



WEEKLY ACTIVITY PACK

Around the Kitchen

Week of October 19, 2026

In this week's pack



Theme Trivia

12 questions to read aloud



Word Search

Big letters, no backwards words



Word Scramble

10 theme words to unscramble



Finish the Phrase

Sayings the group completes



Memory Circle

Gentle questions for sharing



Answer Key

Every answer, at the back

How to use: print at actual size on letter paper. Read the trivia aloud and give generous hints - the goal is conversation and laughter, not a score. Members may print unlimited copies for the residents of their own community.



Theme Trivia

Read each question aloud. Hints welcome!

REC ROOM WEEKLY

Around the Kitchen

- 1 How many teaspoons make one tablespoon?

- 2 What ingredient makes most bread dough rise?

- 3 What is the main ingredient in guacamole?

- 4 At sea level, water boils at how many degrees Celsius?

- 5 Marzipan is made mainly from which nut?

- 6 Sauerkraut is made from which vegetable?

- 7 Butter tarts are a classic dessert from which country?

- 8 Raisins are dried versions of which fruit?

- 9 Pierogi are dumplings most associated with which country?

- 10 Which cook became famous for the book Mastering the Art of French Cooking and her TV show The French Chef?

- 11 What is the name for a large spoon with a long handle used for serving soup?

- 12 Which grain is rolled or cut to make porridge?

Answers are in the answer key at the back of this pack.



Word Search

REC ROOM WEEKLY

Around the Kitchen

Find all 14 words. They run across, down or diagonally.

A	D	R	Z	M	B	U	T	T	E	R	T	Q
U	L	Y	F	W	R	C	P	A	N	T	R	Y
R	E	C	I	P	E	O	K	A	P	R	O	N
I	L	A	D	L	E	O	E	N	R	C	T	Z
M	D	T	C	V	B	K	R	F	L	O	U	R
O	C	Y	Q	H	T	I	C	C	W	X	O	B
V	T	O	A	S	T	E	R	U	H	R	W	U
E	T	B	D	L	R	B	S	K	D	F	D	S
N	C	M	P	S	K	I	L	L	E	T	D	P
L	U	S	F	K	E	T	T	L	E	A	D	O
E	E	W	H	I	S	K	B	W	E	B	F	O
G	J	V	Y	T	J	X	O	R	O	W	I	N
B	U	B	A	U	E	N	B	V	Z	Z	F	S

Words to find

☐ APRON

☐ BREAD

☐ BUTTER

☐ COOKIE

☐ FLOUR

☐ KETTLE

☐ LADLE

☐ OVEN

☐ PANTRY

☐ RECIPE

☐ SKILLET

☐ SPOON

☐ TOASTER

☐ WHISK



Word Scramble

Unscramble each word. All fit this week's theme.

REC ROOM WEEKLY

Around the Kitchen

1

P O S O N

2

O V N E

3

S R T T E O A

4

O R P A N

5

H I W S K

6

B A D E R

7

E R E I C P

8

Y T P N R A

9

L U R O F

10

K T E I L S L

Tip: write the first letter of each answer on the board as a hint for the group.



Finish the Phrase

Read the start aloud. The group calls out the rest.

REC ROOM WEEKLY

Around the Kitchen

“

Every cloud...

“

Too many cooks...

“

Better late...

“

The early bird...

“

Absence makes the heart...

“

You can't judge a book...

“

Birds of a feather...

“

When it rains...

“

Don't put all your eggs...

“

Laughter is...



Memory Circle

Relaxed questions for a group or a one-to-one visit.

REC ROOM WEEKLY

Around the Kitchen

Leader tip: invite, never pressure. Let one memory lead to another, and share one of your own to get things started.

1

What dish was your mother or grandmother known for?

2

Do you remember the first thing you learned to cook?

3

What did your family's kitchen look like?

4

What was a typical Sunday dinner in your home?

5

Did you have a favourite cookbook or recipe card?

6

What treat did you look forward to on your birthday?

7

Did you ever bake bread from scratch?

8

What food smell takes you straight back to childhood?



Answer Key

For the group leader

REC ROOM WEEKLY

Around the Kitchen

Theme Trivia

1. Three
2. Yeast
3. Avocado
4. 100
5. Almonds
6. Cabbage
7. Canada
8. Grapes
9. Poland
10. Julia Child
11. A ladle
12. Oats

Word Scramble

1. SPOON	2. OVEN	3. TOASTER	4. APRON	5. WHISK
6. BREAD	7. RECIPE	8. PANTRY	9. FLOUR	10. SKILLET

Finish the Phrase

1. Every cloud has a silver lining
2. Too many cooks spoil the broth
3. Better late than never
4. The early bird catches the worm
5. Absence makes the heart grow fonder
6. You can't judge a book by its cover
7. Birds of a feather flock together
8. When it rains it pours
9. Don't put all your eggs in one basket
10. Laughter is the best medicine



Answer Key

Word search solution

REC ROOM WEEKLY

Around the Kitchen

A	D	R	Z	M	B	U	T	T	E	R	T	Q
U	L	Y	F	W	R	C	P	A	N	T	R	Y
R	E	C	I	P	E	O	K	A	P	R	O	N
I	L	A	D	L	E	O	E	N	R	C	T	Z
M	D	T	C	V	B	K	R	F	L	O	U	R
O	C	Y	Q	H	T	I	C	C	W	X	O	B
V	T	O	A	S	T	E	R	U	H	R	W	U
E	T	B	D	L	R	B	S	K	D	F	D	S
N	C	M	P	S	K	I	L	L	E	T	D	P
L	U	S	F	K	E	T	T	L	E	A	D	O
E	E	W	H	I	S	K	B	W	E	B	F	O
G	J	V	Y	T	J	X	O	R	O	W	I	N
B	U	B	A	U	E	N	B	V	Z	Z	F	S

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