

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: Chicken Vegetables Salad		
Ingredients		
Amount	Ingredient	Instructions How to Make It
1	1. Lettuce	1. Take a bowl
1	2. Carrot	2. Take vegetables
1	3. Broccoli	3. Cut it on small pieces
1	4. Raddish	4. Add salt to taste
1	5. Cucumber	5. Add Blackpepper
50 g	6. Cheese	6. Add Meyonies
2	7. Green Onions	7. Add cheese
2	8. Peppers	8. Mix it well
50 g	9. Corns	9. BBQ Chicken pieces on it
150 g	10. Chicken	10. Ready to eat and enjoy it

