

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

title of your recipe: Egg Sandwich.		
Ingredients		
Amount	Ingredient	Instructions How to Make It
2 $\frac{1}{2}$ few leafs 3 $\frac{1}{4}$ tea spoon $\frac{1}{4}$ tea spoon 2 eating spoon	eggs tomatoes lettuce bread (wheat) Black pepper salt butter	1. First boiled the eggs and mashed. 2. cut in small pieces. 3. cut in medium pisces 4. Do light tost in pane. 5. Add black pepper 6. Some salt is added too. 7. Add 2 spoon butter.

$\frac{1}{3}$ Cucumber	Cucumber	8.Cut in small pieces. Do all ingredients mix and spread on the bread on each piece and cut from the middle and enjoy this recipe.
--	-----------------	---