



Kindergarten – Grade 2

Focus: Oral language, early reading, vocabulary, confidence

1. Recipe Reader

- Have your child help read or recognize words from a recipe or food package.
- Talk about ingredients, steps, and numbers.
- Ask questions such as:
 - What do you think happens first?
 - What comes next?
 - What do we do last?

2. Dinner Talk Starters

Take turns answering one question at mealtime: - What was the best part of your day? - What is something new you learned today? - If this meal were a story, what would the title be?

3. Letter & Sound Hunt

- Look for letters or sounds on food labels (milk, bread, rice, cereal, etc.).
- Challenge: How many words can you find that start with the same sound?

Rainbow Yogurt Parfaits

Why this works: Counting, colour words, sequencing, oral language

Ingredients

Plain or vanilla yogurt Frozen or fresh fruit (berries, bananas, apples, etc.)

Cereal or granola (optional)

Directions

1. Spoon yogurt into a cup or bowl.
2. Add a layer of fruit.
3. Repeat the layers.
4. Eat and enjoy!

Family Literacy Talk

- What colour comes next?
- How many scoops did we add?
- What should we do first? Next? Last?

Remember: Talking, listening, and sharing ideas helps build strong literacy skills.



Grades 3 – 5

Focus: Reading comprehension, writing, sequencing, vocabulary

1. Family Recipe Detective

- Read a recipe together.
- Talk about:
 - What is the purpose of this recipe?
 - Why are the steps written in this order?
 - What might happen if a step was skipped?

2. Mealtime Journaling

After dinner, your child can write or draw about: - How the meal was made - A story shared at the table - A favourite family meal or memory

(Children may dictate their ideas to an adult if needed.)

3. Word of the Day

- Choose one new word during dinner (an ingredient, cooking word, or descriptive word).
- Everyone uses the word in a sentence before the meal ends.

Everyday conversations and reading build comprehension and confidence.

Build-Your-Own Veggie Wraps

Why this works: Reading, following steps, descriptive vocabulary

Ingredients

- Tortillas or wraps
- Cream cheese or hummus
- Sliced vegetables (cucumber, peppers, carrots, lettuce)

Directions

1. Read the ingredients together.
2. Spread cream cheese or hummus on the wrap.
3. Add vegetables.
4. Roll it up and cut in half.

Family Literacy Talk

- Why does the order of steps matter?
- How would you describe the taste or texture?
- What words would you use to write this recipe?



Grades 6 – 7

Focus: Critical thinking, communication, reflection, writing

1. Recipe Remix Challenge

- Choose a family recipe.
- Discuss:
 - How could this recipe be made healthier, quicker, or more affordable?
 - What substitutions could be made and why?

2. Table Talk Discussions

Choose one topic to discuss respectfully at mealtime: - What makes a meal meaningful? - Why is eating together important (or not important)? - What life skills do you learn from cooking?

3. Family Food Story

- Interview a family member about a meal that is important to them.
- Write a short paragraph explaining:
 - Where the meal comes from
 - Why it matters
 - When it is usually shared

Strong literacy grows through discussion, reflection, and shared experiences.

Simple Pasta with Garlic & Veggies

Why this works: Procedural writing, math, discussion, life skills

Ingredients

- Dry pasta
- Frozen or fresh vegetables
- Oil or butter
- Garlic powder, salt, pepper

Directions

1. Boil pasta according to package directions.
2. Cook vegetables in a pan with oil or butter.
3. Drain pasta and mix with vegetables.
4. Season to taste.

Family Literacy Talk

- How could this recipe be changed or improved?
- What skills are you learning by making this?
- How would you write this recipe for someone else?