

Let's make! Sunomono salad

Food Flair recipes are a unique way to explore new and healthy foods with your toddler or preschooler. Learning to cook helps children take pride in what they make and encourages them to try new foods. These activities help families reconnect food and fun, so enjoy the experience of preparing food together!



Recipe for Sunomono salad

What you need:

1	Cucumber	1
$\frac{1}{2}$ cup	Vinegar	125 mL
$\frac{1}{4}$ cup	Honey* or sugar	60 mL
1 tbsp.	Soy sauce	15 mL
1 cup	Cooked rice noodles	250 mL

* Do not serve honey to children under 12 months.

How to:

1. Wash a cucumber and slice it as thin as possible. Do not peel.
2. In a small bowl, mix vinegar, honey or sugar and soy sauce.
3. Add cucumber slices.
4. Let mixture sit for 10 minutes to mix the flavours. Stir frequently.
5. Put some cooked rice noodles into small serving bowls.
6. Add some cucumber mixture to each bowl.

You will need the foods listed in the recipe, a bowl for mixing, a spoon for stirring and some small bowls for serving.

Hints for success

- ❖ Toddlers can put the cucumber slices into the vinegar mixture.
- ❖ Younger preschoolers can mix the vinegar mixture.
- ❖ Older preschoolers can also help measure the vinegar, sugar and soy sauce and stir the cucumbers.
- ❖ Encourage children to taste some raw cucumber as you are making the salad.

Did you know that many pickles are made from cucumbers?

What are some other ways to eat cucumbers?

Ways to say it

More ideas for Sunomono salad

Try this way

- ❖ Explain that sunomono salad is a favourite recipe in Japan. Talk about other Japanese foods that your child might enjoy, such as sushi or miso soup.
- ❖ To eat in a traditional Japanese manner, remove your shoes and sit on flat pillows or mats at a low table.
- ❖ Try using chopsticks!



Activity links

Read the book **My Mom Loves Me More Than Sushi** by Filomena Gomes with your child.

Use this recipe card with other Food Flair activity cards:

- Eating around the world—Chopsticks
- Eating around the world—Tasting passports

Safety tips

- Help children wash their hands before cooking or eating.
- Always supervise your child around sharp kitchen utensils and hot surfaces.
- Refrigerate or discard leftovers right away to prevent spoilage.