



## Introduction to Thanksgiving in Canada

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*Welcome to our exploration of traditional Thanksgiving foods and recipes in Canada! Thanksgiving is a special holiday that is celebrated on the second Monday in October. It's a time to come together with family and friends, share delicious food, and express gratitude for the blessings in our lives.*

*What are you thankful for? Write down three things you are grateful for in the space below.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Traditional Thanksgiving Foods

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*Traditional Thanksgiving foods in Canada include turkey, mashed potatoes, stuffing, cranberry sauce, and pumpkin pie. These dishes are often made with love and care, and are a big part of what makes Thanksgiving so special.*

*Try making a simple pumpkin pie at home with your family! Here's a recipe to get you started:*

### *Ingredients:*

- 1 cup of pumpkin puree
- 1 cup of heavy cream
- 1/2 cup of sugar
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of nutmeg
- 1/4 teaspoon of salt
- 2 large eggs
- 1 pie crust

### *Instructions:*

1. Preheat your oven to 425°F.
2. Mix together the pumpkin puree, heavy cream, sugar, cinnamon, nutmeg, and salt.
3. Beat in the eggs until well combined.
4. Roll out the pie crust and fill with the pumpkin mixture.
5. Bake for 15 minutes, then reduce heat to 350°F and bake for an additional 30-40 minutes.

## Cultural Significance of Thanksgiving

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*Thanksgiving is a time to come together with loved ones and express gratitude for the blessings in our lives. It's also a time to learn about and appreciate the cultural traditions and history of Canada.*

*Research and write about a different cultural tradition or historical event related to Thanksgiving in Canada. Share your findings with the class!*

## Fun Activities and Recipes

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*Here are some fun activities and recipes to try at home:*

- Make a handprint turkey using paint or markers
- Create a Thanksgiving-themed craft, such as a paper plate turkey or a gratitude jar
- Try making a new recipe, such as roasted vegetables or a pumpkin spice cake

*Recipe: Roasted Vegetables*

*Ingredients:*

- 2 tablespoons of olive oil
- 1 onion, chopped
- 2 cloves of garlic, minced
- 2 carrots, peeled and chopped
- 2 Brussels sprouts, trimmed and halved
- Salt and pepper to taste

*Instructions:*

1. Preheat your oven to 425°F.
2. Mix together the olive oil, onion, garlic, carrots, and Brussels sprouts.
3. Season with salt and pepper to taste.
4. Roast in the oven for 20-25 minutes, or until the vegetables are tender.

## Quiz Time!

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*Test your knowledge of Thanksgiving in Canada with this quiz!*

1. What is the name of the holiday celebrated on the second Monday in October in Canada?

- a) Thanksgiving
- b) Christmas
- c) Halloween
- d) Easter

Answer: a) Thanksgiving

2. What is a traditional Thanksgiving food in Canada?

- a) Turkey
- b) Pizza
- c) Sushi
- d) Tacos

Answer: a) Turkey

## Word Search and Crossword Puzzle

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*Find the words related to Thanksgiving in the word search below:*

AELMORTCAEHLO  
OTTERSTUFFINGP  
IELDSPUMPKINPIE  
TURKEYCRANBERRY  
SAUCEGRAVYROLLS

*Crossword Puzzle:*

### ACROSS

1. Holiday celebrated on the second Monday in October
2. Traditional Thanksgiving food
3. Type of sauce often served with turkey

### DOWN

1. Type of pie often served at Thanksgiving
2. Ingredient in pumpkin pie
3. Holiday that comes after Thanksgiving

## Create Your Own Recipe

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Create your own recipe using ingredients you like! Write down the ingredients, instructions, and a name for your recipe.

Recipe Template:

Name: \_\_\_\_\_

Ingredients:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Instructions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Thanksgiving Traditions Around the World

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*Did you know that Thanksgiving is celebrated in other countries around the world? Research and write about a different country's Thanksgiving traditions.*



## Gratitude Journal

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*Write down three things you are grateful for each day for a week. Reflect on why you are grateful for these things and how they make you feel.*

## Conclusion and Further Learning

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*Congratulations on completing this welcome pack! We hope you learned something new and had fun exploring traditional Thanksgiving foods and recipes in Canada. For further learning, try visiting a local museum or historical site to learn more about the history and cultural significance of Thanksgiving in Canada.*

*Assessment:*

- Complete the quiz on page 5
- Create a recipe using the template on page 7
- Write a short reflection on what you learned and what you are grateful for

*Extension:*

- Research and write about a different cultural tradition or historical event related to Thanksgiving in Canada
- Create a Thanksgiving-themed craft or decoration
- Try making a new recipe or cooking technique

