

Kids Can Cook (with help) !!

Online Grocery Shopping Activity



All recipes courtesy of www.bbcgoodfood.com

For this activity you will need to price out how much it will cost to purchase the groceries necessary to make your chosen recipe! I would encourage you to do this online by using one of the following shopping websites.

Superstore: <https://www.realcanadiansuperstore.ca/>

Save-on-Foods: <https://www.saveonfoods.com/>

I.G.A: <https://www.igastoresbc.com/>

Safeway: <https://www.safeway.ca/>

Step 1: choose your recipe!

Step 2: price out your groceries

Step 3: add up your total cost

*Step 4: OPTIONAL – with adult permission and supervision, make your recipe!

Instructions for sharing your grocery shopping costs:

- A) Create a Power Point and name it “**Name - Online Grocery Shopping**” Ex: Bella – Online Grocery Shopping
- B) Add images of the items you choose from the website(s) using screen captures (*computers*), screen shots (*tablet or smart phone*)



Tomato Beefsteak
Red

\$1.76(est.)ea
\$6.57/ 1kg \$2.98/ 1lb

Ex: 2 x Tomatoes = 2 x \$1.76 = Total: \$3.52

C) List all the items and their prices and total them up on your final slide, and don't worry about calculating taxes.

D) Share your completed Power Point to me using your Office 365 account.

Recipe #1: Fajitas



Ingredients

- 4 chicken breasts, cut into chunks
 - olive oil (for frying)

For the marinade

- 4 limes, juice only
- 2 tsp fajita seasoning
- 4 green onions, finely sliced
- 1 fat garlic clove, crushed

For the salsa

- 1 red pepper
- ½ jar roasted pepper (we used Gaea Red Peppers Flame Roasted 290g)
 - 1 small apple peeled
 - 4 ripe tomatoes
 - ½ lime juice only
- small bunch coriander, leaves picked
- chilli sauce, to taste (optional)

For the guacamole

- 2 very ripe avocados halved and pit removed
 - ½ lime juice only
 - grated cheese, to serve

To serve

- 6 - 8 tortillas (you can now get mini tortillas for kids)
 - sour cream (optional)

Method

- **Grown-ups:** Put the chicken and marinade ingredients in a bowl and cover. Put in the fridge for at least two hours.
- **Children:** If your children are 5 or over, you can get them to roughly chop the pepper, roasted pepper, apple and tomatoes for the salsa using a good quality firm plastic knife or cutlery knife. Otherwise do this yourself. Younger children can pick the leaves from the coriander and mix them into the salsa.
- **Grown-ups:** Tip the salsa ingredients into a food processor, along with the lime juice and a little seasoning and pulse until finely chopped. Take out 2 large spoons of the mixture for younger children, then add chilli sauce, if using, and pulse again to combine.
- **Children:** Squeeze or spoon the avocado into a bowl and use a potato masher to mash it. Stir in the lime juice and some black pepper with a spoon. Lime juice can sting so grown ups may want to squeeze them for younger children.
- **Grown-ups:** Heat a little olive oil in a frying pan and pour the contents of the chicken bowl into the pan. Cook for 5- 8 minutes or until the chicken chunks are cooked through.
- **Children:** Put the grated cheese, salsa (for grown-ups and children), guacamole and sour cream in separate colourful bowls to put on the table.
- **Grown-ups:** Heat the tortillas according to the pack instructions and put the cooked chicken in a bowl. Show children how to fill and roll their tortilla.
- **Children:** Lay out your tortilla, choose your toppings, roll them up and eat!

Recipe #2: Pizza with homemade sauce



Ingredients

- 300g flour, plus extra for dusting
 - 1 tsp instant yeast
 - 1 tbsp olive oil

For the tomato sauce

- 1 tbsp olive oil
- 2 garlic cloves, crushed
- 200ml tomato paste

For the topping

- 8 mozzarella pearls or grated 250g mozzarella cheese
 - small bunch fresh basil
- Optional: pepperoni or other meat topping

Method

- Tip the flour into a bowl, then stir in the yeast and 1 tsp salt. Make a well in the centre and pour in 200ml warm water (make sure it's not too hot) along with the oil. Stir together with a wooden spoon until you have a soft, fairly wet dough.
- Tip the dough out onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside for an hour or so or until the dough has puffed up and doubled in size. You can also leave the rough, unkneaded dough in the bowl, cover with a tea towel and leave in the fridge overnight and the dough will continue to prove on its own.
- Meanwhile, make the tomato sauce. Put the oil in a small pan and fry the garlic briefly (don't let it brown), then add the tomato paste and simmer everything until the sauce thickens a little. Leave to cool.

- Once the dough has risen, knead it quickly in the bowl to knock it back, then tip out onto a lightly floured surface and cut into two balls. Roll out each ball into a large teardrop that is very thin and about 25cm across (teardrop shapes fit baking sheets more easily than rounds).
- Heat oven to 425F with a large baking sheet inside. Lift one of the bases onto another floured baking sheet. Smooth the sauce over the base with the back of a spoon, scatter over half the mozzarella, drizzle with olive oil and season. Put the pizza, still on its baking sheet, on top of the hot sheet in the oven and bake for 8-10 mins until crisp.

Recipe #3: Easy pasta and homemade meatballs



Ingredients

- 300g pork sausage
 - 1 small onion
 - 1 carrot
 - 1 tbsp dried oregano
- 500g lean ground beef
- 50g parmesan finely grated, plus extra to serve
 - 75g dried breadcrumb
 - 1 medium egg
 - 1 tbsp olive oil
 - 1 bag or box of pasta

For the tomato sauce

- 1 carrot (finely grated)
- 2 sticks of celery (grated)

- 1 zucchini (coarsely grated)
- 3 garlic cloves (finely grated)
 - 2 red peppers
 - 1 tbsp olive oil
 - 1 tbsp tomato purée
- 3 x 400g tins chopped tomatoes
 - cooked spaghetti, to serve
 - handful basil leaves, snipped
- Optional: splash red wine vinegar

Method

- **KIDS the writing in bold is for you.** GROWN-UPS the rest is for you. **Squeeze some sausages.** Get your child to squeeze all the sausage meat out of the skins into a large bowl. They can hold the sausages or do it by squashing them on a board.
- **Get grating.** Get your child to coarsely grate the onion and finely grate the carrot. If the onion starts to hurt their eyes, get them to wear goggles, which is good fun. Grating can take a bit of strength, so you may need to help. Tip these vegetables in with the sausages. While you have the grater out, grate the Parmesan, other vegetables and garlic for the sauce, and set aside.
- **Make a marvellous mix.** Next, get your child to add all the other meatball ingredients one by one, except the olive oil, into the bowl and season with black pepper.
- **Squish everything together.** Get the child to squish everything together through their hands until completely mixed. Keep an eye on younger children to make sure that they don't taste any of the raw mix.
- **Roll meatballs.** Children as young as three can now roll the meatball mix into walnut-sized balls, then place them on a board or tray. This mix should make 40 balls – counting these is great way to help teach older children basic division. Cover the meatballs with cling film and have a little tidy up.
- **Prepare the red peppers.** Firstly, carefully the peppers and remember to cut off the tops and bottoms and remove the seeds. Cut the peppers in half and children from the age of four can cut the peppers into strips.
- **Make the sauce.** A grown-up will need to help here. Heat the oil in a large saucepan. Add the vegetables and garlic and cook for 5 mins. Stir in the tomato purée, sugar and vinegar, leave for 1 min then tip in the tomatoes and simmer for 5 mins. Get the child to help blitz the sauce with a hand blender. Gently simmer the sauce while you cook the meatballs.
- **Cook the meatballs and pasta.** Brown the meatballs in the olive oil on all sides then pop them into the sauce, working in batches if necessary. Simmer the meatballs in the sauce for 15 mins, gently stirring until they are cooked through. While the meatballs are simmering, add your pasta to a pot of boiling water, and cook as per the directions. Once the pasta is cooked and drained and sauce is done, then it's ready to eat! Serve with some basil and extra Parmesan, if you like.

