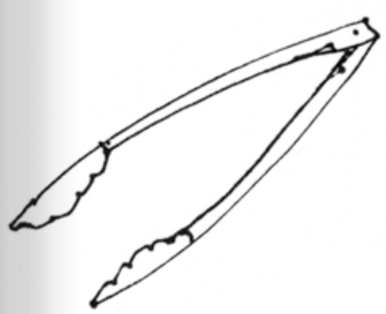
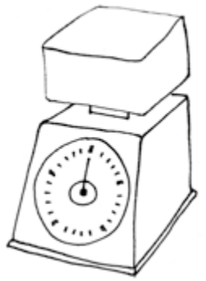
LEARNING TO LOVE FOOD AND COOKING

With Maple from Canada and Cook School
a recipe adventure workbook











AN INTRO TO THE WORKBOOK

Good food helps to keep us nourished, energised and happy. It brings families and cultures together and when we eat a varied diet it will help to keep us healthy too.

We believe it's important to inspire children from an early age to be curious about food, to help them to understand food and to teach them how to cook.

The eating habits that we form as children follow us into our adult lives and help us to shape our decision-making when it comes to the food we enjoy. So, developing a diverse diet full of nutritious foods from a young age is key. This is why we've developed a series of fun workbooks for children from 3 - 11 years old, in partnership with Cook School. Inside each booklet are some exciting maple recipes that your child can make independently for the family to eat, some fun activities and links to more information and videos.

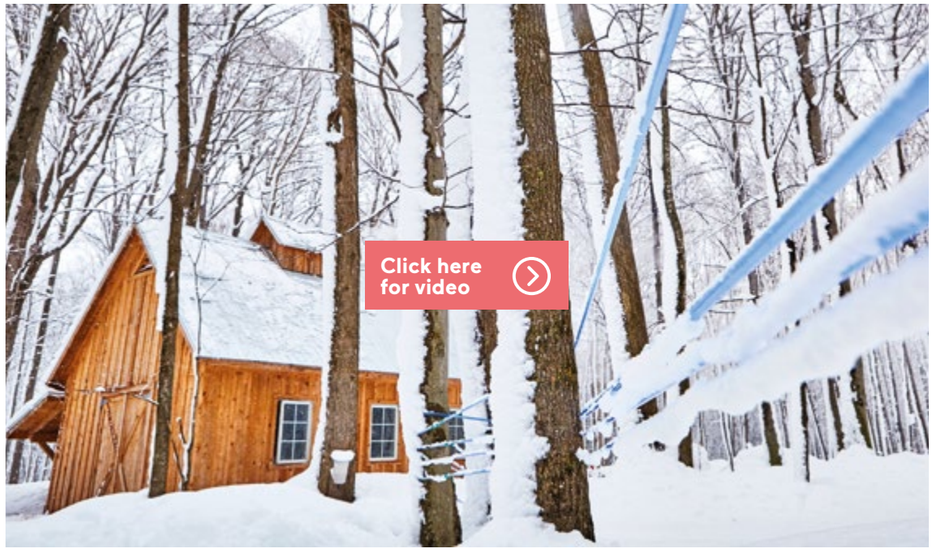
About Cook School

Cook School is a pioneering, not-for-profit, nationwide organisation teaching young people up to nineteen years to understand food and how to cook. Cook School believes that knowing how to do both of these things will help us all to be healthy and to have a healthier planet. Started by leading children's food writer Amanda Grant and her partner Kristian Dean, Cook School has taught over 50,000 children so far.

For more information go to:
cookschool.club
or follow
@cookschoolclub
on Instagram, Twitter and Facebook.

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!

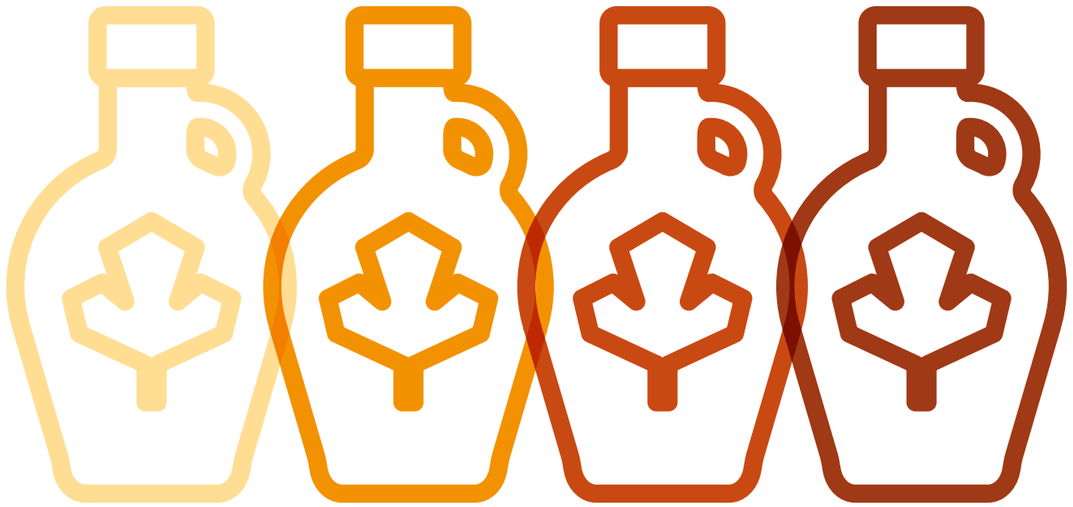
ABOUT PURE CANADIAN MAPLE SYRUP

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 benefit 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 the 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. Children change and develop so much during these years. This is such an exciting time as they can learn so many new skills, but don't forget to remind your child to go back over the previous skills and recipes too as this will help their confidence to continue to grow.

- They will have an increased ability to remember and will find it easy to repeat skills from the previous booklets. Children learn through play, these recipes are fun to make and your child is learning new skills as they cooks.

If your child enjoys cooking and receives recognition for it, they are more likely to want to do it again.

KITCHEN SKILLS FOR 7 - 11 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 new skills to tick off as you work your way through the booklet. Don't forget to go through the previous booklet's recipes and skills too.

NEW SKILLS

reading instructions independently

understanding of the world and where ingredients come from

weighing and measuring independently – keep practicing with random objects

using the oven

seasonality

international dishes

using a small knife to learn cutting techniques

crushing garlic

creating new recipes – what would you like to make?



CERTIFICATE

Send photos of your finished recipes from this booklet along with your child's ticked checklist to **hello@cookschool.club** or post the pics on Instagram and tag **@maplecanadauk** and **@cookschoolclub** and we'll email you a personalised certificate for your child to print out and put on your kitchen wall or fridge.

maple FROM CANADA

COOK SCHOOL

BANG BANG CAULIFLOWER WITH MAPLE SAUCE

Prep
30 mins

Cooking
35 mins

Serves
4

Traditionally served in China as street food. This bang bang cauliflower is sweet, spicy and tastes so good.

Ingredients

For the cauliflower:

1 cauliflower

110g plain flour

70g cornflour

1 tablespoon sweet chilli sauce

200ml dairy or plant-based milk

100g dried breadcrumbs

for the sauce:

3 tablespoons sweet chilli sauce

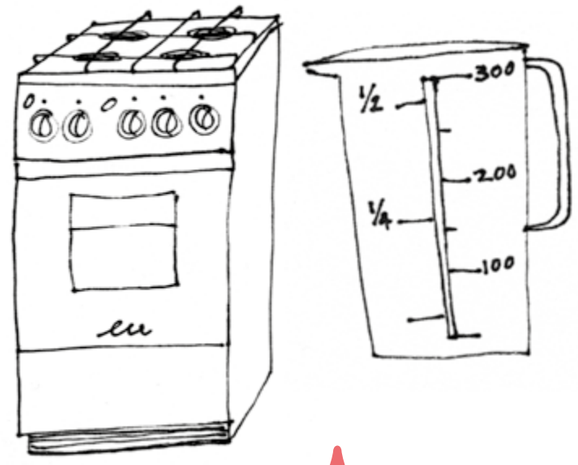
2 tablespoons vegan or other mayonnaise

2 tablespoons pure Canadian maple syrup (preferably amber syrup for its rich taste)

1 teaspoon paprika

2 tablespoons plant based milk

Eat with rice or couscous and salad or a steamed, green veg



Skills

For **7 - 11** year olds: measuring liquids, using oven, seasonality, international dishes



Method

1

1. Turn the oven on to 200°C. Cut baking paper and line 2 baking trays. Break the cauliflower into small pieces, these pieces are called florets - this will take you a little while as it's hard work breaking the cauliflower into smaller pieces!

2

Measure the flour and tip into a large bowl, add the cornflour, chilli sauce and season with a little salt and pepper.





3

Add the plant-based milk and mix everything together with a fork or whisk until lump free.

4

Tip the breadcrumbs into a separate bowl. You now have a production line set up - dip a floret into the batter, then into the breadcrumbs and then onto the baking tray.





5

Repeat with another piece of cauliflower and then keep going until you've used up all the cauliflower. Cook for 25 minutes, until the cauliflower is golden and crisp.

6

Spoon the chilli sauce, mayonnaise, maple syrup, paprika and plant-based milk into a small bowl and mix together.



7

Carefully take the cauliflower out of the oven. Carefully lift the cauliflower from the second tray onto the first tray so that all the cauliflower is on one tray. Pour the sauce over the cauliflower and enjoy.



MAPLE BAKED BEANS

Prep
30 mins

Cooking
40 - 45 mins

Serves
4

Baked beans were originally sold in the UK in 1901.

Ingredients

For the baked beans:

1 green pepper, halved

2 cloves garlic

2 x 400g mixed bean salad

400g tin chopped tomatoes

2 tablespoons tomato puree

2 teaspoons dried oregano

2 teaspoons smoked paprika

3 tablespoons pure Canadian maple syrup (preferably dark syrup for its robust taste)

1 teaspoon English mustard

½ vegetable stock melt

Ingredients

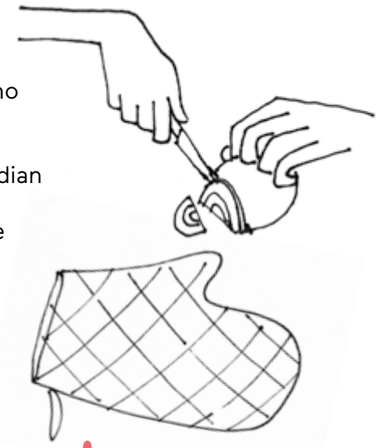
For the topping:

2 teaspoons dried oregano

2 tablespoons olive oil

2 tablespoons pure Canadian maple syrup (preferably golden colour for delicate flavour)

2 thick slices bread



Skills

For **5 - 7** year olds: knife skills – claw cutting technique, measuring liquids, crushing garlic, using the oven



Method

1

Turn the oven to 200°C. Using a small knife and a chopping board, cut the green pepper halves into small pieces using the claw cutting technique. Make your fingers into a claw shape on one hand and use this claw to hold a pepper half. You are basically keeping the tips of your fingers away from the knife. Hold a small knife in your other hand and cut the pepper. As you cut along the food, make sure that you move your hand back as you're cutting. Put into an ovenproof dish.

2

Peel the garlic and then using a garlic crusher, crush the garlic. Add the garlic to the casserole dish. Drain the beans in a sieve and rinse under a cold tap. Tip the beans into the ovenproof dish. Add a tin of chopped tomatoes to the beans. Quarter fill the empty tomato can with water, this means you will have 100ml water. Add the water to the dish.





3

Add the tomato puree, dried oregano, paprika, pure maple syrup, English mustard and stock.

4

Cook the beans in the oven for 30 minutes. Meanwhile, put 2 teaspoons dried oregano into a big bowl, add 2 tablespoons of olive oil into a big bowl. Add 2 tablespoons pure maple syrup and mix together. .





5

Tear the slices of bread into small bite size pieces, add to the bowl and mix together with a spoon until all the bread is coated in the oil mixture.

6

Take the beans out of the oven, sprinkle the croutons over the top and put back into the oven for another 10 - 15 minutes, until the bread is golden.





HELP PLAN A MEAL

Now you have learnt a bit more about time management and working with different ingredients, why don't you plan a meal as a family?

This is your opportunity to get creative and put your new skills to the test! Use the menu template to plan a three-course meal, you could use our recipes for inspiration or have a look at some cookbooks.

Here are some things to consider when planning your meal:

- [ ] Does it contain all food groups?
- [ ] Is it healthy or balanced?
- [ ] What ingredients will you need, could you replace some things with ingredients you already have in the cupboard?
- [ ] If the recipe doesn't include maple, could you add some in to change the taste?

FOR MORE FUN, WHY NOT TRY

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!

Colouring in

Why not print off some of our fun maple colouring in sheets? **maplefromcanada.co.uk/education/kitchen-adventures**

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 from the table.

Menu

FOOD LIST

STARTER (Are you serving a starter before your main meal?)

MAIN COURSE (What is your main dish?)

SIDE (Do you need a side dish or is it an all in one meal?)

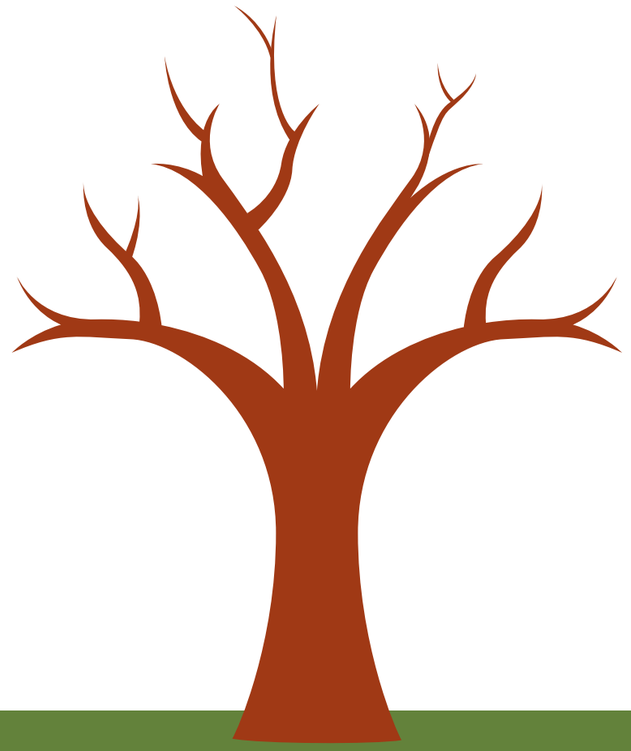
VEGETABLE (Are there plenty of vegetables in the dish or are you serving any vegetables on the side?)

DESSERT (Will you be serving a dessert?)

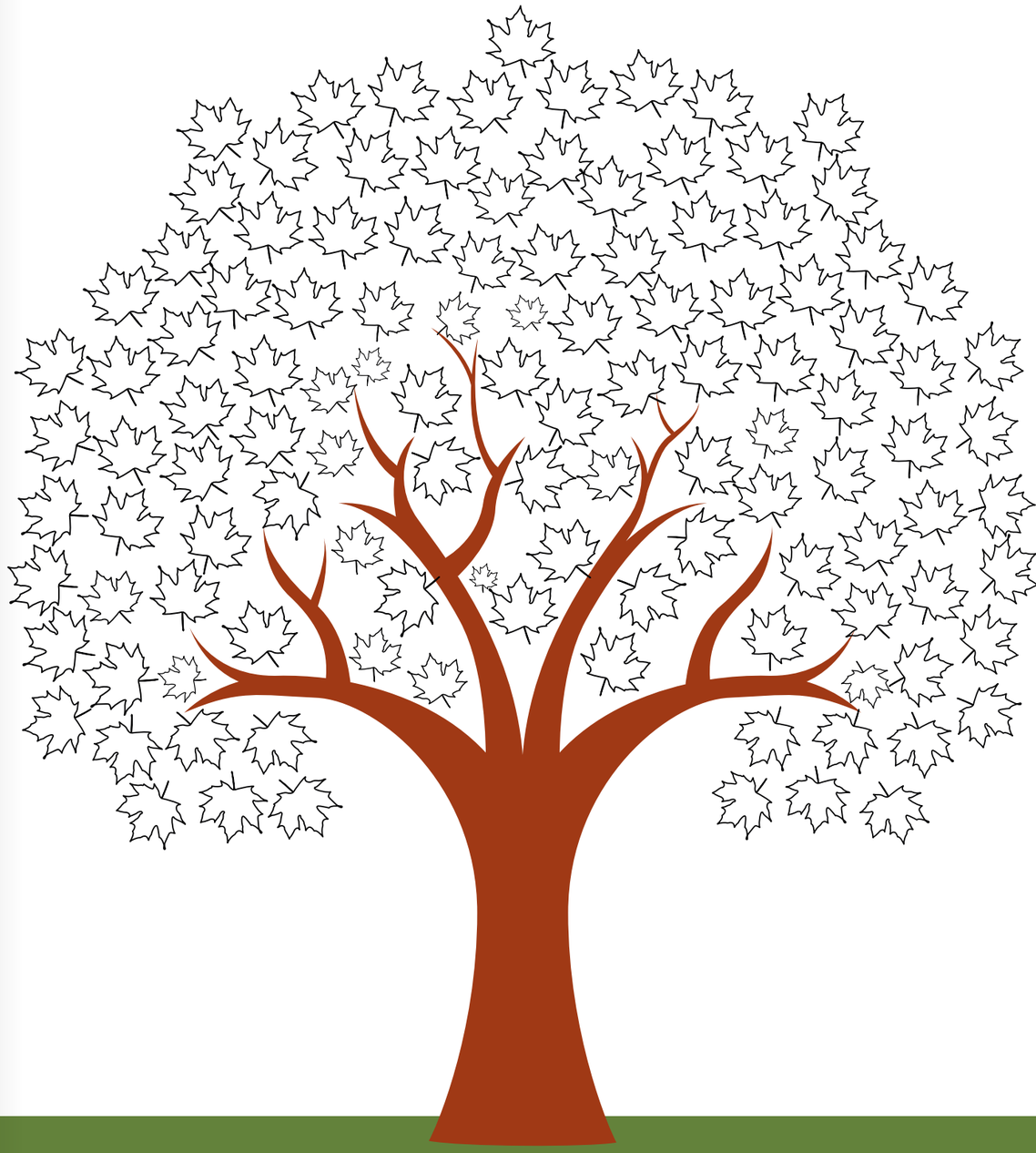
DRINK (What will you be drinking alongside your meal?)

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.



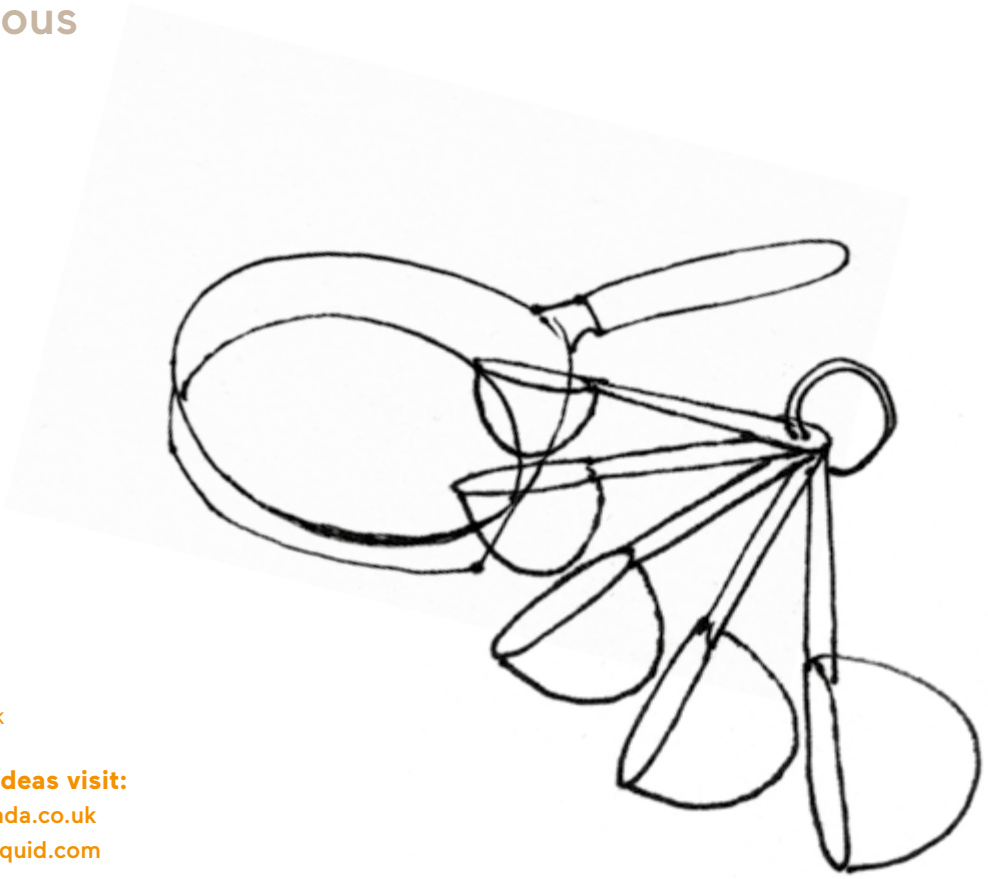
Draw maple leaves onto this tree



Colour the maple leaves

DISCOVER FOOD WITH MAPLE

A workbook for the food-curious



Find us:

@maplecanadauk

For more tasty ideas visit:

W. maplefromcanada.co.uk

E. maple@weareliquid.com

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