



Canadian Heritage Project



SECTION A

A - RESEARCH

Choose 3 out of the following Canadian Heritage Recipes:

- Butter Tarts
- Beaver Tails
- Bannock Tacos
- Ginger Beef
- Perogies
- Nanaimo Bars

Research the following information about EACH chosen recipe: FULL SENTENCES

1. Where did it originate, explain the story.
2. Do they have any connection to early Canadians? If so, explain them.
3. What part of Canada are they most famous?

4. Where are the best places in Canada to find this food?
5. What are the other versions of this food?

A - PICTURES

1. When we make this recipe, take at least 4 pictures of the process.
2. Take at least 1 picture of the final product which should be plated well.

SECTION B

B - RESEARCH RECIPES OF YOUR CHOICE

1. Choose two other Canadian Heritage recipe titles to research.
2. Provide an actual recipe in proper format for each recipe title
3. For each recipe answer the following questions:
 - a) Where did it originate, explain the story.

- b) Do they have any connection to early Canadians? If so, explain them.
- c) What part of Canada are they most famous?
- d) Where are the best places in Canada to find this food?
- e) What are the other versions of this food?
4. Find 2 delicious looking pictures of each recipe

SECTION C

C - PERSONAL CANADIAN HERITAGE

1. Talk to your parents, grandparents, aunts or uncles and think of a recipe that is important to your family.
2. Write the recipe out in proper format.
3. Tell the story about this recipe.

- a. Why is it important to you or your family?
- b. Does it have any family history?
- c. What is this recipe's story?
- d. Did this recipe originate from a different country?

SECTION D

SECTION B - COOK A CANADIAN RECIPE AT HOME

1. Cook one of the two recipes that you researched in Section B at home.
2. Take at least 4 pictures of the cooking process
3. Take at least 1 picture of the final product which should be plated well.

OR

SECTION C – COOK A FAMILY RECIPE AT HOME

1. Cook the family recipe you learned about.
2. Take at least 4 pictures of the cooking process
3. Take at least 1 picture of the final product. This picture should be beautiful and plated well.

SECTION E

D – PUT IT ALL TOGETHER

1. Provide all of the information above Sections A-D in one final project
2. Research, information and all pictures need to be put together in a creative project
3. IDEAS – recipe book, scrapbook, video, poster, Prezi,

TIMELINE

| Date | Activity |
|------------------------------|--|
| Tues. Nov. 2nd | Canadian Assignment |
| Wed. Nov. 3rd | Canadian Project Day 1 |
| Thurs. Nov. 5th | <i>Butter Tarts</i> 😊 |
| Mon. Nov. 9th | Project Work Period 2 |
| Tues. Nov. 10 th | <i>Bannock Tacos</i> 😊 |
| Wed. Nov. 11th | NO SCHOOL |
| Thurs. Nov. 12th | <i>Nanaimo Bars</i> 😊 |
| Mon. Nov. 16th | Work Period 3 – Section B DUE |
| Tues. Nov. 17 th | <i>Ginger Beef</i> 😊 |
| Wed. Nov. 18th | Perogy Planning |
| Thurs. Nov. 14 th | <i>Beaver Tails</i> 😊 |
| Friday Nov. 15 th | Perogy Prep |
| Mon. Nov. 23rd | NO School |
| Tues. Nov. 24 th | <i>Perogy 1</i> 😊 |
| Wed. Nov. 25 th | <i>Perogy 2</i> 😊 |
| Thurs. Nov. 26 th | <i>Perogy 3</i> 😊 |
| Mon. Nov. 30 th | Work Period 4 |
| Tues. Dec. 1 | Work Period 5 & Project Due |



*****1 RECIPE NEEDS TO BE COOKED AT HOME – PLEASE SCHEDULE WITH YOUR FAMILY!!!*****