



# Umbrella Recipes

WITH CHEF. FOR BEGINNERS.



WINTER  
BREAK  
2024

# Umbrella Family

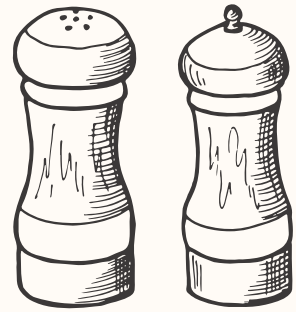


Get ready to stir up some fun and creativity with the Umbrella Children's Cookbook, a collection of unique recipes designed by the young culinary minds in our programs!

This cookbook will showcase the amazing ideas of children and educators working together to create delicious dishes, family favorites, and fun new inventions. Whether it's grandma's best cookies, a savory snack, or a bold, new twist on an old classic, we want to see your site's culinary creativity shine!

LET'S GET

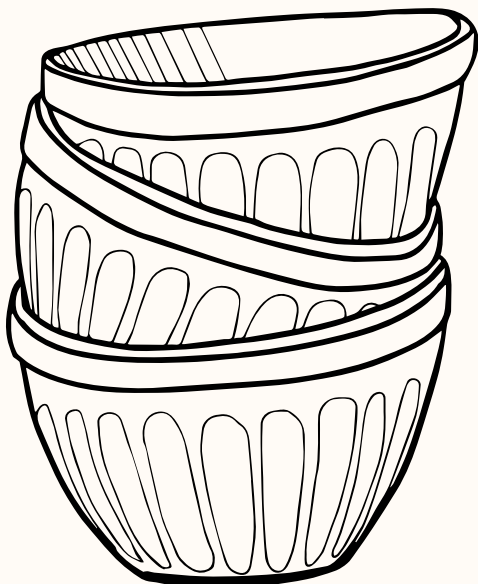
*started!*



Each site is required to submit at least **ONE** recipe, but you're welcome to share up to three! Be sure to include detailed instructions, accurate measurements, and a list of ingredients, along with pictures or drawings of the recipe in action—get as creative as you'd like!

Once your recipe is ready, you can email it to Jenny Redmond - [progspecialist2@umbrellafamily.com](mailto:progspecialist2@umbrellafamily.com), submit a picture, or drop off a physical copy at head office.

All submissions will be compiled into a beautiful keepsake cookbook to celebrate the talents of our children and educators.

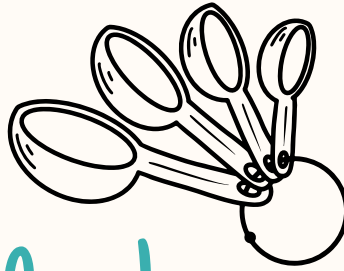


Programs with a designated cook, educators can collaborate by adding basic ingredients to the cook's grocery list the week before, ensuring all needed items are readily available. Any additional items can be purchased utilizing petty cash with the remaining ingredients.

# froebelian principles in cooking

Friedrich Froebel is the German founder of the kindergarten and developed the first systematic theory of early childhood pedagogy. His educational philosophy emphasizes that children are inherently creative and learn best through play and hands-on experiences.

Froebel believed in cultivating each child's unique abilities and interests through guided exploration and discovery. His theory focuses on developing the child in all areas, including motor expression, social participation, free self-expression, and creativity. Froebel also emphasized the interconnectedness of all aspects of a child's life.



## meaningful documentation

Relationships matter  
Cooking and sharing food  
are social experiences that  
foster warm, trusting  
relationships.

The central importance of play Real  
life experiences such as cooking,  
support children in their play and they  
will draw upon these direct  
experiences as they play in an  
imaginative or symbolic way.

Creativity and the power of  
symbols Children can plan  
and create their own  
recipes and make their own  
recipe cards or books

Engaging with nature  
Growing food from seed to  
harvest shows how we are  
connected to nature and the  
world around us.

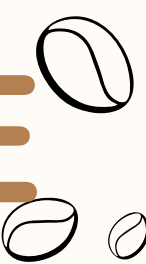
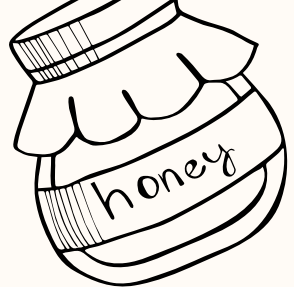




# Challenge


To make this even more exciting, we're turning it into a challenge! Prizes will be awarded for the most fun, interesting, creative, and delicious recipes, so encourage your young chefs to let their imaginations run wild.

Not only will this challenge inspire collaboration, creativity, and skill-building, but it's also a fantastic way to explore math (measuring), literacy (reading and writing instructions), and teamwork in a meaningful, hands-on way.







# VOTE



We need your help in naming this cookbook!



Below are some suggestions to vote on, but feel free to submit your own ideas too. The final name will be announced alongside the completed cookbook, which will be shared with every site.



"Whisked Under the Umbrella"

"Little Chefs, Big Flavours"



"The Umbrella Table: Recipes Made with Love"

"From Our Hearts to Your Plate"



"The Umbrella Kitchen Chronicles"

"Tiny Hands, Big Flavours"




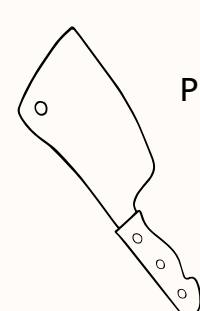
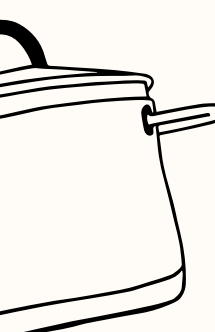


"Under the Umbrella of Flavour"

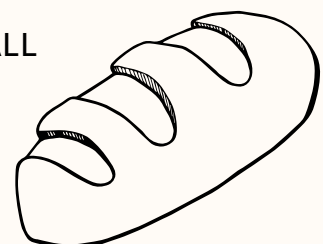
"Cooking Together: A Family of Flavours"

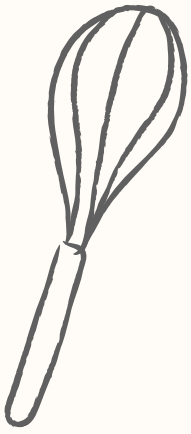
"Umbrella's Recipe Treasures"

"A Dash of Umbrella Magic"



PLEASE VOTE USING THE BALLOT BELOW, ALL  
ENTRIES MUST BE SUBMITTED BY  
JANUARY 17TH, 2025





# Voting time



Centre: \_\_\_\_\_

Group: \_\_\_\_\_

Whisked Under the Umbrella

Little Chefs, Big Flavours

The Umbrella Table:  
Recipes Made with Love

From Our Hearts to Your Plate

The Umbrella Kitchen Chronicles

Tiny Hands, Big Flavours

Under the Umbrella of Flavour

Cooking Together:  
A Family of Flavours

Umbrella's Recipe Treasures

A Dash of Umbrella Magic

<insert>  
<your own\_name>  
<here>

# Here are some fun and creative cooking games to inspire children while preparing recipes for the Umbrella Family Cookbook:

## Mystery Ingredient Challenge

Provide children with a "mystery ingredient" (e.g., honey, apples, or cinnamon) and challenge them to create a recipe featuring it. This game encourages innovation and problem-solving.

## Speedy Chef

Set a timer and challenge children to assemble a simple dish (like a sandwich or parfait) as quickly as possible while still making it look great.

## Tiny Chefs, Tiny Foods

Encourage children to make "mini versions" of their favorite dishes, like mini pizzas, tiny tacos, or bite-sized desserts. This is especially fun for younger children!

## Cooking Bingo

Create bingo cards with ingredients or tasks (e.g., "Add a pinch of salt," "Use a whisk," "Chop a veggie"). As they cook, children check off items on their cards.

## Taste Test Adventure

Blindfold children and have them taste ingredients used in their recipes (e.g., cinnamon, lemon, chocolate). They can guess the ingredient and discuss how it will enhance the dish.

## Name That Dish

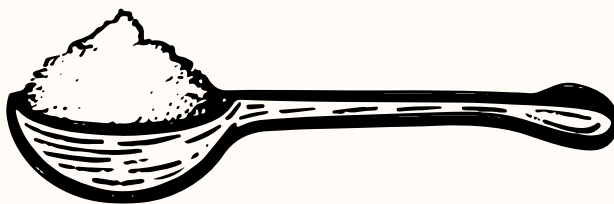
Ask children to prepare their dish and give it a creative name. Afterward, they can explain why they chose the name (e.g., "Galaxy Pancakes" or "Dragon Fire Salsa").

## Cooking Charades

Have children act out cooking steps (e.g., stirring, chopping, baking) while others guess what they're doing. Then, apply these actions when making a dish.

## Themed Cooking Days

Assign a theme like "Breakfast Bonanza," "Under the Sea," or "Around the World," and have children create dishes to match.



# BOOKS

## ABOUT FOOD AND COOKING



### **"If You Give a Mouse a Cookie" by Laura Numeroff**

A fun, circular story that can inspire baking cookies with kids.

**Activity:** Bake cookies together and talk about cause and effect.

### **"Dragons Love Tacos" by Adam Rubin**

A hilarious story about dragons and their love for tacos.

**Activity:** Make a taco bar and let kids assemble their own dragon-approved tacos.

### **"Stone Soup" by Marcia Brown**

A classic tale about community and sharing food.

**Activity:** Have kids help gather and add ingredients to a big pot of soup.

### **"Green Eggs and Ham" by Dr. Seuss**

A whimsical rhyming book that encourages trying new foods.

**Activity:** Cook up your own version of green eggs and ham with food coloring or spinach.

### **"The Little Red Hen" by Paul Galdone**

A story about hard work and making bread.

**Activity:** Bake bread or muffins with the kids, emphasizing teamwork.

### **"Cupcake" by Charise Mericle Harper**

A sweet story about a plain cupcake finding his unique identity.

**Activity:** Decorate cupcakes with creative toppings and designs.

### **"Pretend Soup and Other Real Recipes" by Mollie Katzen and Ann Henderson**

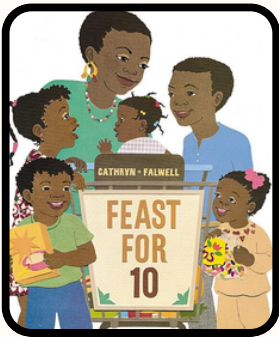
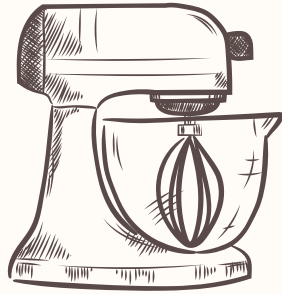
A cookbook designed for kids, with illustrated recipes they can follow.

**Activity:** Choose a recipe and let kids lead the cooking.



# BOOKS

## ABOUT EXPLORING FOOD CULTURES



### **"Feast for 10" by Cathryn Falwell**

A counting book about a family shopping, cooking, and sharing a meal together.

**Activity:** Cook a family meal together, encouraging kids to count ingredients.



### **"Tomatoes for Neela" by Padma Lakshmi**

A heartwarming story about food traditions and family recipes.

**Activity:** Cook a tomato-based recipe, like pasta sauce or soup.



### **"Thank You, Omu!" by Oge Mora**

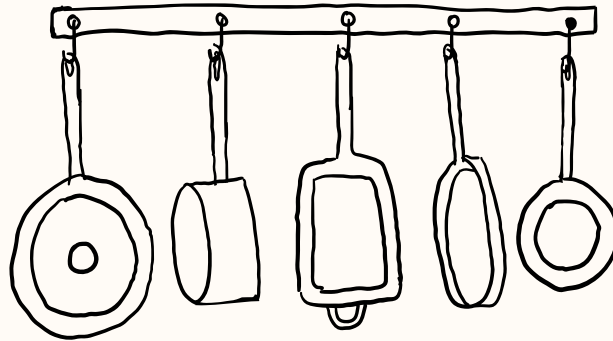
A tale of a grandmother sharing her delicious stew with her community.

**Activity:** Make stew or soup to share with family or friends.



# BOOKS

## THAT INCORPORATE SCIENCE IN COOKING



### **"Kitchen Science Lab for Kids" by Liz Lee Heinecke**

A book full of science experiments kids can do with food.

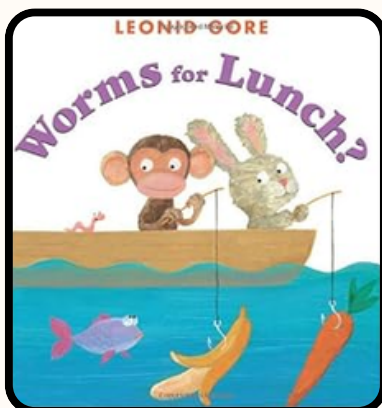
**Activity:** Explore the science of baking or make fizzy lemonade.



### **"Worms for Lunch?" by Leonid Gore**

A humorous look at what animals eat.

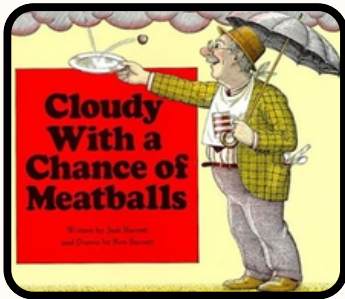
**Activity:** Assemble "dirt cups" with pudding, crushed cookies, and gummy worms.





# BOOKS

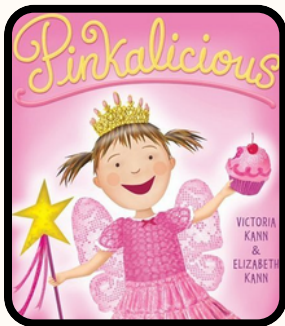
## THAT MAKE FOOD FUN



**"Cloudy with a Chance of Meatballs" by Judi Barrett**

A whimsical story about food falling from the sky.

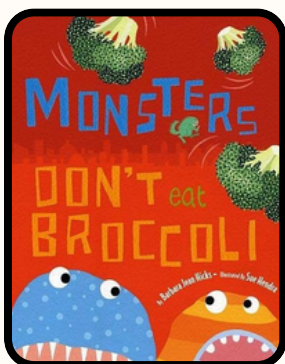
**Activity:** Make spaghetti and meatballs and imagine what else could fall from the sky!



**"Pinkalicious" by Victoria Kann**

A story about a girl who eats too many pink cupcakes.

**Activity:** Bake pink cupcakes or cookies with natural food coloring.



**"Monsters Don't Eat Broccoli" by Barbara Jean Hicks**

A silly story about picky eaters.

**Activity:** Create fun shapes with vegetables to make eating broccoli exciting.





# Recipe Examples

FOR INSPIRATION





## INGREDIENTS:

## INGREDIENTS:

# AUTUMN APPLE PIE

4-5 apples

3 eggs

1 cup of sugar

1 cup of flour



bake in an oven  
preheated to  
180 degrees  
for 40 minutes.





# Pumpkin Pie



**PREP TIME:**  
**10 min**



**TOTAL TIME:**  
**25 min**



**SERVINGS:**  
**12**

## INGREDIENTS:

- 15 ounce can pumpkin puree
- 1/2 cup granulated sugar
- 1/4 cup lightly packed brown sugar
- 2 large eggs
- 1 large egg yolk
- 1 teaspoon pure vanilla extract
- 3/4 cup canned coconut milk
- 1/2 cup gluten-free all-purpose flour blend
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder

## FOR TOPPING:

- Coconut milk whipped cream





# ICE CREAM

## INGREDIENTS



1 cup  
half & half



2 Tbsp  
sugar



$\frac{1}{2}$  tsp  
vanilla



$\frac{1}{2}$  cup  
rock salt



4 cups  
ice



1 pint-size  
resealable  
bag



1 gallon-size  
resealable  
bag

## STEPS

1



Add half & half, sugar,  
and vanilla to small bag.  
Seal tightly.

2



Add ice and rock salt to  
large bag.

3



Set small bag inside  
large. Seal tightly.

Tip: Double bag to prevent leaks.

4



Shake bags vigorously for  
5-10 min, until ice cream  
begins to feel solid.





## CHOCOLATE CHIP COOKIES RECIPE

### Ingredients



3 cups flour



2 tsp vanilla



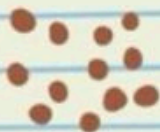
1. In a bowl, mix flour, baking soda and salt. Set aside.



2. Cream together butter and sugar.



1 tsp baking soda



2 cups chocolate chips



3. Beat in eggs and vanilla until fluffy.



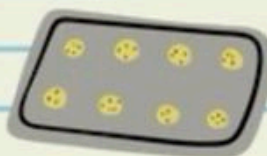
4. Mix in all ingredients and add chocolate chips.



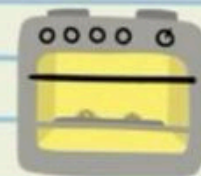
1 tsp sea salt



1 cup sugar



5. Roll dough into small balls and place them evenly spaced on a baking pan.



6. Bake in preheated oven (375°F) for 8-10 minutes.



1 cup butter



2 eggs





# Cooking Queen

## Superhero Cookies

Ingredients:

**Cookies** - Any flat cookie of your choice, sugar, oreo, peanut butter cookies.  
Do you remember our cookie tally? What is your favourite cookie flavour?

**Icing - Various colours:**

red, white and black (Spiderman),  
yellow, blue, white and red (Captain America)  
green and black (Hulk)  
red, yellow, blue and white (Wonder Woman)  
black and yellow (Batman)  
red and yellow (Flash)

\*Focus on decorating just one superhero or make a few superheroes.

\***Optional** - (If using Oreos - you can add a stick in between the cookie for an added look, cake pop style)

