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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

(title of your recipe): wheat Bread sandwich		
Ingredients		
Amount	Ingredient	Instructions How to Make It
1 pack	Bread	1. Take the bread slices. 2. Grate the cheese on top of the bread slices. 3. slice the vegetables like onion, beetroot, carrot, bell peppers. 4. we place all the sliced vegetables on top of the cheese. 5. After that we sprinkle salt and crushed peppers on top of it. 6. Finally, we put some grated cheese and butter and close with
100 gm	cheese	
150 gm	butter	
2 nos	beetroot	
3 nos	carrot	
3 nos	onion	
2 nos	green pepper	
3 nos	potato	
As	salt	
require	pepper	

d.		another bread. 7. We used the sandwich maker to toss the bread for 1 to 2 mins. 8. After finished cooking, take the bread and place on the plate. 9. Enjoy eating 10.
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