



Taste Test Time

GET INVOLVED... COOK FOR THE HOLIDAYS!

This holiday season, put some music on and include your children in the holiday cooking and baking! Start off by giving them small tasks that are appropriate for their age.

Examples:

Children 5-8 years old -stir batter, prepare lettuce for a salad, use cookie cutters, rinse vegetables, assemble ingredients, beat eggs, measure dry ingredients, add spices, etc.

9 years old and up- knead dough, stir hot foods, assemble batters, use foods in toaster oven, chop foods, slice or chop vegetables, boil vegetables/potatoes, put foods in microwave and oven, boil elements on the stove.

Fun Facts

1. Baking and cooking helps to sharpen math skills.
2. Cooking increases awareness of the nutrients in food.
3. Baking helps to get you in the holiday spirit!

STAY ACTIVE IN THE HOLIDAY SPIRIT



1. Join a themed run in the community such as "Thanksgiving 5K" or "Jingle bell 3K Run".
2. When you watch your favorite holiday specials on TV, do 5 jumping jacks or 10 crunches during commercials. Make it a fun activity for the family!
3. After Thanksgiving dinner, instead of taking a nap, grab family or friends and go for a brisk walk!
4. Gather with friends and family and have a snowball fight, go snow tubing, skiing or snowboarding!

TRY BAKING THIS HEALTHY HOLIDAY TREAT! APPLE PIE SANDWICH BITES

Ingredients:

- 2 apples
- 20 whole meal biscuits
- 10 tbsp. natural yoghurt
- honey
- ground cinnamon



Directions:

- Preheat the oven to 180°C
- Peel and core the apples, then cut into 5mm-thick slices.
- Place on a lined baking tray and bake for 15 minutes. Allow to cool for 5 minutes.
- Assemble bites by layering a biscuit, a slice of apple, a spoonful of yogurt and drizzle of honey, cinnamon and another biscuit on top.

References

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