

## ***What's For Lunch Challenge!***

### **Did you know?**

Canada imports a lot of fruits and vegetables FROM other countries and we export a lot of grains and meat TO other countries. That's A LOT of pollution from all of the travelling our food does!

### **The Challenge!**

Look up local farms that grow and produce food in Ontario (the closer to Springdale, the better!) Using the foods that those farmers grow and raise, create a recipe for something you could make/cook/bake at home using ONLY those ingredients.

Complete the Recipe Card below. **Ask your family members to help you!**

## ***Recipe Card***

<b>(title of your recipe):Pancakes</b>		
<b>Ingredients</b>		
<b>Amount</b>	<b>Ingredient</b>	<b>Instructions How to Make It</b>
1 egg	<b>Egg</b> (Chickens)	<b>1.Add flower</b> <b>2.Crack the egg</b> <b>3.Pore the milk</b> <b>4.Heat the pan</b> <b>5.Mix the ingredients</b> <b>6.Pore the mixture on the pan</b> <b>7.Flip the pancake so it won't get burned</b> <b>8.Put the pancake on your plate</b> <b>9. Pore maple syrup</b> <b>10.Eat the pancake</b>
200 ml	<b>Milk</b> (Cows)	
200 Gram	<b>Flower</b> (Wheat)	
25 ml	<b>Maplesyrup</b> (red maple, or black maple trees)	

