



Grades 3 – 5

Focus: Reading comprehension, writing, sequencing, vocabulary

1. Family Recipe Detective

- Read a recipe together.
- Talk about:
 - What is the purpose of this recipe?
 - Why are the steps written in this order?
 - What might happen if a step was skipped?

2. Mealtime Journaling

After dinner, your child can write or draw about: - How the meal was made - A story shared at the table - A favourite family meal or memory

(Children may dictate their ideas to an adult if needed.)

3. Word of the Day

- Choose one new word during dinner (an ingredient, cooking word, or descriptive word).
- Everyone uses the word in a sentence before the meal ends.

Everyday conversations and reading build comprehension and confidence.

Build-Your-Own Veggie Wraps

Why this works: Reading, following steps, descriptive vocabulary

Ingredients

- Tortillas or wraps
- Cream cheese or hummus
- Sliced vegetables (cucumber, peppers, carrots, lettuce)

Directions

1. Read the ingredients together.
2. Spread cream cheese or hummus on the wrap.
3. Add vegetables.
4. Roll it up and cut in half.

Family Literacy Talk

- Why does the order of steps matter?
- How would you describe the taste or texture?
- What words would you use to write this recipe?