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2022
Mother's Day
Activity Packet

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SUDOKU

	1		5	9				
		2	8			4		
3		5				2	1	9
	7			8		5		6
	6		2		7	9	8	1
9	5	8				7		
8			9			1		7
5		7		3			9	4
	3	9	7			6		2



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BRAIN GAMES

Using the second letter of your first name, write two examples from each category.

Country _____

2nd Country _____

Animal _____

2nd Animal _____

Fruit _____

2nd Fruit _____

Riddles:

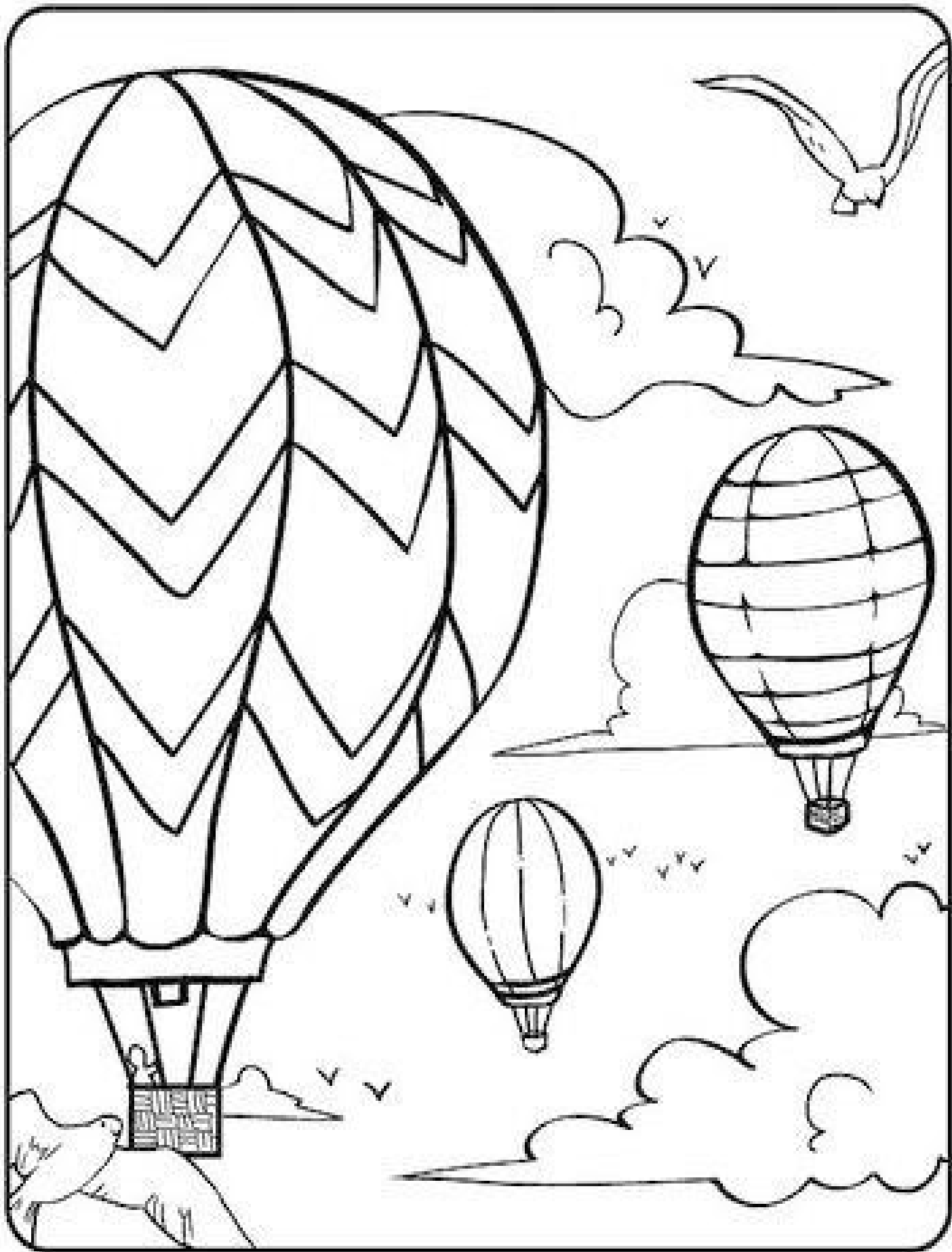
1. No matter how little or how much you use me, you change me every month.
What am I?
2. What has cities, but no houses; forests, but no trees; and water, but no fish?
3. A red house is made from red bricks.
A blue house is made from blue bricks.
A yellow house is made from yellow bricks. What is a green house made from?



COLOURING



COLOURING



Seated Exercise

No matter what age we are, exercising is important. Whether we enjoy it or not, exercising on a regular basis continues to keep our body moving and functioning properly as we age. Chair exercises are a great substitute for aging adults.

Please keep in mind, everyone has different levels of comfort when it comes to exercise. For safety, it's important to start slow and develop a health program that is tailored to your abilities. We've shared some exercises that seniors can do in the comfort of their own room with equipment that they can use by themselves. We'll explain exactly how to do each exercise and provide examples for a step-by-step process.

Before getting started on any of these exercises consult a doctor if:

- Recently went through surgery
- Have any recent injuries that could be agitated by over-using a particular muscle or set of muscles
- Can't physically perform the perfect posture during any exercise (even the slightest difference to the correct form of each exercise could result in pain or further injury)



The list we're providing is not one-size-fits-all. Injuries could make some exercises difficult and might need to be avoided altogether. It shouldn't be assumed that a senior can enact a particular exercise if they are instantly or progressively feeling pain. If this occurs, they must return to a comfortable position and stop the exercise entirely.

If you're a caretaker of a senior and you don't know if you're legally permitted to enact any of the following exercises, keep safety in mind.

Seated Exercise

Chair Stands



In a seated position with good posture and feet flat on floor, cross your arms over your chest level. Keeping your weight on your heels, stand up keep your back and shoulders straight. Take at least 3 seconds to sit back down.

Rest. Do another set of 8 repetitions.

Modification: If you are more advanced, try doing squats. Beginning in a standing position with back facing the seat of chair, slowly bend the knees to lower down toward the seats of the chair. Stick out the buttocks so that your knees do not just beyond your toes. Just before your buttocks gets so the seat of the chair, stand back up to the starting position in fluid motion, squeezing your buttocks and putting all the weight in your heels as you push back up.

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Seated Exercise

Chest and Upper Back Stretch



In a seated position with good posture and shoulders back and down away from the ears, extend your arms out in front of you at shoulder height. Interlace the fingers or grasp one hand with the other and press out as you round the upper back and shoulders forward, feeling the upper back fan out. Hold for 10 seconds and release.

For the shoulders, pull extended arms back behind you and interlace the fingers or grasp one hand with the other, keeping your hands down toward the buttocks. Feel the chest and shoulders open up as you pull your shoulder back. Hold for 10 seconds and release.

Repeat the upper back and chest stretches 1-2 more times

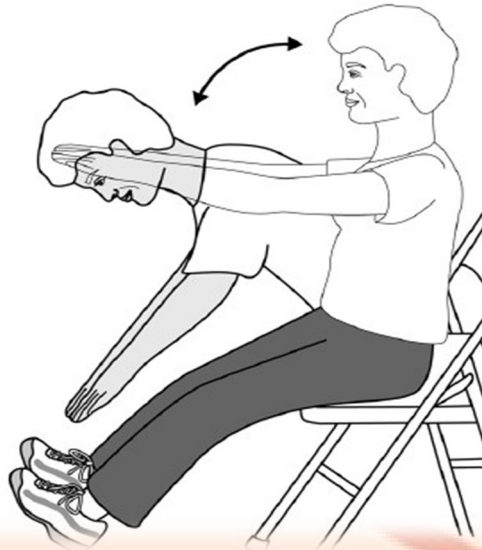
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Seated Exercise

Sit and Reach



Seated toward the edge of a chair, extend your legs out in front of you, keeping the knees slightly bent. With heels on the floor and toes pointed up toward the ceiling extend you arms out in front of you and try to reach down to touch your toes. Bend at the waist to do this and do not bounce. Hold the stretch for about 10 seconds. Come back up to the starting position

Repeat the stretch 1 to 2 more times

Modification: Depending on your flexibility, you may only be able to go to your knee or shins. If you are very flexible, you may be able to reach your fingers out past your toes

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Seated Exercise

Elbow to Knee



Seated toward the edge of a chair with good posture and knees bent, start with your right arm extended up overhead. Slowly lift the left knee up as you lower your right elbow down toward your left knee. Taking about 2 seconds to lower down.

Repeat 8 to 10 times.

Switch sides and do 8-10 repetitions, pulling one elbow to the opposite knee. Rest. Do another set of 8 to 10 repetitions on each side.

Modifications: Try this (with a chair for balance) exercise in a standing position for an increased range of motion.

Recipes

Braised Beef in Demi Glace

Yield: 12 portions

Ingredients:

- 3 T olive oil
- 3 lb beef chuck , boneless short rib or any other slow cooking beef (boneless)
- Salt and black pepper (to season the beef)
- 6 garlic cloves, peeled, minced
- 4 onions, large diced
- 1lb bacon, diced
- ½ C. tomato paste
- **2.5 Qts. Knorr Demi Glace**
- 6 carrots, peeled, medium cut
- 6 celery stalks, large cut
- 4 bay leaves
- 6 sprigs thyme (or sub with 2 tsp dried thyme leaves)



Method:

1. Cut the beef into 2" chunks. Pat dry then sprinkle with salt and pepper.
2. Heat oil in a rondo/tilt skillet over high heat. Add beef in batches and brown well all sides. Remove onto plate. Repeat with remaining beef.
3. Lower heat to medium. If the pot is looking dry, add oil. Cook garlic and onion for 3 minutes until softening, then add bacon. Cook until bacon is browned, then stir through carrot and celery. Add tomato paste and coat all the mirepoix. Add the Knorr Demi Glace.
4. Return beef into the pot (including any juices). Liquid level should cover the beef. Cover with lid, lower heat so it is bubbling gently. Cook for 2.5 hours - the beef should be pretty tender by now. Remove lid then simmer for a further 30 - 45 minutes or until the beef falls apart at a touch, the sauce has reduced and thickened slightly.
5. Skim off fat on surface, if desired. Adjust salt and pepper to taste. Remove bay leaves and thyme.
6. This braise can be done in a hotel pan and in the over for 3 hours at 300 degrees, simply cover with plastic and foil.
7. Serve with whipped or mashed potatoes.

Nutritional Information per serving (490g): Calories 470, Fat 26g, Saturated Fat 9g, Trans Fat 0.4g, Polyunsaturated Fat 3.5g, Monounsaturated Fat 12g, Carbohydrate 26g, Fibre 4g, Sugars 7g, Protein 34g, Cholesterol 100mg, Sodium 1390mg, Potassium 21% DV, Calcium 8% DV, Iron 28% DV



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Recipes



Ham & Cheddar Cheese Quiche

Yield: 6 portions

Ingredients:

- 1 ea. Pie Crust, frozen 9"
- 3 ea. Eggs, large, beaten
- **125 mL** **Hellmann's Mayonnaise**
- 70 g. Cheddar cheese, shredded
- 150 g. Ham, cooked, diced
- 100 g. Tomato, seeded, diced
- 30 g. Fresh basil, chopped

Method:

1. In a bowl combine eggs and mayonnaise, mix well. Add cheese, ham, tomato and basil and mix with a spatula.
2. Place into unbaked pie crust. Bake at 425°F for 10 minutes.
3. Reduce heat to 350°F and cook an additional 15 minutes or until set and a knife inserted comes out clean. Let the quiche rest for 5 min before slicing.
4. Serve with fresh fruit or seasonal salad.



Nutritional Information per serving (105g): Calories 340, Fat 26g, Saturated Fat 7g, Trans Fat 0g, Polyunsaturated Fat 10g, Monounsaturated Fat 8g, Carbohydrate 15g, Fibre 1g, Sugars 2g, Protein 11g, Cholesterol 115mg, Sodium 350mg, Potassium 3% DV, Calcium 8% DV, Iron 8% DV



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Recipes

Meat Sauce Lasagna

Yield: 18 portions

Ingredients:

- 900 g. Dry Lasagna Sheets
- 900 g. Ground Beef, lean
- 400 g. Onions, small dice
- 50 ml. Oil, olive
- 3 g. Oregano, dried
- 10 g. Kosher Salt
- 7 g. Black Pepper, ground
- 2.5 L. Water
- **1 ea. Knorr Soup du Jour Tomato Basil Bisque**
- **1 L. Knorr Culinary Cream, prepared**
- 40 g. Cheese, parmesan, grated/dry
- 400 g, Cheese, Mozzarella, skim, low fat, shredded



Method:

1. Preheat oven to 375°F.
2. In a large stock pot, filled with salted water, cook lasagna sheets to al dente (approx. 12-15 min). Remove from water and use coat in oil to prevent sheets from sticking to each other. Set aside.

Meat Sauce:

1. In a large sauce pot, heat olive oil over medium-high heat. Add ground beef and cook until browned. Add onions, salt, black pepper and oregano. Cook until onions are translucent.
2. Add water and Knorr Soup Du Jour Tomato Basil Bisque, to stockpot, and simmer for 10-12 minutes. Add water if sauce mixture is too thick. Set aside.

Béchamel Sauce:

1. Combine prepared Knorr Culinary Cream with parmesan cheese and set aside.

Assembly:

1. Assembling the Lasagna. Spray a 4" Full Hotel Pan, to prevent pasta from sticking. Begin by layering pasta sheets, covering the entire bottom. Follow by coating the pasta with 250 ml. layer of béchamel sauce, then 500 ml. of the Meat Sauce. Repeat this procedure 3 times, with a total of 4 layers. Finish by topping preparation with the shredded mozzarella cheese and bake for 30-35 minutes. Let it rest for 15-20 minutes, before portioning.

Nutritional Information per serving (356g): Calories 550, Fat 24g, Saturated Fat 8g, Trans Fat 0.5g, Polyunsaturated Fat 1.5g, Monounsaturated Fat 9g, Carbohydrate 62g, Fibre 3g, Sugars 11g, Protein 24g, Cholesterol 55mg, Sodium 1270mg, Potassium 14% DV, Calcium 19% DV, Iron 28% DV



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VERSATILITY OF KNORR® SOUP DU JOUR

Multi Application Inspiration

		<p>TOMATO RISOTTO <i>Simmered Arborio rice with rich tomato basil sauce, oven roasted cherry tomatoes, and parmesan cheese.</i></p>	
		<p>EGGPLANT PARMESAN <i>Breaded eggplant topped with rich tomato basil sauce, mozzarella cheese, and fresh herbs.</i></p>	
		<p>SPANISH FLATBREAD <i>Flatbread topped with spicy tomato sauce, chorizo sausage, peppers, and feta cheese.</i></p>	
		<p>TOMATO & SPINACH GRILLED CHEESE <i>Chopped tomatoes and spinach added to tomato basil sauce and layered between bread with mozzarella and asiago.</i></p>	
		<p>TOMATO BRAISED RIBS <i>Ribs braised in tomato basil sauce, stock, Spanish onions and Paprika.</i></p>	



KNORR® SOUP DU JOUR TOMATO BASIL BISQUE

Creamy tomato bisque with basil and garlic and a balanced flavour profile.

For more Recipes or Rule of Five concepts, reach out to your local UFS rep.

SUDUKO

Answer Sheet

7	1	4	5	9	2	3	6	8
6	9	2	8	1	3	4	7	5
3	8	5	6	7	4	2	1	9
2	7	1	3	8	9	5	4	6
4	6	3	2	5	7	9	8	1
9	5	8	4	6	1	7	2	3
8	4	6	9	2	5	1	3	7
5	2	7	1	3	6	8	9	4
1	3	9	7	4	8	6	5	2



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PRODUCT CODES



PRODUCT	PACK SIZE	GTIN	Manufacturer Code	Sysco	Gordon
Bases					
Knorr Culinary Cream	6/ 715g	10063350294878	67941932	2145447	1221933
Mayonnaise					
Hellmann's Mayonnaise	2/ 4L	10063350061838	6335006183	0304206	2763805
Soup					
Knorr Soup du Jour Tomato Basil Bisque	4/ 480g	10063350000592	68477045	5519081	1410770



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If you're on the lookout for further support, we offer a range of activities and wellbeing tools for residents plus culinary support for chefs.

To find out more visit [ufs.com](https://www.ufs.com)



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