

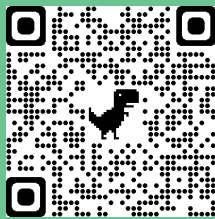
## Recipe Resourcefulness

Picture this: You are about to make one of your favourite recipes. As you gather the ingredients, you realise a key component is missing. Don't worry! There's no need to make a trip to the grocery store, you can still finish your cooking project with a little resourcefulness.

The New York Times has created a very handy resource for all cooks so that you never have to worry about what to do if you are missing an ingredient. Chances are, you can use some creative substitutions that won't affect the quality of your cooking.



*Read this article:*  
[bit.ly/cooking-substitutes](https://bit.ly/cooking-substitutes)



SCAN ME



### Instructions

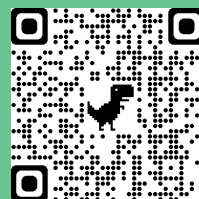
Choose a delicious recipe to make. This dish or dessert can be a family favourite or something you've never tried before. Your goal is to gather the ingredients and without going to the grocery store for any missing items! Use The New York Times cooking substitution guide to fill in what you're missing. Or, if you already have everything, make a substitution for one or two items. Then enjoy your meal! While someone else does the dishes, consider the following questions on your own or with your family:

- What substitutions did you make in the recipe?
- Did you notice a change in texture and or flavour? If so, describe how it was different.
- If this was a recipe you've made before, did the substitutions improve or ruin the quality of the dish? Why?
- Would you use these substitutions again or stick to the original recipe? Explain your reasoning.

**Go further:** Check out the video to the right about the science behind the Impossible Burger, a plant-based product that looks and tastes just like a real hamburger. Throw a few on the grill and see if your fellow eaters can tell the difference!



*Watch this video:*  
[youtu.be/nliLqNQOgPA](https://youtu.be/nliLqNQOgPA)



SCAN ME



## Creating a Water-Conscious Meal

Did you know that only 0.5 percent of the water on our planet is usable for cooking, drinking, growing food, and manufacturing? That's not very much! Food production alone uses 50-70 percent of that fresh water. This includes raising livestock, growing crops, and processing the food. With all this in mind, how much water is used to create an average meal?

**Instructions:** It's time to calculate how many litres of water it takes to create some of your favourite foods. Build your favourite meal with a protein source and two sides. How many total litres of water are used? Next, play around with your meal, change out the protein and sides to create three to four new meals and record the total litres of water used. What do you notice about your calculations?



*Read this article:*  
[bit.ly/WC-Meal](https://bit.ly/WC-Meal)

*Remember to convert:*  
1 gallon = 3.785 litres

After you've created a few different meals and compared the total number of litres of water it takes to create them, think about the following questions:

- What meal required the largest amount of water to create? Why do you think that is the case?
- What meal required the least amount of water to create? Why do you think so?
- Why do animal products, like beef, take more water to produce than plant-based foods, such as vegetables or grains?
- What is one thing you'd like to change about your food habits that will help you conserve water?
- What are some ways you can continue to eat meat and still conserve water?



*Calculate your water footprint!*  
[watercalculator.org](https://watercalculator.org)

*Remember to convert:*  
1 gallon = 3.785 litres

**Go further:** Calculate your water footprint! How does your lifestyle affect the amount of water you use? This handy calculator ([watercalculator.org](https://watercalculator.org)) will help you determine your indoor, outdoor, and virtual water usage and provide suggestions for improvement.



**Students!** Answering our questions? Using our strategies? Share them with us at [discovery@worldstrides.com](mailto:discovery@worldstrides.com)