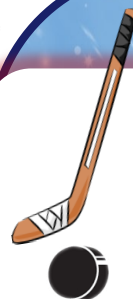


● Express yourself - Get Creative

with Cosmo!



March Break Activity Booklet



**Our choices
of favorite
activities!**

Conquer the kitchen!

March Break is a perfect time to work on your life skills! One way to be more independent is to learn to cook! Cooking is one of life's most essential skills.

Learning to cook helps you:

- build your literacy skills
- work your math skills
- build relationships
- increase nutrition awareness
- appreciate cultural diversity



Here are some helpful tips to help you get started on your cooking adventure:

- When you want to cook, take the time to read the entire recipe before starting.
- Inform your parents of the steps that require their help.
- Wash your hands and prepare your work space and your ingredients.
- Once you are ready, you can begin the first steps of your recipe. Your recipe is more likely to be successful since you are less likely to run into surprises along the way.
- Don't forget to clean up the kitchen afterwards! Your parents will find your cooking even tastier and encourage you to cook more often!



Cooking Techniques of the Week

Grating cheese

Grate the cheese directly into a bowl or plate to avoid getting it everywhere! Be careful! Put your piece of cheese aside if it's too small (or eat it), otherwise you risk cutting your fingers on the grater. Help from an adult is a good idea if this is your first time using a grater.



Broccoli Florets

The top part of the broccoli is called the floret. The floret looks a bit like a tree - it has a stem like a tree trunk with leaves and branch tips. Cut them into pieces of approximately 1cm². When you cut them, you'll also end up with a bunch of tiny green buds. Add them to your recipe, your omelettes will have cute little green dots! Save the broccoli stems for a soup or cut them into sticks and enjoy them with a dip, it's delicious!



Chopping a green onion (commonly called a shallot)

Wash your green onion in cold water. Using a knife, remove the dried roots and peels. You can cut off the protruding stem if you want.

Cut your onion in half to separate the white from the green. Cut the white part in half lengthwise. You can now cut it into small pieces. Cut the green part into slices.



A recipe must be followed to the letter to be successful. Once you are comfortable with your recipe, you can start to get creative and change up some ingredients.

You can find all kinds of great recipes perfect for young cooks on the Internet. If certain techniques are new to you, there are lots of tutorial videos that will help you. Remember: You will be more successful if you are well prepared!

Here's a terrific and healthy recipe to practice your new cooking techniques.

Bacon, cheddar and broccoli mini-omelettes



Ingredients

- 6 eggs
- 80ml (⅓ cup) crumbled bacon (use leftovers from the weekend or the cooked ones in a bag)
- 125 ml (½ cup) shredded sharp white cheddar
- 125 ml (½ cup) broccoli florets
- 1 green onion finely chopped
- 30 ml (1 tablespoon) milk
- 1.25 ml (¼ teaspoon) dried oregano
- Salt, pepper
- Oil

Material :

- Mini-muffin tray with 24 molds
- Silicone brush
- Grater
- Paring knife (small kitchen knife)
- Measuring utensils
- Big bowl
- Whisk

Preparation

- With the help of an adult, preheat the oven to 200 C (400 F). Oil a tray of 24 mini muffin tins with a small silicone brush.
- Break the eggs into a measuring bowl or a large bowl with a spout. To do this, tap the egg lightly on the edge of the bowl or counter, then stand over the bowl and carefully open it. If any shells fall into your mixture, remove them with a spoon.
- Beat your eggs using a whisk.
- Add all the other ingredients and mix well with a wooden spoon.
- Pour the mixture into the molds and slide your tray into the oven.
- Let your mini-omelettes cook for 15 to 18 minutes (use the oven timer so you don't forget about them!). You'll notice them swell up a little. Turn on the oven light to have a peak as they cook.
- With the help of an adult, take out the mini-muffin tray and place it on a trivet. Let your mini-omelettes cool for 5 minutes.
- Unmold your omelettes. You can run a silicone spatula around the edges if they are stuck to the sides.



Enjoy!

The Joy of Reading

Pick your favorite book or a new book to read then get crafty and make your very own diorama! To help you get started, fill out the following graphic organizer. Then you can glue them into your box.

1

Title: _____
 Author: _____
 Illustrator: _____
 Pages: _____

2

Favorite scene:

3

Character 1:

Character 2:

Character 3:

4

Resumé: _____

5



"Book in a Box" Diorama



Here's what you will need for your project:

- an empty shoebox or other similar box
- construction paper or other paper
- coloring pencils
- scissors
- glue
- a variety of small objects



Procedures to follow:

1. Cover all the inside surfaces of your diorama box with different colored paper.
2. Then follow the instructions below to decorate the outside of your diorama box:

Top: Title of your book

Front: book label

1

Back: Characters

3

Right side: Book rating (between 1 and 5 stars)

Left side: Resumé

4

3. On the **inside:** Favorite scene

2

4. Now use the small objects or create your own pictures to decorate the inside of the diorama box. Don't forget that the goal is to create a 3D scene inside the box. Let your imagination run wild to create a fantastic universe depicting your favorite scene from the book.



Game of the week

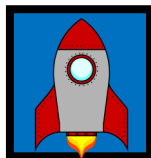
This is a two-player game of strategy for developing critical thinking skills. The aim of the game is for the rocket to rise thru the atmosphere filled with satellites and reach the stars. The satellites are trying to block the rocket's ascent.

Instructions:

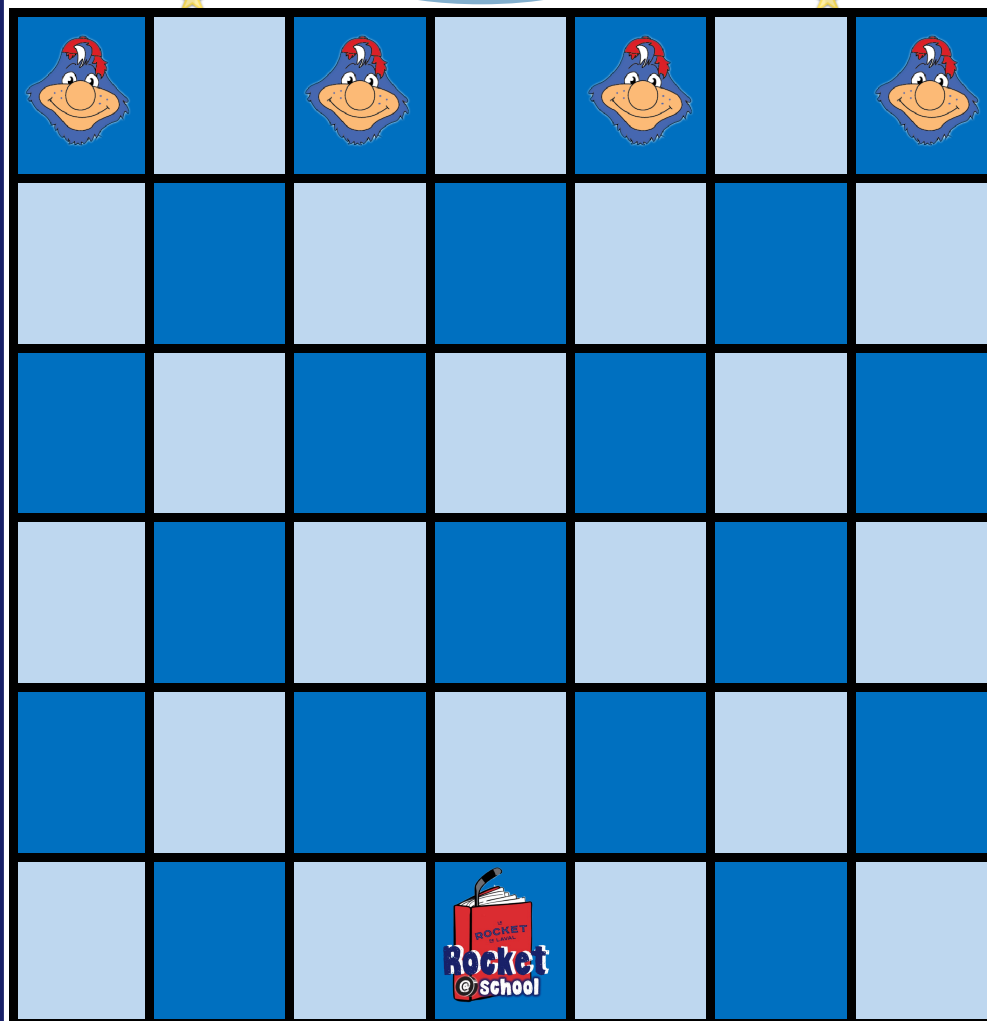
- Glue the tokens below onto a piece of cardboard or construction paper. Then cut out each token.
- Glue the second page of the lesson plan (with the board game image) onto a piece of cardboard or construction paper.
- The game pieces can also be laminated for durability.

Rules:

1. One player is the rocket, the other player is the satellites.
2. To begin the game, place the rocket on the Rocket@School logo on the board and the satellites on the images of Cosmo.
3. Each turn, the rocket can move diagonally backwards or forwards one square only. The satellites can only move **down** the board diagonally towards the rocket one square at a time. The satellites cannot move back up the board.
4. Each turn the rocket must move, and one satellite must move.
5. The Rocket always goes first.
6. The satellites win the game by cornering the rocket so that it cannot make a move.
7. The rocket wins the game by getting across the atmosphere and making it to the stars.



Reach for the Stars Game



Math Logic Challenge

There are four brothers who are hockey players. Their ages are 18, 21, 24 and 26. They play different positions: center, right wing, goal and defence.



Use the clues to figure out which brother plays which position.

1. The right winger is older than one person and younger than at least one person.
2. The 21 year old is younger than the center.
3. There is no letter g or d in the position of the 24 year old.
4. The 18 year old loves to hang around the net.

Age	Center	Right wing	Goal	Defence
18				
21				
24				
26				

Answer: Goal age 18, Right wing age 21, Center age 24, Defence age 26.

Get Active

Cosmo's Game day Challenge

Get active during the Laval Rocket games! Cosmo challenges you to **hold a pose** each time the Rocket have a shot on goal!

- On a mat try using only 3 different body parts (like your hand, foot, elbow, knee...) and balance on those 3 body parts at the same time.



- Hold each pose for 10 seconds.



- For a real challenge try using only 2 body parts!

