



Begin with Breakfast

Video links to complement learning

- [How to roll a tortilla](#)
- [How to crack an egg](#)
- [How to core an apple](#)
- [How to julienne apples](#)
- [How to cut bell peppers](#)
- [How to dice tomatoes](#)
- [UnlockFood.ca Video: Everyday tips for washing vegetables and fruit](#)

Let's Get Cookin'!