

## #47 Great Eastern Baking

Make some tasty food for all the family. Children love to help with cooking and baking, and they can chop and mix the ingredients while you chat about what you are doing. Cooking is fun and provides quality time together making an end result you can eat. Cooking with children provides opportunities to encourage healthy eating and broaden their diet. It is a chance to make something together that you can both eat whilst developing mathematical language and skills, such as reading, sequencing, weighing and measuring.

There's lots of science in cooking and baking – talk about the ingredients you are using and what happens when you mix things together, also how they change when they are heated or cooked. Don't forget to have a taste as you are going along! Use lunchtime as a learning activity with the five simple recipes below.



### Fruit muffins

Ask your child to help you weigh and mix 250g self-raising flour, 1 tspn baking powder and 115g sugar in a bowl. In a separate bowl mash two ripe bananas, then mix in 2 medium eggs and 125ml milk and 75g melted butter. Mix the wet ingredients into the dry then spoon into 12 muffin cases or 15 cupcake cases. Bake at 190C for 20-25 minutes, or slightly less if using cupcake cases.

Why not serve one for lunch after boiled egg with wholemeal toast and vegetable soldiers? Your child can help spread the toast and cut the soldiers.

### Pasta with tomato & vegetable sauce

Chop a small onion, carrot and red pepper and fry in a little oil for a few minutes until soft. Add a tin of chopped tomatoes and if you have it a squirt of ketchup. Simmer for at least 20 minutes then blend with a hand blender.

Serve with pasta shapes. Your child may be able to help chop the vegetables; it doesn't matter what they look like as they will be blended! They can also help measure out the pasta and under supervision stir the sauce. Serve topped with some grated cheese with a fruit muffin for dessert. (save some sauce to make muffin pizzas!)

### Muffin pizzas

Slice an English muffin in half. Encourage your child to spread with tomato & vegetable sauce and top with their choice of pizza toppings (e.g. ham, sweetcorn, mushroom, grated cheese). Grill under a hot grill for a few minutes. Maybe they could make a face or picture on their muffin.

Serve with carrot sticks and banana slices for dessert. Can your child help slice the bananas? How many slices would they like?



### **Fruit Kebabs**

Ask your child to help you cut melon, blueberries and bananas into cubes and thread onto kebab sticks – you might like to cut the point off to help keep your child safe.

You could see what patterns you can make, can your child copy a simple melon, blueberry, melon, blueberry pattern? Making simple patterns helps their mathematical development.

Why not serve these with some cheese on toast for a simple, healthy lunch.

### **Cupcakes**

For a simple cupcake cream together 100g butter and 100g sugar. Mix in two eggs then fold in 100g self-raising flour. Spoon into 12 cupcake cases and bake for 15 minutes at 180C. Your child will enjoy mixing and weighing the ingredients.

Mix 100g icing sugar with 50g butter to make butter icing to top the cupcakes with. Don't forget to lick the spoon.

Serve as a treat after a ham sandwich with leftover fruit from the kebabs.

### **More about 50 things to do**

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[www.cambspboro.50thingstodo.org](http://www.cambspboro.50thingstodo.org)

### **Suggested vocabulary:**

First - next - then - last - tasty - hot – cold – mix – stir – cream – pattern – heavy - weigh

### **Shopping List**

To make all the recipes above (with leftovers) you will need:

4 pack of English muffins	250g pack of grated cheddar	1 onion	3 carrots
1 red pepper	4 bananas	1 tin of tomatoes	500g pack pasta shapes
1kg bag self-raising flour	1 box of baking powder	6 eggs	500g bag granulated sugar
2 pints milk	1 small melon	500g Buttery spread	Wholemeal bread
Small Tin of sweetcorn	125g Pack of cooked ham	125g Pack blueberries	500g Icing sugar
Cupcake cases			

This can be purchased for around £15 from most supermarkets.