Counting Fruit Salad

Serves 1 or 2 children

How to:

Count out the salad ingredients into a bowl. For example:

1 Spoonful toasted coconut
2 Pieces orange
3 Slices apple
4 Small cubes of cheese
5 Slices banana
6 Pieces melon – cantaloupe, honeydew or watermelon cut into small pieces
7 Grapes (cut in half and remove seeds)
8 Stir 8 times

Try This: Children can help cut the fruit and cheese and count the pieces as they are added to the salad.

Source: 2010 Food Flair Resource, LEAP BC

Salad In A Bag

Serves 1 child

What you need:

½ cup Romaine lettuce or spinach leaves, chopped
2 tbsp. Grated carrots
3-4 Mandarin orange sections
2 tsp. Ranch or Italian salad dressing
1 Plastic, sealable sandwich bag

How to:

1. Set out bowls of prepared salad fixings.
2. Let each child fill their own bag.
3. Pour in salad dressing and close the bag for them.
4. Children shake their salad, then open it and eat it with their forks as a snack or to start a meal.

Which animals might like some of the vegetables in our salad?
What other vegetables could we use to make a salad next time?

Source: 2010 Food Flair Resource, LEAP BC

Baked Bannock With Berries

Makes 16 pieces

What you need:

3 cups Flour (use at least half whole wheat flour)
3 tbsp. Sugar
2 tbsp. Baking powder
1 tsp. Salt
1 cup Berries *(Hint: Pick seasonal berries with your child or grandchild)*
1 cup Water
¼ cup Oil or melted margarine

How to:

1. Preheat oven to 350°F.
2. In a large bowl, mix dry ingredients with a fork.
3. Stir in berries.
4. Stir together oil and water and add to the bowl with dry ingredients.
5. Work mixture together with hands to form a ball. Knead about 10 times.
6. With floured hands, pat into a circle on a greased cookie sheet.
7. Bake for 30 minutes.

Source: 2010 Food Flair Resource, LEAP BC

Salmon Patties

Makes 4 patties

What you need:

1 7.5 oz can of salmon, drained
1 cup Mashed potatoes
¼ cup Finely chopped green onion
¼ cup Finely chopped red bell pepper
2 tbsp. Chopped fresh dill
3 tbsp. Milk
1 Egg beaten
Salt and pepper

How to:

1. In a medium bowl, combine salmon, potatoes, green onions, red pepper, dill and milk.
Season with salt and pepper.
2. Gently stir in the egg. Form the mixture into 4 patties.
3. Cover and refrigerate at least 30 minutes or overnight to let flavor develop.
4. Heat a large non-stick skillet over medium heat. Spray with vegetable cooking spray. Add patties and cook for 2 minutes each side or until browned on both sides and hot in the center.

Try This: You can use leftover cooked salmon with the bones removed.

Source: 2010 Food Flair Resource, LEAP BC

First Nations Health Authority
Health through wellness