



Learn to...

LUNCH

Week 1: *Bento Box*

Menu: bunny shaped apple slices, sushi rice balls, soy sauce eggs, edamame, and pickled cucumber salad.

10 Minute Easy Asian Cucumber Salad Recipe

Ingredients

1 cup Carrots (cut into sticks/ribbons)
1 cup Cucumbers (cut into sticks/ribbons)
½ cup Red Pepper (thinly sliced)
¼ Rice Vinegar
½ cup hot water
½ tsp sugar
1 tsp salt
1 tsp fresh ginger thinly sliced
1 tsp fresh garlic thinly sliced

Directions

- 1 Using a glass jar or storage container (with a lid), add a few slices of garlic/ginger to bottom, layer in carrots/cucumbers, repeat alternating garlic/ginger and carrots/cucumbers making sure it's packed tightly.
- 2 In a separate heat proof bowl mix vinegar, sugar, and salt. Stir in hot water, mixing until sugar and salt dissolve completely.
- 3 Pour liquid over carrot/cucumber mixture. Seal with lid and give a good shake.
- 4 Place in refrigerator for at least ½ hr before serving. The longer it sits, the more flavourful it will be.

Nutrition Info:

Cucumber - promotes hydration, enhances skin, magnesium, potassium and vitamin K

Pepper - vitamins A and C, potassium, folic acid, and fibre

Vinegar - blood sugar levels, antimicrobial and antibiotics properties

Oranges - helps collagen production (vitamin C), protects cell from damage, essential for iron absorption, antioxidant, 1 orange is 80% of your daily targeted vitamin c.

Rice Ball Creations



Ingredients

- ½ cup cooked Sushi Rice
- 1 sheet Nori (if you can't the full sheets, sushi snacks will work)
- *Sesame seeds- as garnish
- *Radishes- as garnish
- 1 tbsp Quick pickled carrots/cucumbers
- *Optional protein suggestions- flavored canned tuna, shredded chicken, sliced ham



Directions

- 1 Place your cooked rice into a mixing bowl. Separate the rice into equal portions, big enough to be a large handful each.
- 2 Wet your hands with water and rub together with a pinch or two of salt. This stops the rice sticking to your hands and helps keep it fresher for longer.
- 3 Take up one portion of rice in your hands. If making a bear, roll two small balls for ears and set aside. Roll main portion into a decent sized ball.
- 4 If you are hiding some fillings inside, here is where you make an indent, place the ingredients inside and fold the rice over, then lightly press into a ball.
- 5 Decorate with Nori-cut into shapes to represent eyes, cheeks, nose, and mouth. Place by wetting finger and running along Nori, place in desired locations and gently run finger along edge to seal into place. Attach ear balls in the same manner.
- 6 Lightly wrap in plastic wrap and store in refrigerator in a sealed container.
****Use Ice pack in lunch container****

Nutrition Info:

Sushi Rice – Carbohydrates-energy

Quick pickled carrots/cucumbers – ermentation breeds probiotics(good bacteria which aids in digestion. Vitamin k and vitamin A

Carrots - improves eye health (vitamin A), The high levels beta-carotene which prevents cell damage, 1 carrot is 200% of daily vitamin A,

Radishes - vitamin C, fibre aiding in digestion, good for liver/urinary benefits

Steamed Edamame

Ingredients

- 1 cup frozen edamame
- Course sea salt
- *Lemon, chilli flakes, garlic, ginger

Equipment

- Steamer basket
- Can boil in pot if you don't have one

Directions

- 1 Bring the water to a boil over high heat. Place the frozen edamame in the steamer basket and cover with a tight-fitting lid.
- 2 Allow the edamame to steam until tender, approximately 2 minutes. Remove the pot from the heat.
- 3 Place the steamed edamame in a large bowl and toss with your choice of seasonings

Nutrition Info:

Edamame - high essential fatty acids making it a good protein source

Hard Boiled Soy Sauce Eggs

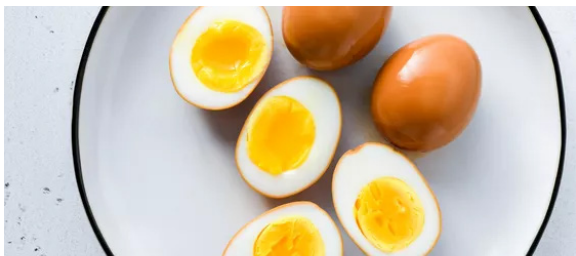


Ingredients

- 6 hard boiled eggs
- 5 garlic cloves peeled
- 1 tsp crushed red chili flakes (reduce if sensitive to spice)
- ¼ cup soy sauce
- 3 Tbsp Mirin
- 2 Tbsp Rice Wine vinegar
- *Toasted sesame seeds as optional topping*

Directions

- 1 Bring a large pot of water to boil.
- 2 Gently lower eggs into the boiling water. When water returns to a gentle boil, cook 7 minutes. Using a slotted spoon, transfer to a bowl of ice water and let cool 2 minutes (eggs may still be a little warm). Remove eggs from ice water and peel.
- 3 Meanwhile, bring garlic, pepper flakes, soy sauce, mirin, vinegar, and 2 cups water to a boil in a medium saucepan. Reduce heat; simmer 5 minutes. Remove from heat and add eggs. Let sit at least 1 hour.
- 4 To serve, drain eggs, and sprinkle with sesame seeds if desired.



Nutrition Info:

Eggs - protein, heart health, highly nutritious, support eye health (vitamin A for eyes)

Garlic - boosts immune system, antibiotic properties

Bunny Shaped Apple Slices

Ingredients

- 1 Apple
- Bowl of lemon water with ice

Directions

- 1 Cut the apple into 6 wedges. Remove the core and seeds.
- 2 To create the ears: Using a paring knife, make two intersecting slits about ¾ of the way down the skin side of each apple slice. Do not cut too deep.
- 3 Remove the piece of apple between the slits.
- 4 Soak the apple wedges in salt water or lemon water until ready to eat.



Nutrition Info:

Apples - Lower high cholesterol and blood pressure, high fibre, healthy immune, improve gut health, (vitamin c, k, potassium, copper)

Lemons - heart health, fight disease, good for kidneys, high vitamin C 51% of daily dose, immune health, help promote healthy blood sugar levels

Tips to maintain healthy balanced eating habits

Why is Lunch so important and how does it help us perform mentally/physically?

Food is energy! That's why!

A balanced meal is based around the three main core food groups: carbohydrates, protein, and veggies/fruit (veggie preferably). Eating well mid-day keeps your brain going-helps mental energy and focus, helps you make more rational decisions, keeps your blood sugar level even, your metabolism active and helps you perform your best!

Being Mindful Of Your Eating Habits

How you ate?

- did you eat slowly?
- were you distracted?
- did you eat with others?

Why you ate?

- were you hungry?
- was it offered to you?

What you ate?

- what did you have to eat and drink?

When you ate?

- what time was it?
- how long had it been since the last time you ate?

Where you ate?

- were you in a space meant for eating?

How much you ate?

- how much food and drink did you have?

Benefits Of Enjoying Your Food

- tasting the flavours
- being open to trying new foods
- developing a healthy attitude about food

Try a variety of healthy foods to help you find new foods to enjoy. Trying new foods can appeal to a sense of wonder and even adventure.

Cook More Often

Cooking and preparing food can support healthy eating habits.

Cooking allows you to:

- learn new skills
- rely less on highly processed foods
- control the amount of sauces and seasonings
- make foods that you and your family like and will eat
- save money by avoiding extra money spent on meals eaten out

Choose healthy ingredients like:

- fruits
- vegetables
- whole grain foods
- protein foods
- choose protein foods that come from plants more often

Eat Meals With Others

When you eat with others, it's important to remember to:

- Take your time. Don't feel the need to rush. Enjoy your food and the social aspect of being together.
- Put away distractions like the TV or electronics. This can help you be mindful of your food choices.
- Use it as a chance to connect. Talk to those around you and share what is going on in everyone's life.

Enjoying your food includes:

- socializing at mealtime
- enjoying shopping for food
- preparing and cooking food
- growing or harvesting your own food
- getting to know the people that grow or produce your food
- being involved in meal planning, preparation and clean up

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice



Choose
whole grain
foods

Discover your food guide at

Canada.ca/FoodGuide