



# March Newsletter



UBC Active Kids

## NUTRITION MONTH MARCH

### Good for you!

The Dietitians of Canada launch Nutrition Month in March each year and this year's theme is **Good For You**. This theme focuses on celebrating our differences because when it comes to nutrition we need to focus on what works for us as individuals! Part of this is celebrating diversity and the unique foods that come from different backgrounds and cultures. Introducing children to meals from cultures different to our own is an awesome way of helping them adapt a positive attitude and open mindset to trying new foods!

To help make trying new meals fun you could add one theme night to your dinners. For example one night a week, try food from places around the world starting with the letter A! Or a fun costume party to go with a dinner theme. Below is a recipe for Japanese-style savoury pancakes called "Okonomiyaki", which means "grill as you like it". Feel free to personalize it and add whatever toppings your family loves! If you want to find more recipes for Nutrition Month type 'unlock food nutrition month 2021' in google and click on the first link, then scroll down & click on recipe e-book. This e-book is filled with versatile recipes from different cultures!

<https://www.unlockfood.ca/en/NutritionMonth-2021> (or use this direct link)

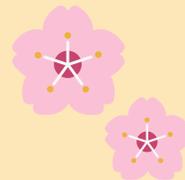
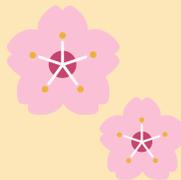
## OKONOMIYAKI

### Ingredients

- 3/4 cup all-purpose flour
- 1/2 tsp salt
- 1/2 cup chicken stock or water
- 4 eggs
- 3 cups finely shredded cabbage
- 2 green onions, finely chopped
- 4 slices bacon, cooked and crumbled
- 1/4 cup canola oil

### Toppings

- 2 cups (500 mL) bean sprouts
- 1 green onion, finely sliced diagonally
- 2 cups (500 mL) dried bonito flakes
- 3 tbsp (45 mL) pickled ginger
- 3 tbsp (45 mL) toasted sesame seeds
- 3 tbsp (45 mL) soy sauce
- 1 tbsp (15 mL) Worcestershire sauce
- 1 tbsp (15 mL) Asian-style hot sauce



### Instructions

1. Stir flour with salt in large bowl. In another bowl, whisk stock with eggs; whisk into flour mixture. Fold in cabbage, onions and bacon.
2. In large nonstick skillet, heat 1 tbsp (15 mL) of the oil over medium-high heat; pour 1/2 cup (125 mL) of the batter into the pan, gently pressing down with spatula to flatten. Cook for 3 to 4 minutes or until bottom is browned; flip over and cook for another 3 to 4 minutes. Repeat with remaining batter, adding more oil as necessary.
3. Toppings: Serve with sprouts, green onion, bonito flakes, ginger, sesame seeds, soy sauce, Worcestershire sauce and hot sauce.
4. Makes: 6 pancakes.

**Tip:** If you can find okonomiyaki sauce, serve as a topping, as well, it's similar in flavour to Worcestershire sauce, so it makes a good substitute.