



# Children under 3 years old



## What do we need?

### Fruit Kebabs

Ingredients – Any soft fruits will work for this recipe

- Bananas
- Grapes
- Strawberries
- Mango
- Nectarine
- Plum

### Equipment

- Children's knives
- Wooden kebab skewers or plastic straws

## What do we do?

- Talk about the names of the fruits, how they grow and what makes them healthy.
- Give a demonstration of preparing the fruits, cutting them into smaller pieces and peeling the skins.
- Allow your child to cut the fruit into small pieces, talk about the smells, textures and which ones they like or dislike. They may need help removing skins and stones.
- Once the fruit is all cut let the children choose which fruits they would like to put onto their skewers, threading pieces of fruit until it is full.

## What are we learning?

- A knowledge of healthy eating
- Mathematics
- New vocabulary
- Fine motor control
- How to follow instructions

# Children 3 to 5 years old



## What do we need?

### Pizza

#### Ingredients –

- 100grams strong whole-wheat flour
- 1 sachet of dried yeast
- 125ml warm water
- (or readymade pizza bases)
- Cherry tomatoes
- Chopped tomatoes
- Sweetcorn
- Courgettes
- Any ingredients you prefer



## What do we do?

- Mix the flour, yeast and water until it comes together to form a dough, knead for a minute and then split into smaller pieces for your child to make individual bases.
- Use the chopped tomatoes to make the sauce for the base, allow your child to add their own
- Encourage your child to chop the cherry tomatoes and olives in half and to cut the courgettes into diced pieces, offer help to those who need it.
- Allow your child to choose the ingredients and decorate their own pizza
- Once finished bake in the oven for 10-12 mins

## What are we learning?

- A knowledge of healthy eating
- Mathematics
- New vocabulary
- Fine motor control
- How to follow instructions



## What do we need?

### Savoury Flapjack

These flapjacks are simple to make and great for snacks.

**Ingredients** (makes 12-15 flapjacks)

- 2 eggs
- 50g butter or unsaturated spread
- 150g grated cheese
- 150g porridge oats

## What do we do?

- All you need to do is mix the ingredients and press into a greased 8-inch/20cm tin.
- Then bake for about 30–40 minutes at 180°C/Gas 4 until golden brown.
- Once it's cool, cut it into slices. Variation: add some grated or finely chopped veg.
- Chat to your child about the ingredients and allow them to participate as much as possible
- Make sure you use the correct language for cooking to increase your child's vocabulary
- Have FUN!



## What are we learning?

- A knowledge of healthy eating
- Mathematics
- New vocabulary
- Fine motor control
- How to follow instructions

