



Recipe Resourcefulness

Picture this: You are about to make one of your favourite recipes. As you gather the ingredients, you realize a key component is missing. Today, a trip to the grocery store looks a little different than it did a few months ago, and empty shelves are not an uncommon sight. Don't worry! You can still finish your cooking project with a little resourcefulness.

The New York Times has created a very handy resource for all cooks so that you never have to worry about what to do if you are missing an ingredient. Chances are, you can use some creative substitutions that won't affect the quality of your cooking.



Read the article here.

WEBSITE: [nytimes.com/article/substitutes-for-cooking.html](https://www.nytimes.com/article/substitutes-for-cooking.html)



SCAN ME



Image source: <https://static01.nyt.com/images/2020/04/07/dining/07ingredients/07ingredients-superJumbo.jpg?quality=90&auto=webp>

Instructions: Choose a delicious recipe to make. This dish or dessert can be a family favourite or something you've never tried before. Your goal is to gather the ingredients without going to the grocery store for any missing items! Use *The New York Times* cooking substitution guide to fill in what you're missing. Or, if you already have everything, make a substitution for one or two items. Then enjoy your meal!

While someone else does the dishes, consider the following questions on your own or with your family:

- What substitutions did you make in the recipe?
- Did you notice a change in texture and/or flavour? If so, describe how it was different.
- If this was a recipe you've made before, did the substitutions improve or ruin the quality of the dish? Why?
- Would you use these substitutions again or stick to the original recipe? Explain your reasoning.

Go Further: Check out the video below about the science behind the Impossible Burger, a plant-based product that looks and tastes just like a real hamburger. Throw a few on the grill and see if your fellow eaters can tell the difference!



Check out the video here.

WATCH: youtu.be/nliLqNQ0gPA



SCAN ME



Creating a Water-Conscious Meal

Did you know that only 0.5 percent of the water on our planet is usable for cooking, drinking, growing food, and manufacturing? That's not very much! Food production alone uses 50-70 percent of that fresh water. This includes raising livestock, growing crops, and processing the food. With all this in mind, how much water is used to create an average meal?

Instructions: It's time to calculate how many gallons of water it takes to create some of your favourite foods. First, print and use the cards on pages 5-8 of the PDF link below. Then, build a meal with an entrée and two sides. How many total gallons of water are used? Next, play around with the cards: change out the entrée and sides to create three-four new meals and record the total gallons of water used. What do you notice about your calculations?



Read the PDF here.
WEBSITE: bit.ly/3ePZwaB

Remember to convert:
1 gallon = 3.785 litres

After you've created a few different meals and compared the total number of gallons of water it takes to create them, think about the following questions:

- What meal required the largest amount of water to create? Why do you think that is the case?
- What meal required the least amount of water to create? Why do you think so?
- Why do animal products, like beef, take more water to produce than plant-based foods, such as vegetables or grains?
- What is one thing you'd like to change about your food habits that will help you conserve water?
- What are some ways you can continue to eat meat and still conserve water?

Go Further: What did modernization mean for women at home? Check out this quick *PBS* video about how electric power and pumps for wells revolutionized the task of getting water: "The Farm Woman's Dream."



Check out the video here.
WATCH: pbs.org/video/farm-womans-dream-kqswcn

Citations: Conservation Station: Creating a More Resourceful World (<https://www.learntoconserve.com/educator-resources/>); Creating a Water Conscious Meal lesson plan (https://www.learntoconserve.com/static/media/Itron-Fall2019-Creating_a_Water_Conscious_Meal.eb1d1666.pdf)

How Smart is Your Home?

Ever wonder how much energy and water your household is using? It pays to be resourceful with shorter showers, turning off the lights, and even installing smart thermostats. Not only can you save on your energy and water bills, but you can help save the planet, too!

Instructions: This activity linked below, Smarter Home Blueprints tasks you and other members of your family to analyze your power and water usage in each room. Taking on the roles of architect, engineer, energy specialist, and water specialist, you will develop a plan to conserve energy and water throughout the home, essentially making it "smarter."

- What room in your house can you make the most improvements? Why do you think this is the case?
- Which energy or water use fact surprised you the most? Why?
- In what other ways can you be resourceful around your home? Try to identify at least two ideas per room.
- Test your power of persuasion! How can you convince others in your home to get on board with these changes?



Read the PDF here.
WEBSITE: bit.ly/309diRw

Go Further: Calculate your water footprint! How does your lifestyle affect the amount of water you use? This handy calculator (watercalculator.org) will help you determine your indoor, outdoor, and virtual water usage and provide suggestions for improvement.

Citations: Conservation Station: Creating a More Resourceful World (<https://www.learntoconserve.com/educator-resources/>)

Students! Answering our questions? Using our strategies? Share them with us at discoverycanada@worldstrides.com.