



— PROGRAM TOOLKIT

# Superfoods for Superkids

An interactive healthy cooking, sensory and art program for three-to-six year olds and a parent or caregiver.



# A special thank you to:



**London**  
CANADA



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

# Welcome to the Superfoods for Superkids Program

Dear Toolkit User,

Thank you for your support and interest in this interactive, fun, sensory, artistic and tasty program! This program has been so much fun to develop and pilot and was made possible thanks to the Healthy Kids Community Challenge; Choose to Boost Veggies and Fruit. The goal of this program is for children ages 3-6 to taste and experience a variety of colorful fruits and veggies, learn some basic hands-on cooking skills, experience sensory and art opportunities, and enjoy quality time with their parent/caregiver in a literacy rich environment.

This program was piloted at the Family Centre Westminster staffed by Families First CAPC staff from the South London Neighborhood Resource Centre This toolkit contains all the specifics and documents you will need to run a successful and well organized Superfoods for Superkids program at your location. The toolkit is a guide; feel free to adjust and change the program to suit your staff preferences, space, and to reflect the specific community of families you are engaged with.

We hope you and the families you support enjoy this program as much as we have. We would love your feedback after the program; what worked, what didn't and your thoughts and improvements. This toolkit includes a readable PDF book format as well as editable Microsoft Word document versions of each page. Please do not edit any documents in this toolkit, rather save them to your computer then feel free to edit.

Enjoy and bon appetit!

Sincerely,

Saira Lopez

Community Engagement Facilitator

Family Centre Westminster

South London Neighbourhood Resource Centre

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# Program Overview

## OVERVIEW

The Superfoods for Superkids Program is intended to be a free program and run in a community space with a kitchen such as neighborhood resource centre, family centre, school, church etc.

The program is based on a different color each week, how it relates to food and gives our bodies a different "superpower". Group activities are done to illustrate this point, as well as cooking, group art, individual crafts, sensory activities and circle time.

- Program runs for 3-6 year olds with a parent/caregiver.
- Program runs for 7 consecutive weeks, for 2 hours each session.
- Program will work best with 8 to 12 children, but can run with up to 16 children with proper planning.
- Program needs 2 staff to run, with preference to those with experience or education working with children ages 3-6.
- Depending on budget and available resources the program can be scaled back to include less recipes, and removal of a craft or sensory portion, as well as the graduation.
- All recipes are free from dairy/eggs/meat and nuts to optimize health benefits, focus on fresh produce and eliminate allergens.



## PROMOTION AND REGISTRATION

- A registration template is provided for use at your centre/agency.
- Program is best cross promoted via social media as well as posters and e-mail blasts.
- Inform participants that families must attend all sessions to register.
- If a family has siblings that are a few months over/under the age cut off allow them to register.
- Allow for a waitlist of up to 6 children in the case of no shows/ cancellations.

## WEEKLY PROGRAMMING

- Allow 45 minutes to 1 hour prior to program running each week for room set up and craft/sensory/food prep, with 30-45 minutes post programming for take down.
- If budget allows provide some color coded fresh fruit and veggies (separate from recipes) for children to snack on.
- Shopping must be done in advance as many pantry items, craft and sensory items are used multiple times, with an additional 30 minutes weekly needed for fresh produce shopping.
- Includes craft, sensory, cooking, group activity and circle time.
- The sensory bins can also be used weekly for playgroups or other programming.
- The food's natural coloring is used for recipes to celebrate the natural beauty and diversity of food and food coloring is not used.
- A take home recipe sheet is provided each week for families to take home.
- Encourage families to try recipes at home and let you know how they enjoyed them!

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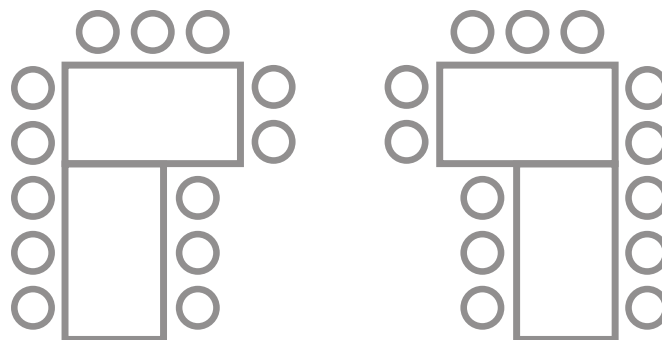
## GRADUATION DAY

- **To be held on Week 7.**
- Children can be provided with a personalized graduation certificate (dollar tree or MS office).
- Room can be decorated with balloons, party tablecloth and an array of fresh fruit and veggies for children to snack on.
- Children can be given a swag bag filled with small toys, a book and/or healthy treats or other swag your agency may have.
- Each child is called up to the front to receive their swag bag and graduation certificate.
- Evaluations can be completed on this day while children are completing their crafts. (see template)

# Cooking and Setup Notes

## RECOMMENDED SETUP

- In order to best facilitate parent/ caregiver and child interaction and for children to be able to interact with each other and cook with ease the following table set up works best.



- *A walkway in the middle of the room allows for parents/facilitators to move around the room with ease.*
- *Parents/caregivers sit on the inside of the tables with children along the outside.*
- Cover each table with a colorful tablecloth (matching the weeks theme) followed by a plastic placemat for each child (can be purchased from the dollar store). Be sure to label each placemat so they can be used each week. The placemat also then doubles as a wipe able cutting board.
- Set up a separate table along the wall with any small appliances at child level to be used that day (toaster oven, blender, juicer, ice cream maker etc.) This way the children can see the cooking in action and be involved (pressing buttons, juicing their own juice etc.)

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## SETUP TIPS

- For all cooking, provide each child with their own masher bowl and spoon to create their recipe for things like avocado pudding, individual plum cobblers or spaghetti squash pasta.
- If making a larger batch such as blueberry muffins or flax banana bread, provide each table with the ingredients and a large bowl for wet and a large bowl for dry and work in small groups.



## FACILITATION TIPS

- Encourage parents to allow their child to get messy and that if mistakes happen that's OK. Encourage children to try the food (if cooking individual items) as they cook. Using hands/fingers can work also!
- Facilitators will be the only ones to use the oven and keeping children at the tables will be the most safe during cooking.
- Children can cut, chop and spread using plastic knives, as well as use box graters, mashers, and lemon juicers.
- Multiple measuring spoons work best so each child can measure for their own recipe. (purchase from the dollar store and label so each child can use their set weekly)
- All recipes in the Superfoods for Superkids Program are designed for children to be able to do 90% of the cooking.
- Encourage children to clear their own plates when they are finished, and encourage both adults and children to smell, touch and try their creations!
- Save all the dishwashing and serious cleaning to the end of the program so facilitators can interact with the children and caregivers.
- Snacks as well as pitchers of water can be provided each week on a separate snack table with paper plates; cut up fruits and vegetables corresponding to this week's color theme.





# Collaborative Art Piece

## MULTI-WEEK PROJECT

**Materials:** White foam poster board, permanent marker, food and non-food options each week to color the corresponding rainbow, hanging supplies if you choose to hang.

- *In Week 1 of the program*, a large foam poster board is introduced to the children with a rainbow template drawn on with permanent marker.
- Explain to the children that *each week* we will add the color of the week (however they choose individually) until we have made a rainbow. Explain how a collaborative art piece involves working together to create something beautiful.
- Children choose whenever they would like to add to the rainbow each week. Ask parents to help engage with them about this idea and ask the children to explore what they would like to use to add to the collaborative art piece.
- Examples: a food item (ie. Beet juice, carrot puree), something from the sensory bin (yellow moon dough mixed with glue), a craft supply that we have been using (purple paint, rainbow feathers) or an item from home.
- **Encourage child-led creativity and exploration.**



# Program Schedule

- Program runs for 2 hours weekly
- The following programming order will allow for the best flow and minimize disruptions
- The Sensory Bin is to be left out and put away for closing circle

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## 25 MINUTES

Welcome and Weekly Craft  
**SENSORY BIN AND BOOKS SET OUT**

## 10 MINUTES

Superpower Activity  
**SENSORY BIN, BOOKS AND SNACKS SET OUT**

## 5 MINUTES

Handwashing

## 1 HOUR

Cooking and Tasting  
**SENSORY BIN, BOOKS AND SNACKS SET OUT**

- *Be sure to cook any recipes with longer cooking times in the first 15 minutes*

## 15 MINUTES

Color/Food Themed Circle Time  
**SENSORY BIN CLEANED UP BOOKS SET OUT**

- *Stories, songs, rhymes, puppets, felt boards, active sing a long games etc.*

## 5 MINUTES

Goodbye Time

- *Children can pack food to take home, introduction of next week's colour, provide take home recipes to parents*

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# Week-by-Week Activities

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## **WEEK 1: RED**

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## **WEEK 2: ORANGE**

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## **WEEK 3: YELLOW**

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## **WEEK 4: GREEN**

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## **WEEK 5: BLUE & PURPLE**

Page 1

## **WEEK 6: WHITE**

Page 1

## **WEEK 7: RAINBOW**

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# Week 1: Red

## THEME ANTIOXIDANT SHIELDS



# Week 1: Red

## SENSORY BIN CONSTRUCTION SITE

**Materials:** Red kidney beans

**Accessories:** Trucks, construction vehicles, fences, signs, shovels blocks



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## WEEKLY CRAFT APRON DECORATING

**Materials:** Aprons (1 per child), fabric markers/paint



# Week 1: Red

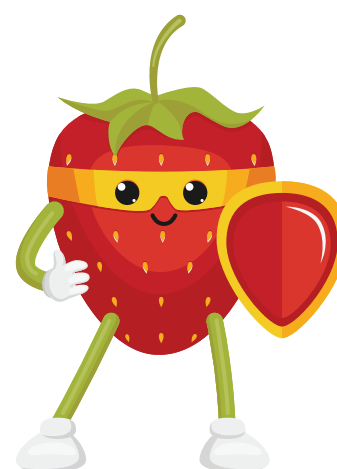
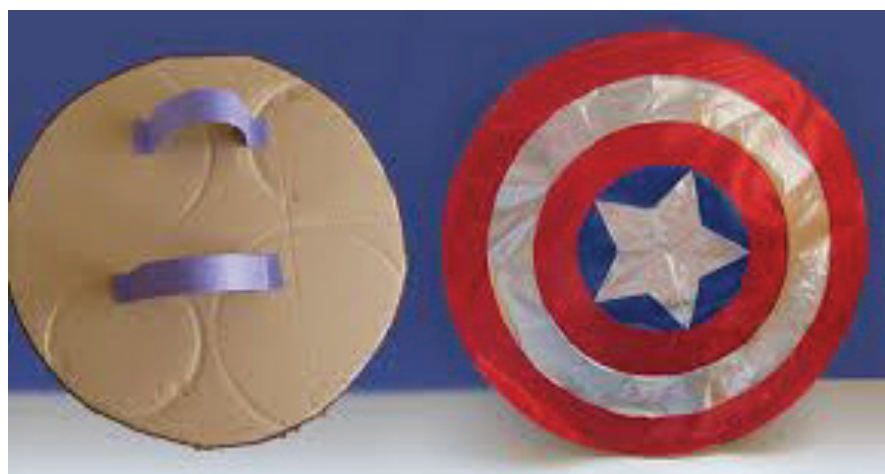
## **SUPERPOWER ACTIVITY** "ANTIOXIDANTS SHIELD US!"

**Vitamin/nutrient:** Antioxidants (*discuss how antioxidants shield our body from illness*)

**Key foods:** Berries, apples, beets, cherries

**Activity:** Children can throw pom poms at a cardboard shield held by their parents.

**Materials:** Large cardstock board (cut into shield), pom poms



# Week 1: Red

## SUPERFOOD RECIPES

### PRODUCE

- Beets
- Strawberries
- Raspberries
- Apples
- Pomegranate seeds
- Red pepper

### PANTRY

- Coconut milk
- Chia seeds
- Honey or maple syrup
- Goji berries (dried)
- Brown rice or quinoa
- Butter (*dairy free optional*)
- Dried cranberries
- Ice cream cones (*optional*)

### EXTRA SUPPLIES

- Ice cream maker
- Juicer

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### RASPBERRY CHIA JAM

Mix equal parts thawed frozen raspberries and chia seeds and add honey/agave to taste. Refrigerate for 30 minutes before enjoying.

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### BEET & APPLE JUICE

Add raw apples and peeled beets to a juicer. Chill and serve!

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### STRAWBERRY & GOJI ICE CREAM

Blend 1 can full fat coconut milk, 10 oz strawberries, 1 tbsp vanilla and 1/4 cup honey/sugar/agave then add a handful of goji berries. Add to an ice cream maker to freeze, or put in a freezer safe container and stir ever 30 mins until frozen.

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### FANCY SWEET RED RICE

Cook brown rice (or quinoa). Add a small amount of butter. Add cranberries, pomegranate seeds and chopped red pepper as well as salt, pepper and garlic powder to taste.

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# Week 1: Red

## COOKING PHOTOS





# Week 2: Orange

**THEME VITAMIN A & SUPER VISION**



# Week 2: Orange

## SENSORY BIN DINOSAUR LAND

**Materials:** Orange lentils

**Accessories:** Dinosaurs, volcanoes, dinosaur "eggs", dinosaur nest material



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## WEEKLY CRAFT CITRUS STAMPING

**Materials:** Canvases (1 per child), citrus fruit, orange paint (or red and yellow to mix), paper plates



# Week 2: Orange

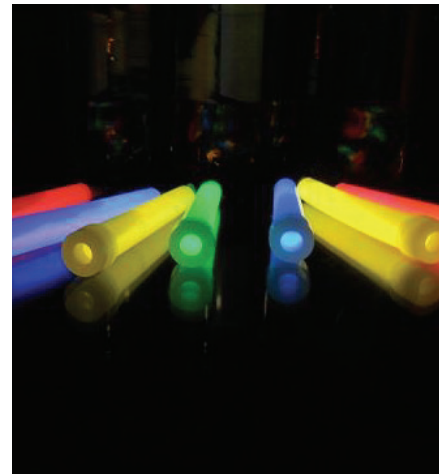
## **SUPERPOWER ACTIVITY** VITAMIN A GIVES US SUPER-VISION!

**Vitamin/nutrient:** Vitamin A (*discuss how vitamin A is good for our eyes*)

**Key foods:** Orange peppers, sweet potato, carrots

**Activity:** Children can play dance freeze using glow sticks in the dark.

**Materials:** Glow sticks or finger lights, music source



# Week 2: Orange

## SUPERFOOD RECIPES

### PRODUCE

- Oranges
- Frozen mango
- Sweet potatoes
- Carrots
- Orange peppers

### EXTRA SUPPLIES

- Ice cream maker
- Juicer

### PANTRY

- Coconut milk
- Honey (optional)
- Balsamic vinegar
- Cocoa powder
- Flour
- Rice or quinoa
- Coconut sugar
- Maple syrup
- Golden raisins
- Vanilla extract
- Chia seeds (*optional*)
- Hemp seeds (*optional*)
- Orange cheddar cheese (*dairy free optional*)
- Butter
- Olive oil

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## SUNNY ORANGE MANGO SMOOTHIE

Blend 2 peeled oranges, 2 cups of frozen mango, 2 bananas, 1 cup of ice and 1 teaspoon vanilla with 4 cups soy or coconut milk. Add a squeeze of honey to sweeten if you want. Sprinkle with chia seeds (optional), serve and enjoy!

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## ORANGE STUFFED PEPPERS STUFFED WITH ORANGE STUFF!

Cut the top off an orange pepper and scoop out the seeds. Stuff with rice or quinoa seasoned with butter, salt and pepper. Add shredded carrots, golden raisins, cheese (optional hemp seeds). Oven bake at 350° for 10 minutes then switch to a low broil for 3 minutes.

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## SWEET POTATO DOUBLE CHOCOLATE CUPCAKES

Combine  $\frac{3}{4}$  cup cooked sweet potato,  $\frac{1}{2}$  cup water,  $\frac{1}{4}$  cup pure maple syrup, 1 tablespoon balsamic vinegar, 1 teaspoon vanilla, 1 cup flour,  $\frac{1}{4}$  cup coconut sugar,  $\frac{1}{4}$  cup chocolate chips,  $\frac{1}{4}$  cup cocoa powder, 1 tsp each baking powder and baking soda and a pinch of sea salt. Bake at 350° for 18 minutes. Ice with homemade chocolate icing made from equal parts icing sugar, cocoa powder and cooked sweet potato. Serve with peaches and clementines!

# Week 2: Orange

## COOKING PHOTOS



# Week 3: Yellow

**THEME VITAMIN C & HEALING POWERS**



# Week 3: Yellow

## SENSORY BIN DOWN ON THE FARM

**Materials:** Yellow moon sand (8 parts flour to 1 part oil mixed with yellow paint or food colouring)

**Accessories:** Tractors, farm animals, fences, hay bales, a "pond", grass, barns



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## WEEKLY CRAFT ANIMAL MASKS

**Materials:** Yellow paper plates, construction paper, googly eyes, pipe cleaners, feathers, child-size scissors and glue sticks

*Kids can make a giraffe, cheetah, duck, lion, monster, etc!*



# Week 3: Yellow

## **SUPERPOWER ACTIVITY** "VITAMIN C GIVES US HEALING POWERS!"

**Vitamin/nutrient:** Vitamin C (*discuss how vitamin C helps healing*)

**Key foods:** Lemons, yellow peppers, pineapple

**Activity:** Children can wrap their parents in toilet paper to bandage them!

**Materials:** Toilet paper





# Week 3: Yellow

## SUPERFOOD RECIPES

### PRODUCE

- Lemons
- Bananas (*ripe or pre-frozen and thawed*)
- Pineapple
- Fresh bananas
- Spaghetti squash
- Yellow cherry tomatoes

### PANTRY

- Butter (*dairy free optional*)
- Honey
- Turmeric
- Vanilla extract
- Coconut milk
- Maple syrup
- Flour
- Ground flaxseed
- Cheese (*dairy free optional*)
- Olive oil

### EXTRA SUPPLIES

- Muffin tins
- Straws

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### HONEY TURMERIC LEMONADE

Juice 6-8 lemons. Add 6-8 cups of water along with 4 tablespoons of honey and 1-2 teaspoons of turmeric. Chill in the refrigerator and enjoy!

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### BANANA FLAX CHOCOLATE CHIPS MUFFINS

Combine wet (2 old bananas,  $\frac{3}{4}$  cup coconut milk, 1 teaspoon lemon juice,  $\frac{1}{4}$  cup pure maple syrup and 1 tsp vanilla) and dry ingredients (a pinch of sea salt,  $\frac{1}{2}$  teaspoon baking soda, 1 teaspoon baking powder, 1.5 cups of flour and 3 tablespoons flaxseed) ingredients in a bowl. Bake in mini-muffin or muffin pans at 375° for 18 minutes. Serve with fresh sliced bananas and chocolate dipped pineapples!

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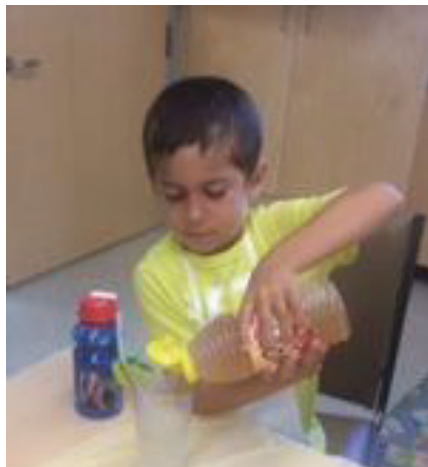
### YELLOW SPAGHETTI SQUASH PASTA WITH YELLOW SAUCE

Slice a spaghetti squash lengthways. Bake at 350 for 30 minutes until fork tender. Separate the "spaghetti" strands with a fork and add butter, salt and pepper, and cheese if desired. Top with sauce made from yellow cherry tomatoes slowly sautéed in olive oil.

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# Week 3: Yellow

## COOKING PHOTOS



# Week 4: Green

## THEME **CALCIUM AND UNBREAKABLE BONES**

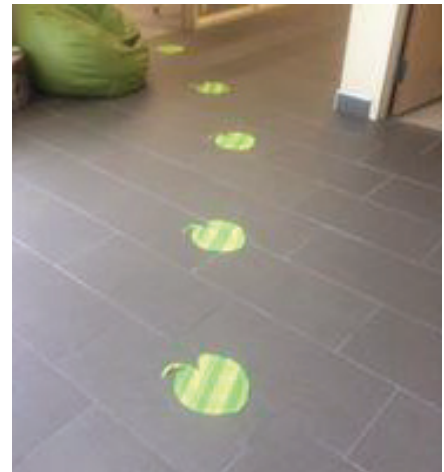


# Week 4: Green

## SENSORY BIN FOREST CREATURES

**Materials:** Potting soil and decorative moss

**Accessories:** Canadian forest animals; deer, moose, squirrel, chipmunk, birds, raccoons, pieces of wood, sticks, logs, pebbles, flowers, rocks, animal "caves"



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## WEEKLY CRAFT HERB PLANTING & POT DECORATING

**Materials:** Seeds or herbs to be planted, small terracotta pots (1 per child), paint, paintbrushes, paper plates (to hold paint), potting soil, cups to scoop soil



# Week 4: Green

## **SUPERPOWER ACTIVITY**

### **"CALCIUM MAKES OUR BONES UNBREAKABLE!"**

**Vitamin/nutrient:** Calcium (*discuss how calcium helps keep our bones strong*)

**Key foods:** Spinach, kale, parsley

**Activity:** Children can dig for bones in the sensory bin filled with dirt.

**Materials:** Plastic bones (or cut from white cardstock), dirt



# Week 4: Green

## SUPERFOOD RECIPES

### PRODUCE

- Bananas (pre-frozen)
- Fresh spinach
- Fresh herbs, spinach, parsley, basil
- Fresh kale

### PANTRY

- Coconut milk
- Honey
- Vanilla extract
- Mint extract
- Parmesan cheese  
*(dairy free optional)*
- Butter
- Olive oil
- Ice cream cones *(optional)*

### EXTRA SUPPLIES

- Multiple scissors
- Multiple mashers
- Blender

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### MINT CHOCOLATE CHIP "ICE CREAM"

Blend (in a blender or food processor) 2 chopped frozen bananas with 1 tablespoon coconut milk, vanilla, 2 tsp honey and ½ teaspoon mint extract and ½ cup fresh spinach. Once blended, add chocolate chips and serve. Top with coconut whip cream and/or sprinkles!

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### AVOCADO CHOCOLATE PUDDING

Combine one ripe mashed avocado with 2 tablespoons cocoa powder and 2 tablespoons maple syrup. Add sea salt, cinnamon and vanilla to taste. Top with fresh berries and enjoy!

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### GREENIE PASTA WITH FRESH HERBS AND BUTTER

Add fresh chopped herbs (parsley and basil) to spinach pasta and combine with butter. Top with dairy free parmesan.

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### CRUNCHY KALE CHIPS

Tear the leaves from a fresh kale bunch, leaving the hard stem and veins. Coat with olive oil and sea salt and bake at 300° for 20 minutes (flip once).

# Week 4: Green

## COOKING PHOTOS



# Week 5: Blue & Purple

## THEME FIBRE & SUPER SPEED





# Week 5: Blue & Purple

## SENSORY BIN OCEAN EXPLORATION

**Materials:** Water mixed with blue or purple paint and blue/purple sparkles

**Accessories:** Ocean animals (fish, whales, seals, etc.), boats, fishing rods, "dock" or "raft", sponges and scoops



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## WEEKLY CRAFT PUFFY PAINT GRAPE ART

**Materials:** Canvases (1 per child, leaves (to represent grape leaves), purple "puffy paint" (purple paint mixed with equal parts shaving cream and flour), glue, paintbrushes (various sizes, including large), paper plates to hold paint



# Week 5: Blue & Purple

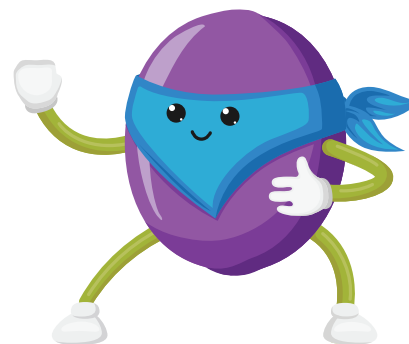
## **SUPERPOWER ACTIVITY "FIBRE MAKES US SUPER SPEEDY"**

**Vitamin/nutrient:** Fibre (*discuss how fibre helps keep our food moving through our body*)

**Key foods:** Black beans, blueberries, plums (skin on)

**Activity:** Children can participate in a variety of races—running, backward, skipping and hopping.

**Materials:** None



# Week 5: Blue & Purple

## SUPERFOOD RECIPES

### PRODUCE

- Plums
- Peaches
- Blueberries

### EXTRA SUPPLIES

- Ice cream maker
- Juicer

### PANTRY

- Black beans
- Purple corn chips
- Taco seasoning
- Oats
- Butter
- Brown sugar
- Maple syrup
- Cinnamon
- Lemon juice and lemon
- Coconut milk
- Flour

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## PURPLE BEAN DIP AND PURPLE CHIPS

Drain one can of black beans, cook with a small amount of coconut milk in a sauce pan for 20 minutes. Add salt, pepper and taco seasoning (if desired) and blend using an immersion blender or mash. Serve with purple tortilla chips and veggies.

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## SWEET PLUM COBBLER

Slice one plum, and one peach. Combine with maple syrup in a small oven safe dish. Top with a combination of oats sugar and butter. Sprinkle with cinnamon. Bake at 350° for 20 minutes. If desired broil on low for 5 minutes for a crisp topping.

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## BLUEBERRY MUFFINS

Combine wet ingredients (1.5 cups blueberries, 3/4 cup coconut milk, 1 teaspoon apple cider vinegar or lemon juice, 1/4 cup pure maple syrup, zest of 1 lemon, and 1 teaspoon vanilla), and dry (pinch of salt, 1.5 teaspoon baking soda, 1 teaspoon baking powder and 1.5 cups of flour) ingredients in a bowl. Bake at 375° for 18–23 minutes.

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# Week 5: Blue & Purple

## COOKING PHOTOS



# Week 6: White

## THEME PROTEIN & STRONG MUSCLES



# Week 6: White

## SENSORY BIN LET'S GET MESSY

**Materials:** Shaving cream

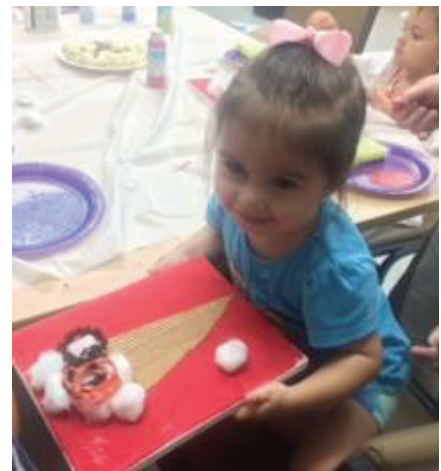
**Accessories:** White cotton balls, clear sparkles, scoops, sponges, popsicle sticks



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## WEEKLY CRAFT COTTON BALL ICE CREAM ART

**Materials:** Canvases (1 per child), paint to paint the canvases prior to assembling ice cream, paintbrushes, paper plates to hold paint, cotton balls (to represent ice cream), brown paper (for children to cut out to represent cones or bowls), colourful pompoms and string (to represent ice cream toppings and sauces), child-size scissors and glue



# Week 6: White

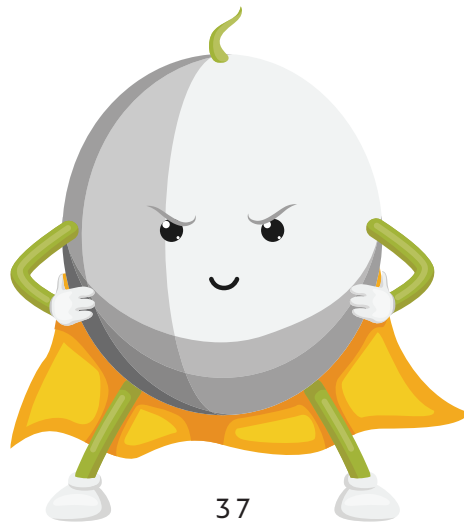
## **SUPERPOWER ACTIVITY** "PROTEIN GIVES US STRONG MUSCLES!"

**Vitamin/nutrient:** Protein (*discuss how protein helps our muscles grow and stay strong*)

**Key foods:** Tofu, white beans

**Activity:** Children can practice flipping a heavy tire.

**Materials:** Car tire (use a winter tire)



# Week 6: White

## SUPERFOOD RECIPES

### PRODUCE

- Cauliflower
- Potatoes
- Mushrooms (snack)

### EXTRA SUPPLIES

- Ice cream maker
- Juicer

### PANTRY

- Tofu
- Shredded coconut
- Coconut oil
- White chia seeds
- Honey
- Vanilla extract
- Garlic powder
- Cheese (*dairy free optional*)
- Nutritional yeast (*optional*)
- Bread crumbs
- Soy milk
- Olive oil
- Ground flaxseed
- Tomato paste

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### "CHEESY IF YOU PLEASY" CAULIFLOWER MASHED POTATOES

Mash boiled potatoes and boiled cauliflower. Add salt, pepper, garlic powder and nutritional yeast, vegan butter and soy milk. Top with shredded cheese and bread crumbs. Bake for 5 minutes at 350° then low broil on for 5 minutes.

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### TOFU FINGERS WITH HOMEMADE KETCHUP

Slice firm tofu (drained) into "fingers". Dip in a mixture of ground flax seed, olive oil and soy milk. If desired, coat with breadcrumbs and coconut. Bake at 350° for 20 minutes, flipping once. To make ketchup, combine honey with tomato paste, salt and pepper.

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### COCONUT SNOWBALLS

Combine 2 cups unsweetened shredded coconut with ¼ cup honey, 4 tablespoons coconut oil, pure vanilla extract, sea salt and white chia seeds. Form into balls and refrigerate for at least 30 minutes before serving.

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# Week 6: White

## COOKING PHOTOS



# Week 7: Rainbow

**THEME CARBOHYDRATES & SUPER ENERGY**



# Week 7: Rainbow

## SENSORY BIN COLOURFUL BUGS

**Materials:** Rainbow feathers

**Accessories:** Plastic insects and bugs, blocks or structures for the insects to “live”



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## WEEKLY CRAFT “I CAN EAT A RAINBOW” FLYER CUTTING

**Materials:** Old grocery flyers, “I can eat a rainbow” template (see Appendix), coloured cardstock (print template), scissors (1 per child), glue sticks (1 per child), markers (to add name)



# Week 7: Rainbow

## **SUPERPOWER ACTIVITY**

### **"FRUITS AND VEGETABLES GIVE US SUPER ENERGY!"**

**Vitamin/nutrient:** Carbohydrates/energy (discuss how fruits and vegetables give us energy from carbohydrates and micronutrients)

**Key foods:** A variety of fruits and vegetables

**Activity:** *Graduation Party!* Children can bring an item of their favorite color this week to show and share and children are welcome to dress as a superhero!

**Materials:** Balloons, party tablecloth, loot bags filled with small toys and/or healthy treats. Children can be provided with a graduation certificate (dollar tree or Microsoft Office), book or other swag your agency may have.



# Week 7: Rainbow

## SUPERFOOD RECIPES

### PRODUCE

- Red, yellow, green and orange peppers
- Cucumbers
- Purple cabbage
- Raspberries
- Blueberries
- Strawberries
- Carrots
- Broccoli
- Cherry tomatoes
- Pineapple
- Papaya
- Kiwi
- Mango

### PANTRY

- Whipped cream (*dairy free optional*)
- Jam
- Whole grain tortillas
- Garlic powder
- Butter
- Cheese (*dairy free optional*)
- White beans
- Hummus
- Cream cheese (*dairy free optional*)
- Soy milk

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### RAINBOW FRUIT PIZZA

Slice a watermelon into triangular "pizza slices". Top with whipped cream "sauce", fruit jam "sauce" and a variety of chopped colorful fruit!

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### RAINBOW VEGGIE WRAPS

Chop a variety of colorful veggies (purple cabbage, tomatoes, carrots, cucumber, peppers) and add to a whole grain wrap along with hummus or cream cheese. Roll and enjoy!

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### RAINBOW CHEESY MAC

Blend 1 cup cooked white beans, 1/2 cup soy milk, 1/3 cup shredded cheese, salt and garlic powder and 1 tablespoon butter. Transfer to a pot and heat on low then combine with cooked macaroni and colorful veggies (broccoli, peppers, tomatoes, etc.) and serve!

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# Week 7: Rainbow

## COOKING PHOTOS



# Appendix (Additional Materials)

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**"TODAY'S MENU" SLIDES  
(eg. POWERPOINT)**

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**PROGRAM REGISTRATION FORM**

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**PROGRAM EVALUATION**

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**"I CAN EAT A RAINBOW" TEMPLATE**

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# TODAY'S MENU

Raspberry Chia Jam

Beet and Apple Juice

Strawberry and Goji Ice Cream

Sweet and Fancy Red Rice





# TODAY'S MENU

Sunny Orange Mango Smoothie

Orange Peppers Stuffed with Orange Stuff

Sweet Potato Double Chocolate Cupcakes



# TODAY'S MENU

Honey Turmeric Lemonade

Banana Flax Chocolate Muffins

Yellow Spaghetti Squash Pasta  
with Yellow Sauce



# TODAY'S MENU

Mint Chocolate Chip "Ice Cream"

Avocado Chocolate Pudding

Greenie Pasta with Fresh Herbs and Butter

Crunchy Kale Chips



# TODAY'S MENU

Purple Bean Dip and Purple Chips

Sweet Plum Cobbler

Blueberry Muffins



# TODAY'S MENU

*"Cheesy if you pleasey"*  
Cauliflower Mashed Potatoes

Beet and Apple Juice  
Strawberry and Goji Ice Cream



# TODAY'S MENU

Rainbow Fruit Pizza

Rainbow Veggie Wraps

Rainbow Cheesy Mac



REGISTRATION FORM

# Superfoods for Superkids

An free, fun, interactive healthy cooking, sensory and art program for three-to-six year olds and a parent or caregiver.

**DATES:**

**TIME:**

ADULT'S NAME (FIRST AND LAST)	CHILD'S NAME (FIRST AND LAST)	CHILD'S AGE	PHONE NUMBER	POSTAL CODE	ALLERGIES



# Superfoods for Superkids

How did you hear about the Westminster Family Centre?

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Were you made to feel welcome?

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What worked well about the program?

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What could have worked better?

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Would you attend this program again?

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Do you think because of this program your child tried more fruit and vegetables?

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Have you tried any of the recipes at home?

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What can we improve for the next session? What was missing?

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What was your child's favorite part of the program? And favorite recipe?

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What was your favorite part of the program? And favorite recipe?

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Any other feedback you'd like to share?

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Name: \_\_\_\_\_

Draw or glue pictures of fruits and vegetables for each colour of the rainbow.

**RED**

**GREEN**

**ORANGE**

**BLUE**

**YELLOW**

**PURPLE**