

Name \_\_\_\_\_

## Delicious Canadian Cuisine



Canada is known for its beautiful landscapes, friendly people, and delicious food! Canadian cuisine is influenced by Indigenous traditions, European settlers, and people from all over the world.

### **Poutine: A Canadian Classic**

One of Canada's most famous dishes is poutine. It was created in Quebec in the 1950s and is now popular across the country. Poutine is made of:

- **French fries** – crispy and golden brown
- **Cheese curds** – soft and slightly chewy
- **Gravy** – thick and warm, poured over the fries and cheese

The hot gravy melts the cheese curds, creating a gooey and delicious dish! Poutine is often enjoyed at diners, food trucks, and even fancy restaurants.

### **Maple Syrup: A Sweet Canadian Treasure**

Canada is the largest producer of maple syrup in the world. The syrup is made by collecting sap from maple trees in early spring and boiling it to create a thick, sweet liquid. People in Canada love to pour maple syrup over pancakes, waffles, and oatmeal. Some even use it as a natural sweetener in baking or cooking. In Quebec, families visit sugar shacks in the spring to enjoy fresh maple syrup treats like maple taffy on snow!

### **Butter Tarts: A Tasty Canadian Dessert**

Butter tarts are small, round pastries filled with a sweet, buttery filling. They are a traditional Canadian dessert that has been enjoyed for over a hundred years! Some butter tarts have raisins or nuts, while others are just filled with gooey syrup. People love them because they are sweet, flaky, and easy to eat. You can find butter tarts at bakeries, grocery stores, and family gatherings.

### **Bannock: A Traditional Indigenous Bread**

Bannock is a type of bread that has been made by Indigenous peoples for centuries. It is simple to make, using flour, water, baking powder, and sometimes butter or oil. Bannock can be baked, fried, or cooked over a fire. Many Indigenous communities have their own special way of making bannock. It is often served with jam, honey, or even smoked fish.

### **Nanaimo Bars: A No-Bake Treat**

Nanaimo bars are a famous Canadian dessert that comes from Nanaimo, British Columbia. These no-bake bars have three layers:

- A chocolate and coconut crumb base
- A creamy, custard-flavored middle layer
- A smooth chocolate topping

They are rich, sweet, and loved by Canadians of all ages!