

Name: ___Flora___

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): Flora's Eggs		
Ingredients		
Amount	Ingredient	Instructions How to Make It
1	eggs Chikin	1. So you need to crack 1 egg
1	Then you puer oil no the egg Corn oil	2. Then you pour oil on the egg 3. Then you put pepper and salt
4	Then you put pepper & salt plant salt	4. Then you Mix all the stuff 5. Then you flip the pan over again and again 2 time 6. Then we eat the egg and enjoy it!
4	Then you can Mix all the stuff	7. 8. 9. 10.

