

Titanium Chef: Challenge Activities

1. Throughout **Titanium Chef**, ChefBot serves many meals. Prepare and serve one of the following meals for your family or friends. Note that recipes are given in portions to serve one person. You will have to modify the recipe both in terms of amounts and cooking time to serve more people. How did your friends or family like the meals? Would you modify the recipe in any other way to meet the preferences of those you served?
 - Breakfast Burrito
 - Yogurt and Fruit Snack
 - Vegetarian Chili
 - Stellar Fruit Smoothie
 - Vegetable Stir Fry
 - Chicken Noodle Soup
 - Cheese Pizza
 - Fruit Cocktail
2. As ChefBot, you discover that apples were once used to ward off doctors in ancient times. Can you give another example of how scientists or anthropologists hypothesize how an ancient culture or animal used something in their environment? What is the evidence for the hypothesis? Could there be another interpretation?
3. Write another adventure for ChefBot on another planet. Who does ChefBot meet? What challenges does ChefBot face? Include the food ingredients collected and the meals served in this adventure.

Do you have a good challenge activity? Send your idea to nutrition@bcdf.ca and we'll add it to this page to share with other classroom teachers.

Recipes

Breakfast Burrito

This is filling grub from the southwestern portion of the galaxy.

1 large	wheat flour tortilla, heated
½ medium	potato, diced
5–10 mL	butter
1	egg, scrambled
	salt, to taste
	pepper, to taste
1–2 sprigs	fresh cilantro, chopped
15 mL	green onion, chopped
50 g	cheddar cheese, grated (about 125 mL when grated coarsely)
60 mL	tomato, chopped (about ¼ of a medium tomato)

1. Assemble ingredients and prepare (i.e. chop, dice, grate) as indicated.
2. Heat fry pan, and when warm, heat tortilla for about 30 seconds on each side. Remove and place on plate.
3. Melt butter in fry pan over medium heat and sauté diced potato until tender.
4. Pour egg into pan and season with salt and pepper. Stir mixture until egg is cooked.
5. Transfer egg and potato mixture to the tortilla. Arrange down the center of the tortilla, leaving edges free for wrapping.
6. Sprinkle on fresh cilantro, green onion, grated cheese and chopped tomato, holding back a little bit of the tomato and green onion for garnish.
7. Fold top and bottom edge of tortilla over the egg mixture. Fold right side over and continue rolling to the left to complete your breakfast burrito. Garnish with a few pieces of chopped tomato and green onion.

Yogurt and Fruit Snack

A tasty snack to recharge your batteries.

½	apple, sliced
60 mL	blueberries
175 mL	yogurt

1. Arrange sliced apples and blueberries on a plate.
2. Place yogurt in a small bowl and add to plate. Voila!

Recipes

Vegetarian Chili

This delicious meal also serves as a source of fuel on Flatula. The aliens of this planet use a mysterious process to convert this food into a highly volatile and odorous gas. Residents of Earth often like to add chili sauce or chili powder to spice up this dish.

60 mL	bulgur
¼ medium	onion, diced
1 clove	garlic, minced
10 mL	oil
60 mL	carrot, diced
175 mL	kidney beans, canned
125 mL	tomatoes, canned
60 mL	corn, frozen
	soy sauce, to taste
	black pepper, to taste

1. Cook bulgur in hot water for 20 minutes.
2. Heat oil in fry pan and sauté onion and garlic until onion is translucent.
3. Add diced carrot, kidney beans, tomatoes and corn, and cook for 20 minutes on low heat until carrots are tender.
4. Stir cooked bulgur into vegetable and bean mixture and simmer for 5 minutes.
5. Season with soy sauce and black pepper, to taste.

Stellar Fruit Smoothie

A refreshing blend of fruit and yogurt.

½ medium	banana
60 mL	strawberries
60 mL	blueberries
175 mL	yogurt, plain
	honey, to taste
30 mL	hazelnut and sunflower seed mix, crushed

1. Place fruit and yogurt in blender and purée until smooth.
2. Taste and add honey if desired.
3. Pour into glass and add crushed nut topping.

Recipes

Vegetable Stir-Fry

A medley of sizzling stir-fry goodness.

15 mL	oil
30 mL	onion, sliced
1 clove	garlic crushed
60 mL	carrot, sliced 1/8" thick
60 mL	broccoli, cut up
60 mL	bok choy, chopped
	soy sauce, to taste
30 mL	peanuts

1. Heat oil in wok or fry pan until hot. Add onion and garlic and stir quickly for about 15 seconds.
2. Add carrot and stir for about 2 minutes.
3. Add broccoli. Stir for about 2 minutes.
4. Add bok choy, stir for about 2 minutes. Cover and cook for about 2 minutes.
5. Add soy sauce and peanuts and stir until well mixed.
6. Serve over cooked rice.

Chicken Noodle Soup

Soup is good for you and yummy too!

75 g	chicken breast
60 mL	carrot
250 mL	broth
60 mL	pasta

1. Cut chicken breast into chunks.
2. Using a separate cutting board and separate knife, dice carrots.
3. Pour broth into saucepan. Add chicken and carrots.
4. Bring to a boil and add pasta.
5. When broth comes to a boil again, lower heat and cook until pasta is done.

Recipes

Cheese Pizza

A satisfying meal perfected on Earth.

1 portion pizza crust*
50 g mozzarella cheese, grated
60 mL tomato sauce

*Pita bread or English muffins make good single portions of pizza crust.

1. Preheat oven to 450°F.
2. Spread tomato sauce on pizza crust.
3. Sprinkle grated cheese on top of sauce.
4. Place on cookie sheet and cook in oven for about 4 minutes or until cheese is bubbly.

Fresh Fruit Cocktail

A tasty snack to recharge your batteries.

60 mL blueberries
60 mL apples, chopped
60 mL grapes, cut in half
60 mL kiwi, peeled and chopped

1. Toss fruit together in a bowl and serve.