

Cook with Meg in the classroom!

Nutrition Month Activity

GRADES
6-8

Join MasterChef Canada finalist Meg Tucker for a fun, hands-on cooking experience that brings the New Brunswick curriculum to life! Students will explore *Personal Wellness* outcomes by learning about Meg's career path and the mental health benefits of cooking. They'll also connect to *Technology* outcomes through hands-on kitchen skills.

How it works

- **By February 25:** Register to receive your activity kit.
- **March 16–20:** Use your kit to complete the activity anytime during this period.
- **By March 20:** Complete the post-event survey and submit a photo of your students making the recipe for a **chance to win a live virtual Q&A with Meg Tucker on March 26 from 1–2 pm.**

Kit includes:

- 30 minute pre-recorded cooking activity with Meg.
- Teacher instructions including recipe, shopping list and more!
- \$100 grocery card (available to the first 50 classes that register!)



Click [HERE](#) or scan the QR code to register.



TeachNutrition.ca™
By Dairy Farmers of Canada's Registered Dietitians