



LEARNING TO LOVE FOOD AND COOKING

With Maple from Canada and Cook School
a recipe adventure workbook

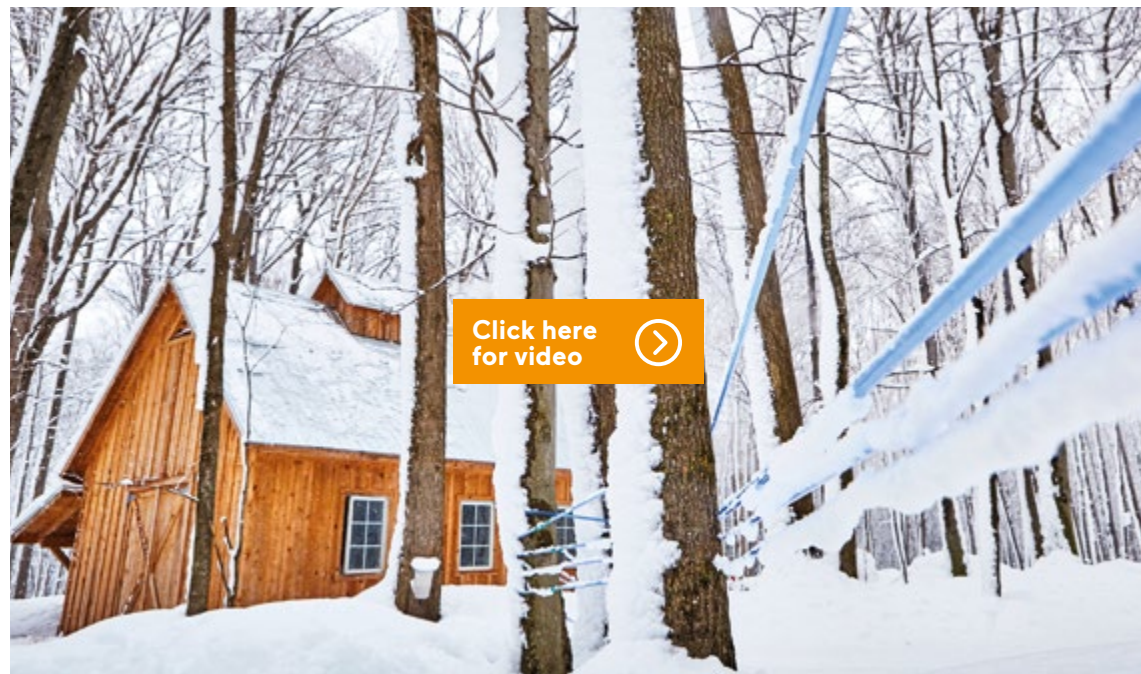
**3 - 5
year olds**

An introduction
to cooking for
early years

**COOK
SCHOOL**



WHAT IS MAPLE AND HOW IS IT MADE?



How many litres of sap, the liquid inside the tree, is needed to make 1 litre of pure Canadian maple syrup?

- a. 20 litres
- b. 30 litres
- c. 40 litres

Answer: 40 litres!

ABOUT PURE CANADIAN MAPLE SYRUP

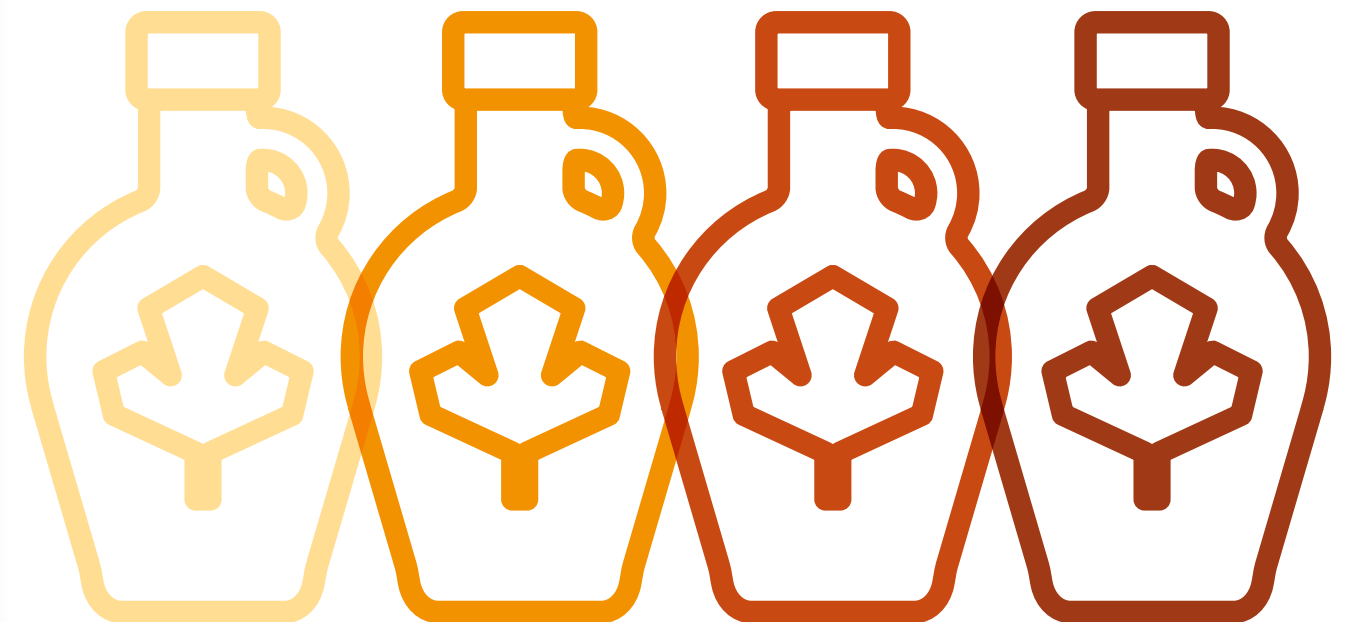
Pure Canadian maple syrup is a natural product, with no artificial colours, flavours or preservatives.

It's rich in the mineral manganese, which helps to look after bones and connective tissue; riboflavin, helping to reduce tiredness and fatigue and also a source of copper, which is important for looking after connective tissue, the nervous and immune systems, hair colour and skin pigmentation.

The unique taste of maple complements both sweet and savoury dishes. From mid-week casseroles and soups to snacks and

speciality desserts, maple acts as a flavour enhancer and is a great alternative to processed sweeteners.

There are four grades of Canadian maple syrup and each has its own distinct colour, flavour profile and qualities. The colour, which ranges from golden-hued to very dark, is a result of when it is harvested. The sap harvested at the beginning of the season produces a lighter colour maple syrup. As the season progresses the maple syrup is darker with a stronger taste.



ABOUT THE RECIPES



The earlier children start to think about food, what it is and where it comes from, the better equipped they will be to make good choices around food, nutrition and sustainability as they grow up. This is good for both children and our planet. Cooking with children from as young as three years old can also have a really positive benefits on their development in so many ways.

- These recipes are developed with the age of the child and their developmental stage in mind, so try to let children complete each step on their own as much as possible to help them to gain a sense of independence in the kitchen.
- Cooking with your child/children will help their physical development, for example fine motor skills as well as hand-eye coordination. Just think about the range of physical skills that they need to measure oats in a mug, pour liquid from a jug, tear and wash lettuce leaves or mix dry and wet ingredients together.
- They will also learn how to count ingredients, start to work out how to share things evenly and start to understand the concept of time and how long things take to cook.

Most children at this age love repetition and will want to try new skills over and over again. Practice the recipes with them again and again and then repeat the skills that they've learnt in these recipes or other recipes.

Above all, they will also enjoy the social element of sitting, talking and eating the food that they've helped to make.

KITCHEN SKILLS FOR 3 - 5 YEAR OLDS:

The skills children learn in this booklet will be with them for the rest of their lives.

Children will learn and practice a range of skills in the recipes, to help you and your child/children see how many skills they are learning, here is a handy checklist of 10 new skills to tick off as you work your way through the booklet.

Measuring with spoons

Sensory development – smelling, tasting and touching new ingredients

Washing veg

Tearing bread

Measuring with a mug

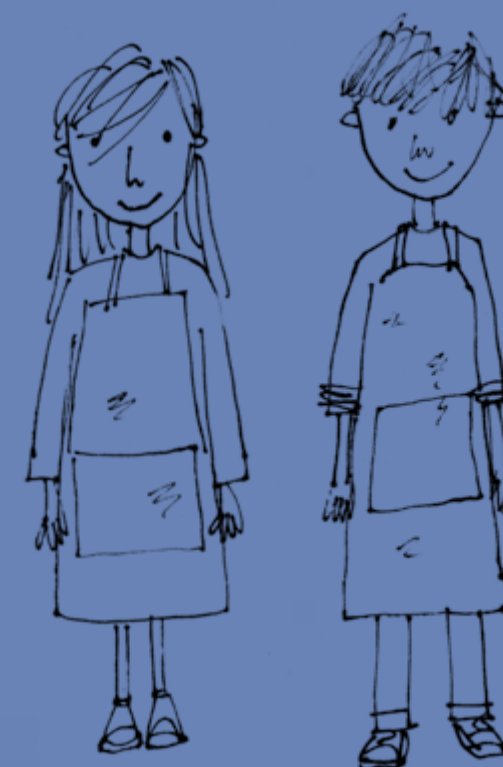
Tasting new ingredients – what did he/she taste?

Mixing

Counting

Pouring a liquid

Using scissors



CERTIFICATE

Send photos of your finished recipes from this booklet along with your child's ticked checklist to hello@cookschooclub or post the pics on Instagram and tag [@maplecanadauk](https://www.instagram.com/maplecanadauk) and [@cookschooclub](https://www.instagram.com/cookschooclub) and we'll email you a personalised certificate for your child to print out and put on your kitchen wall or fridge.



**COOK
SCHOOL**

GREEN SALAD WITH MAPLE CROUTONS AND YOGHURT DRESSING



Prep
15 mins



Cooking
10 mins



Serves
4 - 6

You can vary the ingredients to suit the seasons. Try to encourage little ones to taste the ingredients as they put them into the bowl.

Ingredients

For the croutons:

2 tablespoons olive oil
2 tablespoons pure Canadian maple syrup (preferably golden colour for its delicate flavour)
2 teaspoons dried mixed herbs
3 thick slices bread

For the salad:

1 large lettuce leaves
3 handfuls washed baby spinach leaves
1 avocado, halved
60g Emmental cheese
3 heaped tablespoons tinned sweetcorn

For the dressing:

1 tablespoon natural yoghurt
2 tablespoons extra virgin olive oil
1 tablespoon lemon juice
1 teaspoon pure Canadian maple syrup (preferably amber syrup for its rich taste)

Skills

For 3 - 5 year olds: measuring with spoons, mixing, sensory development, using senses – smelling and tasting new ingredients, washing lettuce, tearing bread

YUMMY!



Method

1

Turn the oven to 200°C. Spoon the olive oil into a bowl with maple syrup and dried mixed herbs and mix together. Break a thick slice of bread into bite size pieces. Repeat with the other slices of bread, add to the bowl and mix with a spoon to make sure that all the bread is coated.



2

Scatter the bread onto a baking tray and bake in the oven for 10 minutes, until they're lightly golden and crunchy.



3

Make the salad dressing – measure the natural yogurt into a bowl. Add the olive oil, lemon juice and maple syrup and season with a few twists of freshly ground black pepper. Mix together with a spoon.



4

Tear a lettuce into pieces, put into a colander or sieve and wash under the cold tap at the sink. Shake to dry or pat dry with kitchen paper and put into a salad bowl.

Tear the spinach leaves into pieces and add to the lettuce.



5

Peel the avocado skin away from the flesh. Using a table knife, cut the avocado into little pieces and add to the salad.

Using a table knife, cut the Emmental into small pieces and add to the salad.



6

Add the sweetcorn to the salad. Spoon half of the dressing over the salad. Add the croutons and mix everything together. Add more dressing if you like.



TA DA!



HOMEMADE MAPLE GRANOLA



Prep
20 mins



Cooking
50 mins

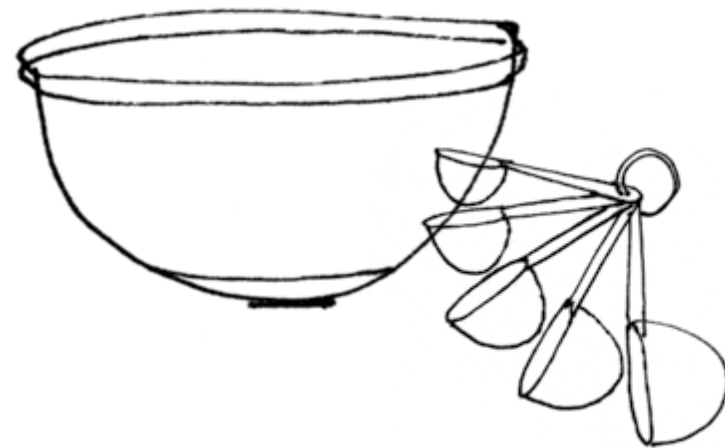


Serves
10 - 12

This granola is great for breakfast topped with your favourite dairy or plant-based milk. For a breakfast sundae layer the granola with yoghurt and fresh fruit.

Ingredients

3 mugs of oats
(about 350g)
6 tablespoons
desiccated coconut
5 tablespoons
sesame seeds
5 tablespoons mixed seeds
e.g. sunflower seeds,
pumpkin seeds
4 tablespoons mixed,
chopped nuts e.g. almonds
and hazelnuts
9 tablespoons olive oil
6 tablespoons pure maple
syrup (preferably amber
syrup for its rich taste)
1 teaspoon vanilla extract
6 tablespoons dried fruit
e.g. raisins, sultanas and
dried cranberries



Skills

for 3 - 5 year olds: measuring
with spoons, measuring with
a mug, tasting new
ingredients, mixing



Method

1

Turn the oven to 150°C/130°C fan.
Measure the oats and put into a big bowl.
Measure the desiccated coconut and add
to the oats.

2

Add the sesame seeds to the bowl.
Add the mixed seeds to the bowl.
Add the chopped nuts to the bowl.
With a big spoon stir all these ingredients
to mix together.



3

Measure the oil into a jug. Add the maple
syrup to the oil. Add the vanilla extract
and mix together with a spoon.



4

Pour the oil mixture into the bowl of dry ingredients and mix everything together.



5

Tip this mixture into a big ovenproof tin. Bake for 40 minutes, take out of the oven, stir the granola carefully and put back into the oven for another 10 - 15 minutes until the mixture is dry, light golden and crisp.



6

Leave to cool, add the dried fruit to the granola and mix together.

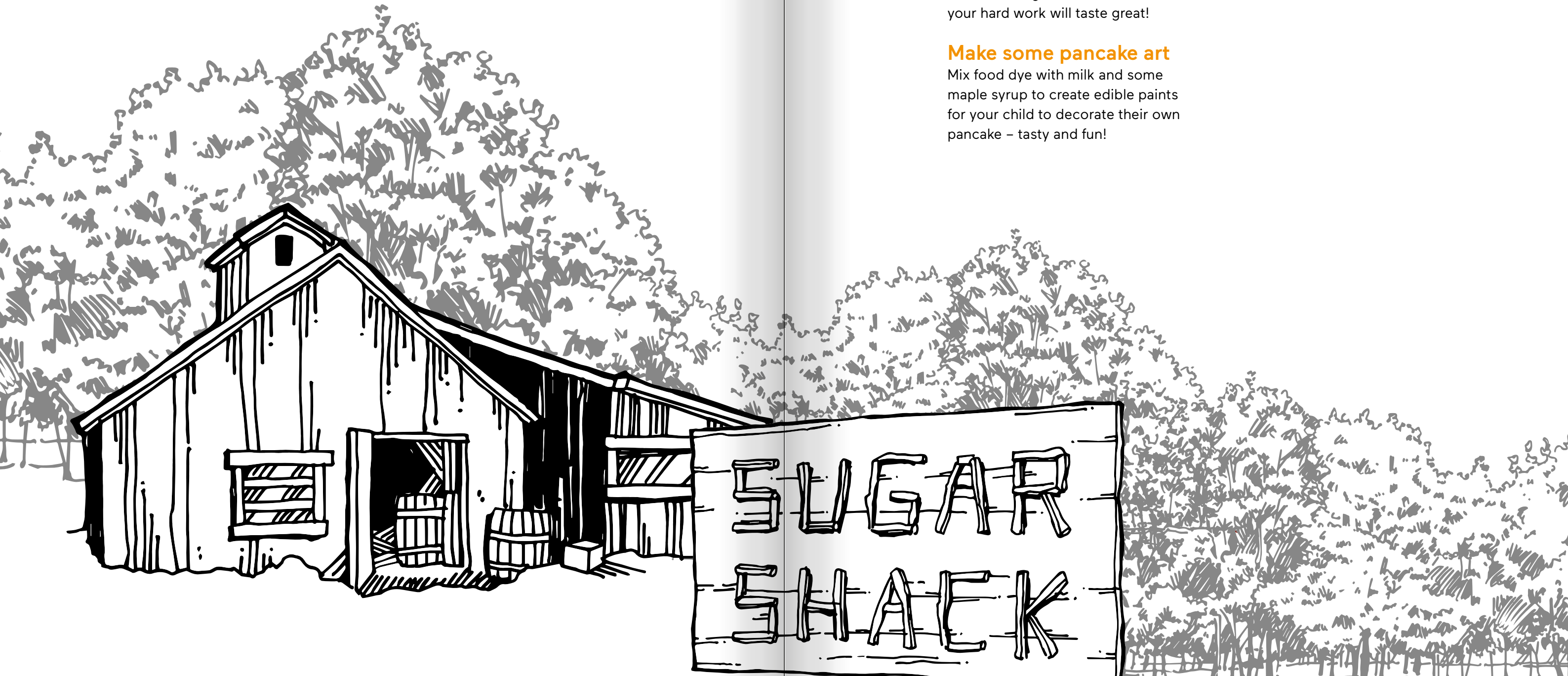


MMM, TASTY...



MAPLE MASTERPIECES

Here are some fun maple colouring sheets to keep you busy! Can you make this sugar shack as colourful as a rainbow, so it stands out in the maple forest?



FOR MORE FUN, WHY NOT TRY

Growing some food

Whether you have a garden or not, there's plenty of tasty things you can try to grow. Lettuce, tomatoes and chillies grow well both in and outdoors so why not plant a seed and watch it grow. The reward for your hard work will taste great!

Make some pancake art

Mix food dye with milk and some maple syrup to create edible paints for your child to decorate their own pancake – tasty and fun!

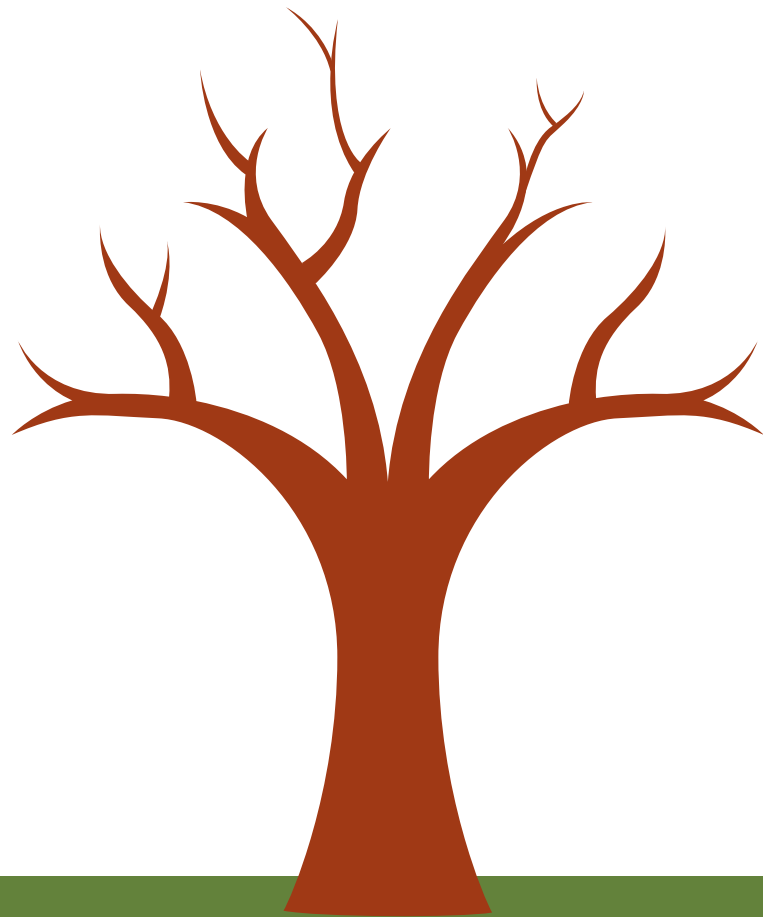
Shopping list

Set up a table full of ingredients in different quantities. Create shopping lists for your children and challenge them to find all the correct ingredients and quantities on the table.

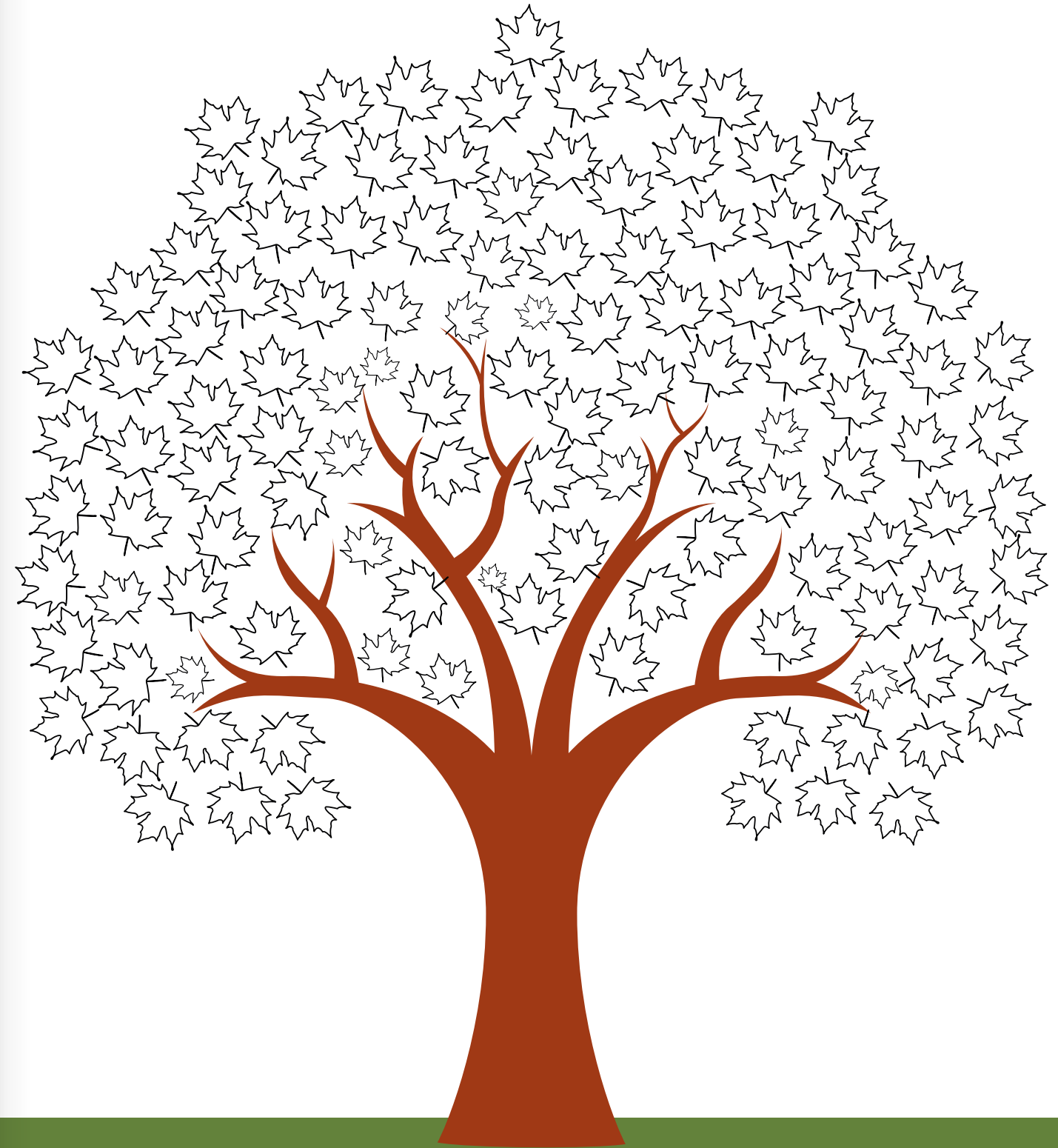
Just for fun

MAKE A MAPLE TREE

Now you know where maple comes from and have practised using it in recipes, why don't you have a go at creating your own maple tree.



Draw maple leaves onto this tree



Colour the maple leaves

DISCOVER FOOD WITH MAPLE

A workbook for the
food-curious

Find us:



@maplecanadauk

For more tasty ideas visit:

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