

Cooking

Cooking is a fantastic way of engaging your child and gets them to use a wide range of skills; cooking covers all areas of the EYFS curriculum!

- Maths - measuring, weighing, counting, reading numbers, capacity...
- Literacy - reading recipes and amounts, writing recipes
- Communication and language - understanding and following instructions, developing interesting vocabulary
- Personal, social and emotional development - tune taking, self regulation, perseverance
- Physical development - strengthening muscles when whisking, stirring etc. coordination, precision chopping (St John's class often use knives in school to chop vegetables... give your children opportunities to undertake activities such as this whilst you are supervising them!)
- Understanding the world - the science behind cooking!
- Expressive art and design - being creative with recipes and decorations, using tools in a safe way for particular tasks.

Don't be afraid of letting your children use knives, whisks, looking in the oven... as long as you are supervising them, these are fantastic learning opportunities and great ways of developing essential life skills!

Pizza

Ingredients:

- Tortilla wrap
- Tomato puree or passata or whisked chopped tomatoes
- Cheese
- Your choice of toppings: ham, peppers, mushrooms, onions...

Method:

1. Spread the tomato puree on a wrap.
2. Grate some cheese and sprinkle on top.
3. Chop up your toppings and put on your pizza.
4. Cook in a preheated oven 5 minutes or until golden brown.

*Cut into equal slices and share
with your family!
Delicious!*



Banana Ice Cream

Ingredients:

- Banana
- Milk

Method:

1. Chop the banana into thin slices.
2. Lay onto a tray or in a bag and freeze for 1 hour.
3. Put the banana slices into a blender and slowly add milk until you get your desired ice cream consistency.
4. Top with your favourite ice cream sauce or sprinkles!

A healthier way to enjoy ice cream!



Shredded Wheat Nests

Ingredients:

- 200g milk chocolate
- 80g shredded wheat
- Mini eggs

Method:

1. Crush the shredded wheat.
2. Melt the chocolate.
3. Mix together.
4. Scoop into cake cases.
5. Add the mini eggs to decorate.

Share with your family as a special Easter treat. Why not leave some for your neighbour on their doorstep to brighten up their day!



Frozen Yoghurt

Ingredients:

- Yoghurt (of your choice)
- 1 tsp of honey

Method:

1. Pour your pot of yoghurt into a container.
2. Add the honey.
3. Put into the freezer for 3 hours, stirring every 30minutes.
4. Enjoy this alternative to ice cream!

Add pureed fruit to your yoghurt to make a fruity flavoured frozen yoghurt!



Gruffalo Crumble

Ingredients:

- 400g digestive biscuits
- 300g chocolate
- 100g butter
- Handful of your favourite dried fruit (raisins, apricots...)

Method:

1. Crush the digestive biscuits.
2. Melt the chocolate and butter.
3. Mix together.
4. Fold in the dried fruit.
5. Spoon into a tray or cake tin and let set.
6. Slice into squares.

Add purple jelly tots (purple prickles) and green smarties (poisonous warts) as an added extra on top!



Fruity Buttons

Ingredients:

- Your favourite fruit (berries work well, fresh or frozen)
- Milk

Method:

1. Puree your fruit in a blender.
2. Add milk if needed to create the perfect piping consistency.
3. Pipe into 'chocolate button' shapes.
4. Let them set in the fridge or freezer.
5. Enjoy your delicious fruity buttons!

A delicious and healthy snack!



Pancakes

Ingredients:

- 1 egg
- 1 cup of self-raising flour
- 1 cup of milk
- Oil

Method:

1. Crack the egg into the bowl.
2. Sift in the flour.
3. Add the milk and whisk together.
4. Heat a small amount of oil in a frying pan.
5. Pour a ladle of the batter into the pan.
6. Wait until golden on one side and flip.
7. Cook for 1 more minute.
8. Slide onto a plate, add your favourite toppings (sweet or savoury) and enjoy!

Not just for shrove Tuesday!



Milkshakes

Ingredients:

- Milk
- Your choice of fruit

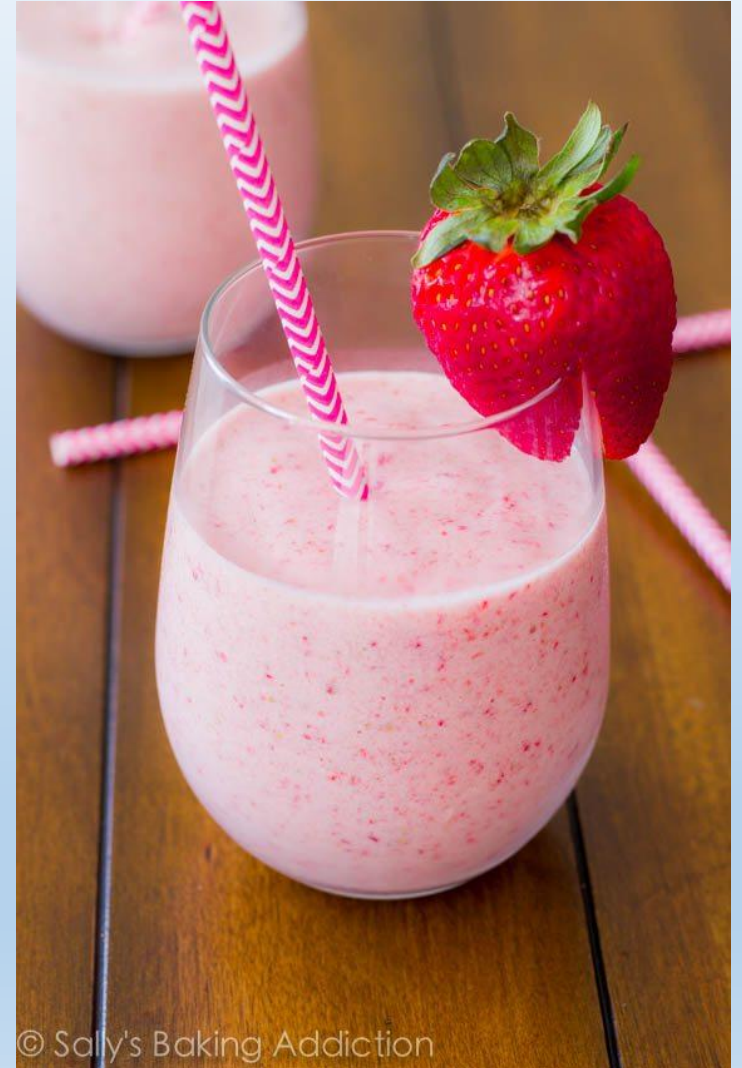
Method:

1. Pour some milk into a blender.
2. Add some fruit.
3. Blend until smooth.
4. Pour into a glass and enjoy!

Strawberries, banana, raspberries, blueberries and mango work really well.

Why not try something different... grapes, carrot, apple?

Allow your child to use a glass! It teaches them to hold a cup carefully and that there are consequences if they drop it... unlike plastic cups!



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Jelly

Ingredients:

- A pack of your favourite jelly cubes.
- Fruit

Method:

1. Cut the jelly into cubes and add to a jug.
2. Pour on boiling water.
3. Stir until the jelly cubes have dissolved.
4. Pour into a bowl.
5. Add your favourite fruit into the liquid jelly.
6. Let it set in the fridge.
7. Scoop into a bowl and enjoy!

Oranges and berries work really well in wibbly wobbly jelly!

