



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.

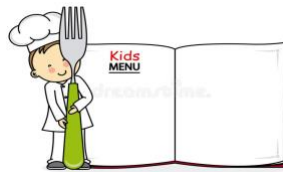
Your challenge this week is to find a recipe to make in your very own kitchen. It could be an old family favorite or a new recipe from a cook book or website like this [one](#). Take the time to make it from scratch and enjoy the end product with your family. YUM!

~ STEAM TEAM ~
Create, Test, Improve

Learning Activities

Language Arts:

Create a menu for your family this week. In your menu include breakfast, lunch, and supper options. Beside each item draw a picture of the food and include a price. Make the meals worth \$1.00, \$2.00, \$5.00, or \$10.00 each. Once your menu is created, you and your family can sit down and decide what meals you may eat this week!



Numeracy:

Once you have decided on what meals your family is going to eat this week, add up the total cost of meals. Did your family eat more than \$100.00 or less than \$100.00?

Menu	
	drink.....\$1
	bread sticks.....\$2
	salad.....\$2
	slice.....\$1
	small pizza.....\$5
	large pizza.....\$10
	extra toppings.....free
	cookie.....\$1

You and Your World:

Bread is a staple food for almost every culture around the world. They come in many shapes and sizes and can be grilled, baked, boiled, or fried. Bao, Chapati, Foccacia, Baguette, Naan, Luskinikn, Pretzels, Matzo, Tortillas, and more! When grocery shopping this week, ask a family member to bring home a new type of bread for you to try, or try making it at home. Check out this *How It's Made* video on commercial bread [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 good you made!



Jumping - Jacks

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

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

Culinary Match-up

- a) Sauté
- b) Simmer
- c) Broil

- 1 Cooking using direct heat over the food.
- 2 To cook food gently and slowly.
- 3 Fry quickly in a little hot fat.