

Extra activities – Cooking; weights and measures

Time to get baking and making

TAKE CARE and HAVE FUN

Plan ahead and make sure you have all the ingredients and utensils that you will need. Go shopping together and find what you need – a good opportunity to look at weights and measures on packets.

Before you start:

-  Wash hands and remind your child/ren to keep their hands away from their faces during the activity to avoid any 'germs' getting into the food.
-  If possible encourage them to wear an apron and also wear one yourself – keeps you clean and keeps 'germs' out of the food too.

During the activity:

-  Remind your child/ren that the cooker is hot and supervise them carefully
-  If using sharp knives or scissors talk to them about holding them and using them safely

If you are following a recipe use it as an opportunity to show your child/ren that you are reading the instructions (this will help them to learn that not everything in print is a story)

Show your child/ren the numbers on the **scales** and explain that you are weighing the ingredients. Let them help you weigh out the ingredients.

Show your child/ren the numbers on the **jug** and explain that you are measuring the liquid.

If using **cups** or **spoons** to measure show them the different sizes (& numbers) and explain that these are used for measuring too.

(Use whichever weighing/ measuring system you are comfortable with – ounces or grams/ fluid ounces or millilitres)

There are plenty of recipes online (here are just a few website):

<http://www.bbcgoodfood.com/recipes/collection/kids-cooking>

<http://www.netmums.com/family-food/food-for-kids/cooking-with-kids>

<http://www.greatbritishchefs.com/collections/kids-recipes>

<http://www.flora.com/recipes/category/1102939/little-chefs>

Simple recipes from Sue's collection:

Pizza

First make the dough:

Mix together 1 ½ cups of **self raising flour** and ½ teaspoon of **salt**

Add 2 tablespoons of **cooking oil** (whichever you use) and ½ cup **cold water**.

Mix and mix until it binds together; knead a little on a *lightly* floured surface

Cut into two and roll out until about 5mm thick. (don't worry about the shape)

Now add your toppings:

Start with **tomato or barbeque sauce**; (you can find pizza topping in most supermarkets or use a pasta sauce) spread evenly

Sprinkle grated **cheese** over

Add any of the following – some will give you opportunity to chop together and count as you add pieces:

Smoked sausage; pepperoni; cooked chicken; tuna; cooked beef; cooked ham

Sweetcorn; mushrooms; pineapple; pepper; tomatoes; courgette; spinach; onion.....or anything else you like.

Bake for about 10-15 minutes at Gas 7/ 220'c / 200'c fan



American Pancakes – great for breakfast at the weekend 😊

Mix together in a large bowl - 135g of **self raising flour**; ½ teaspoon of **salt**; 2 tablespoons of **caster sugar**

Mix together in a jug – 130ml of **milk**; 1 large **egg**; 2 tablespoons of **oil** (whichever you usually use)

Add the wet to the dry and whisk until all are combined.

Now to cook them:

Heat a little oil in a frying pan

Add small amounts of batter to the pan – I usually use an ice cream scoop.

When you see small holes appearing on the surface of the batter it's time to turn them over. They only take a few minutes on each side.

You can keep them warm in the oven if you want to cook the whole batch.

These are great served with fresh fruit, yoghurt and honey or syrup.....or even with bacon



Welsh Cakes

Weigh out 8 oz of **Self raising flour**; add (in small pieces) 4 oz of **margarine or butter** – rub together

Add 2 oz **caster sugar**

You can also add 4 oz **sultanas** if you would like to

In a cup or jug beat 1 **egg**

Add the egg to the dry ingredients and mix to create a dough which can be rolled out; if necessary add a little **milk**

Roll out to ½ inch thick (about 1 cm)

Heat a little oil in a frying pan

Cut out the dough – traditionally they are circular but you can use whatever shape you choose.

Cook a few at a time in the pan about 3 mins on each side – don't have the heat up too high or they will burn.



Gruffalo Crumble

1 chopped **leek**; 2 chopped **carrots**; 500g chopped **baby potatoes**

400g **butter beans**; 400g **tin chopped tomatoes**; cupful of **peas**

Heat oil in a pan – add leek, carrots and potatoes – cover and cook for 10 mins.

Add beans, peas and tomatoes – cover and simmer for 5 mins

Make the crumble – mix together

75g bread made into breadcrumbs

100g grated **cheese**

Parsley (optional)

Put the bean mix into a shallow oven dish; cover with crumble

Bake for 30 mins at Gas 4/ 180'c/160'c fan



HAVE FUN!