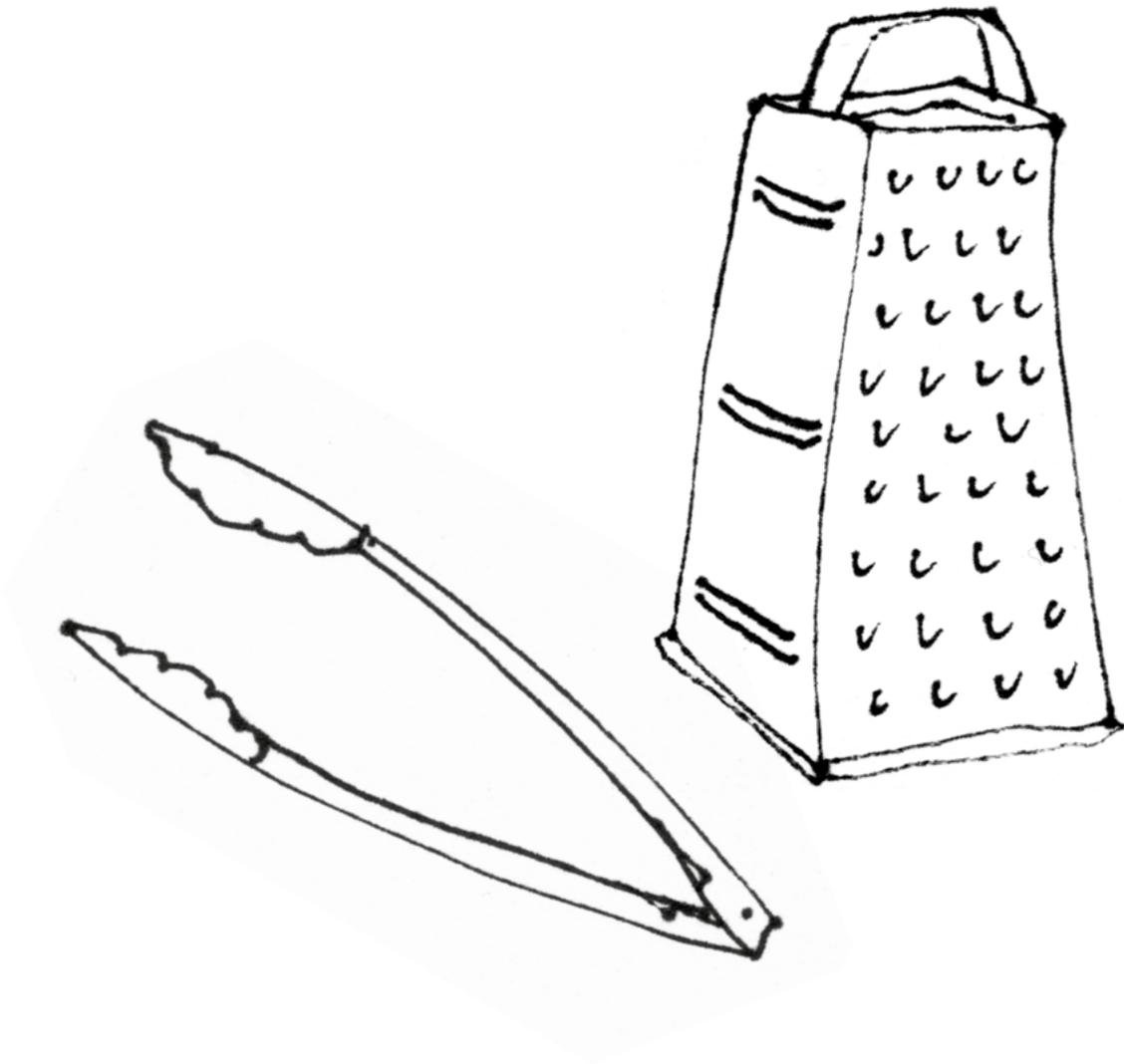
### Colouring in

Why not print off some of our fun maple colouring in sheets?

[maplefromcanada.au](http://maplefromcanada.au)

### Creating 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 from the table.



# DISCOVER FOOD WITH MAPLE



**Find us:**



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**Contact us:**

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**For more tasty ideas visit:**

maplefromcanada.au



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