



THE CHALLENGE:



Dinner time! Cooking from scratch has a whole lot of benefits. From expanding your palate, to using fresh, nutritious ingredients, to being able to gobble down the delicious creations you make.

Your challenge this week is to find a recipe to make in your very own kitchen. It could be an old family favorite or a new recipe from a cook book or website like this [one](#). Take the time to make it from scratch and enjoy the end product with your family. YUM!

~ STEAM TEAM ~
Create, Test, Improve

Learning Activities

Language Arts/Art/Technology:

Have you ever wondered about the menu items at your favourite restaurant and how they are described so scrumptiously?

Try designing your perfect restaurant! Create a menu of 10 food items and describe them deliciously. Then, create a logo for your restaurant with paper and markers or get creative with [Canva](#)! Consider your theme and your customers. What would draw people in? Try your menu out on family and friends!



Numeracy:

This is a delicious brownie recipe, but it's been doubled for a party. Give this recipe a try, but you will have to halve all the ingredients to make just one batch!

Best Brownies:

- 1 cup butter
- 2 cups white sugar
- 4 eggs
- 1 tsp vanilla
- 2/3 cup unsweetened cocoa
- 1 cup of flour
- ½ tsp salt
- ½ tsp baking powder

Frosting:

- 6 tbsp butter, softened
- 6 tbsp unsweetened cocoa
- 2 tbsp honey
- 2 tsp vanilla
- 2 cups icing sugar



Baking Instructions:

1. Set oven at 350 degrees F. Grease and flour an 8-inch square pan.
2. Melt butter, stir in sugar, eggs and vanilla. Beat in cocoa, flour, salt, and baking powder. Spread in pan.
3. Bake for 25-30 minutes

Social Studies/Science:

Bread, in all its various forms, is the most widely consumed food in the world. It is an important source of carbohydrates and is also portable and compact. This may be why it has been an integral part of our diet for over 30,000 years.

The first known leavened bread, made with semi-domesticated yeast, dates back to about 1000 B.C. in Egypt. Yeast are single-celled microorganisms called fungi, that release CO₂ gas when they consume sugar. The CO₂ then creates a 'bubble' in the dough giving it its light, fluffy texture. Watch this time-lapse of bread rising [here](#)!

Physical Education:

Exercise helps us stay physically and mentally healthy. Challenge yourself this week to the ASD-N Virtual Olympics to help burn off those delicious baked goods you made!

Click [HERE](#) for the Virtual Olympics.



Jumping - Jacks

1 Jumping Jack = 0.2 calories
100 Jumping Jacks = 20 calories

Culinary Match-up

- a) Julienne
- b) Al dente
- c) Dredge

- 1 To coat wet food with a dry ingredient prior to cooking.
- 2 Cooked but left with a bit of firmness
- 3 Cutting food into long thin strips.