

HELLO PARENTS,

As the holidays are approaching, it is the perfect time to spend quality times together with your children and family members. One way to spend those times together is in the kitchen, making special treats. Young children like to be given important jobs, and they like to have fun. Ask your child to do a new task that will become a beloved tradition as you prepare for a special event. Cooking and preparing treats with your child offers a wide variety of opportunities to learn and grow. As a parent it is nice to have an extra set of hands in the kitchen. Roll the dough, measure one cup, stir the pudding, all of these tasks help children develop valuable skills. In this newsletter, you will find special treats recipes for special events that you and your child can make together.

ACTIVITIES

INFANTS (3 -18 MONTHS)

FROZEN STRAWBERRY SNOW DROPS

MATERIALS:

- 1 cup plain yogurt
- 1 tablespoon sugar (Optional)
- Scissors
- Cookie sheet
- 6 strawberries
- Ziploc bag
- Parchment paper
- Blender

DIRECTIONS:

- Wash and slice the strawberries.
- Using a blender, blend the strawberries along with some sugar into a puree.
- Add the fruit puree to the plain yogurt and mix it until combines well.
- Pour the fruit yogurt mix into a Ziploc bag and cut one corner off using scissors.
- Squeeze out individual yogurt drops on a sheet of parchment paper placed on a cookie sheet.
- Place the cookie sheet in the freezer until the yogurt drops are frozen solid.
- Give these yogurt drops to your child to eat and enjoy.

[Click here](#) to learn how to make "Grinch Mini Muffins".

TODDLERS (19 MONTHS – 2.5 YEARS)

MINI STRAWBERRY SANTA

MATERIALS:

- Fresh strawberries
- 1 tablespoon powdered sugar
- Bowl
- Knife
- Electric beater/wire whisk
- 1 cup heavy whipping cream
- 1 tablespoon chocolate sprinkles
- Spoon
- Toothpick

DIRECTIONS:

- Wash, dry and cut the hulled-side strawberries so that they can stand on a plate. Cut the tip of each strawberry to make Santa's "hat".
- Using an electric beater or a wire whisk beat the powdered sugar and the cream in a large bowl until soft peaks form.
- Spoon some whipped cream on top of the strawberry base to make Santa's "face" and "beard". Place the strawberry "hat" on top of the whipped cream.
- Using a toothpick, add a drop of cream on top of the "hat" and two more dots on the strawberry base for "coat buttons".
- Finally, place two chocolate sprinkles on the "face" to make Santa's "eyes".
- Share these "mini Santa" treats with your child and other family members.

[Click here](#) to learn how to make "Fluffy Hot Chocolate".

PRESCHOOLERS (2.5 – 5 YEARS)

CHOCOLATE REINDEER COOKIES

MATERIALS:

- Mixing bowls
- Parchment paper
- Cooking utensils
- Cookie sheet

INGREDIENTS:

- 2 3/4 cups all purpose flour
- 1/2 teaspoon salt
- 3/4 cup butter
- 2 cups chocolate chips
- 1/2 teaspoon vanilla extract
- 1 1/4 teaspoons baking soda
- 1 1/2 cups sugar
- 2 tablespoons water
- 2 eggs
- 1 can chocolate frosting

DIRECTIONS:

- With your child, get all the materials ready and set.
- Whisk together flour, baking soda and salt. Set it separately.
- Place butter, sugar and water in a large saucepan; cook and stir over low heat until the butter is melted. Remove from heat; stir in chocolate chips until smooth.
- Stir in eggs and vanilla extract before adding in flour mixture. Let the entire mixture stand until it is firm enough to shape.
- Place small dough portions on the cookie sheets and bake in a pre-heated oven until set.
- When cooled completely, invite your child to decorate these cookies to look like reindeer, and enjoy eating them with your family.

[Click here](#) to learn how to make "Candy Cane Popcorn".

JK/SK (4 – 6 YEARS)

BANANA PANCAKE SNOWMAN

MATERIALS:

- Mixing bowls
- Cooking utensils

INGREDIENTS:

- 1 cup pancake mix
- 1/3 cup mashed ripe bananas
- 3/4 cup water
- 1 teaspoon sugar

DIRECTIONS:

- Let your child know that you are going to make some pancakes and decorate them together.
- Let your child stir in the pancake mix in a bowl along with water and banana, just until the mixture turns to a batter.
- Grease a hot griddle and pour the batter onto it to make pancakes.
- Cook until the pancakes are golden brown from both sides; once done, transfer to a serving plate.
- When the pancakes are cool to touch, ask your child to arrange them like a snowman.
- Encourage your child to decorate the snowman any way they would like.

[Click here](#) to learn how to make "Football Cupcakes".

SCHOOL-AGERS (6 – 12 YEARS)

GINGERBREAD HOUSE

MATERIALS:

- Mixing bowls
- Knife
- Cookie sheet
- Cooking utensils
- Parchment paper

INGREDIENTS:

- 350 grams all purpose flour
- 2 teaspoons ground ginger
- 125 grams butter
- 1 large egg
- 2 tablespoons honey
- Small sweets
- 1 teaspoon baking soda
- 1 teaspoon gingerbread spice
- 174 grams brown sugar
- 2 tablespoons golden syrup
- Icing sugar

DIRECTIONS:

- For the dry ingredients: add the flour, baking soda and the gingerbread spices into a large mixing bowl. Combine the butter and rub it until the mixture resembles breadcrumbs. Finally add the sugar and mix it.
- For the wet ingredients: mix the egg, golden syrup and honey together.
- Combine the wet ingredients to the dry ingredients and mix well to make a smooth dough. Keep this dough in the fridge until you are ready to bake it.
- Before baking, roll out the dough, then cut it into a house shape and place them on a cookie sheet to bake in the oven.
- Once done, take it out of the oven and allow the cake to cool completely.
- You can then decorate the cake as you desire.

[Click here](#) to learn how to make "Chocolate Pudding Pie".



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A TIP FOR TODAY

- Ask your child to help with the recipe. They can get all the ingredients ready.
- Let your child do all the measurements and prepare the recipe.
- Appoint a sous chef; a sous chef is your right hand helper.
- Assign someone to read the steps of the recipe.
- Ask your child to help with clean up after you are finished baking.