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## ***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): pizza</b>		
<b>Ingredients</b>		
<b>Amount</b>	<b>Ingredient</b>	<b>Instructions How to Make It</b>
	dough (flour comes from wheat) pizza sauce comes from tomato cheese comes from cows milk vegetables comes from plants	<b>1. First we make the dough 2. Then we roll the dough 3. After we put it in the pizza tray 4. Then we put pizza sauce 5. After pizza sauce we put cheese 6. Then we put vegetables 7. After vegetables we put cheese again 8. Then we put it in the oven 9. Finally when the pizza was made we eated.</b>