

# The Cap Crew



***Check Inside!***

Fun activities for you  
and your child.



Activities brought to you by Mushrooms Canada



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**Bella**

The "Shy" Cap

- likes to read
- is very friendly
- always likes to help her friends



**Noki**

The "Sporty" Cap

- plays all sports
- is very energetic
- always has a joke to tell his friends



**Cap**

The "Outgoing" Cap

- likes the outdoors
- is very active
- likes to make new friends



**Minnie**

The "Creative" Cap

- likes to paint
- is peaceful
- enjoys taking care of the environment



**Pearl**

The "Stylish" Cap

- loves clothes
- is a fashion know it all
- likes shopping at the mall with friends



**Taki**

The "Tech-Savvy" Cap

- likes new technology
- is a great dancer
- likes to listen to music with friends

### Fill in the Blank : Can you help Pearl fill in the blanks?

Use your mushrooms within a couple of \_\_\_\_\_.

Wipe off your mushrooms with a damp \_\_\_\_\_ or rinse in cold \_\_\_\_\_.

Always keep your mushrooms in the \_\_\_\_\_.

Do not wash your mushrooms until you are \_\_\_\_\_.

Store your mushrooms in a brown \_\_\_\_\_.

Do not be alarmed by particles of \_\_\_\_\_ that may be on some of the mushrooms.

**Hint:** All the answers are on our website [www.thecapcrew.ca](http://www.thecapcrew.ca)



### Mushroom Spore Prints

All you need are these four items:

- a large Portabella mushroom
- a large bowl
- a white sheet of paper
- hair spray

**Try This!**

Let's get started. Take your large Portabella mushroom and remove the stem right below the cap. Place the mushroom gill side down on your white sheet of paper and cover it with the large bowl. Now Wait! You will need to leave the mushroom undisturbed for at least 24 hours. When the time is up, carefully remove the bowl and mushroom cap from the paper. Voila! You will find your very own mushroom spore print. To preserve your print spray the paper lightly with hair spray.

## The Cap Crew

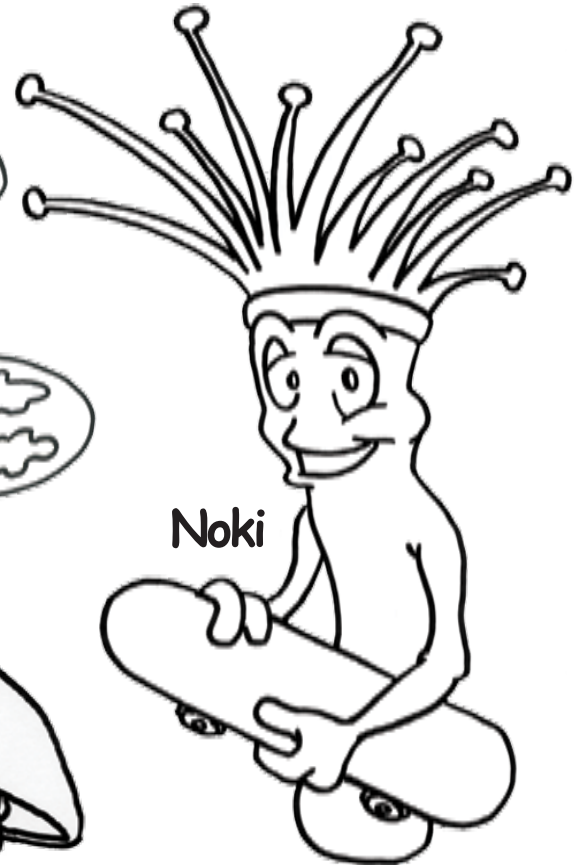
**Colour:** Can you help The Cap Crew get their colour back? Grab some markers or crayons and colour away!



Bella



Minnie



Noki



Cap



Pearl



Taki

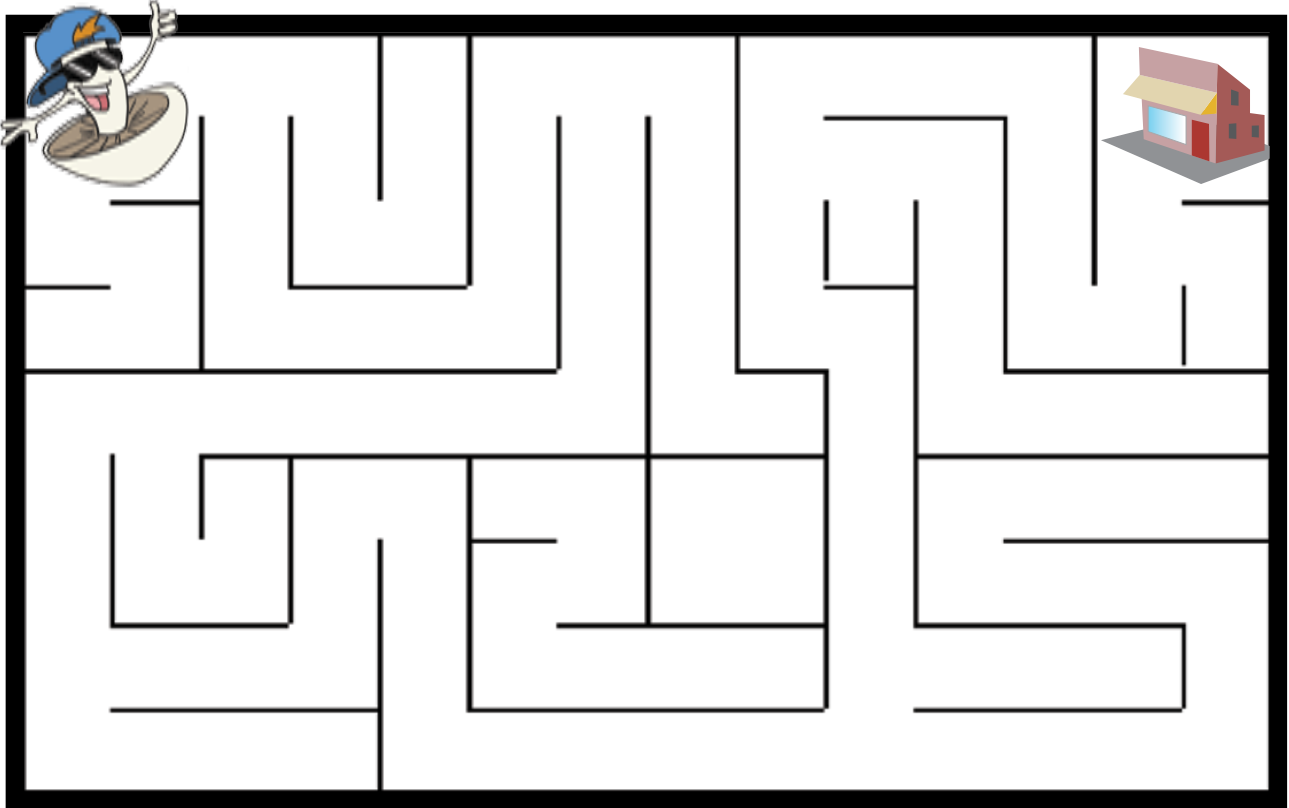
**Name that Mushroom:** Can you name all six varieties of Mushrooms grown in Canada?

W\_hite      C\_rimini      O\_yster  
P\_ortabella      S\_hiitaki      E\_noki

**Did You Know?**

You should never eat or pick mushrooms that you have found outside. They could be poisonous. Always tell an adult if you find wild mushrooms.

**Maze:** Help Cap make his way through the maze to the grocery store.



**Word Find :** Can you find all the words that Minnie has hidden in the word find?

white  
crimini  
shiitake  
fresh  
simple  
good  
oyster



enoki  
mushrooms  
portabella

o	y	s	t	e	r	d	n	w	t	q	p
z	x	f	b	t	o	m	l	r	e	v	o
n	f	r	y	i	n	g	p	a	n	x	r
s	k	e	r	h	j	u	d	o	o	g	t
h	a	s	p	w	t	z	h	b	k	r	a
i	b	h	n	i	p	a	g	x	i	e	b
i	g	q	o	t	a	s	i	m	p	l	e
t	r	g	c	r	i	m	i	n	i	o	l
a	s	k	i	l	l	e	t	h	y	s	l
k	c	q	k	w	b	i	f	e	t	z	a
e	v	m	u	s	h	r	o	o	m	s	i

**Bonus Find:** You sauté mushrooms in a

**Did You Know?**

100 grams of white button mushrooms are a good source of:  
Riboflavin, Niacin, Copper, Pantothenic Acid and Selenium.