



# Recipe Gone Wrong

## Active & Healthy Living

### Online Resources:

- Facts about wearing a helmet
- Helmet fitting by Parachute—2V1

### The Adventure:

Having a concussion could mean suffering long-lasting effects, such as blurry vision, headaches and poor motor skills. It can also make it hard to read, remember and understand simple instructions.

With help from a parent, try making this tasty treat using this scrambled recipe. This is what it can feel like to try to focus on clearer instructions when you have a concussion.

### Safety Note:

- How can you stay safe when using sharp tools (like knives)?
- How can you stay safe around a hot oven, barbecue, campfire or camp stove?



### Plan:

- Where will you share this adventure?
- What tools will you need?
- How much time will it take to make your treat?
- Who will help you with this recipe?

### Ingredients:

- 1 apple
- Brown sugar
- 1 tablespoon apple cider
- 1 tablespoon oats
- Cinnamon
- 1 tablespoon raisins
- 2 teaspoons of butter
- Maple syrup

### Do:

- Try to follow the directions below. (It won't be easy!)

### Directions:

- Warm up oven or BBQ
- Slice Apple
- Place on aluminum
- Add a pinch of nniacmon and \_\_\_\_\_
- Add the side hair.
- Add 2 tablespoon of Brown salt
- Sprinkle Raisins
- Spread some Oats
- Add butter
- Wrap in foil
- Bake at trois cents cinquante °F for dix minutes.
- Once ready, Drizzle\* syrup

### Review:

- What do you know now that you did not know before?
- How did your treat turn out?
- What was the hardest part of this activity?
- What can you do to prevent concussions?

