

# “Do some cooking”

Cooking is a great activity to do with children. When cooking with your child you can talk to them about weighing and measuring, count spoonfuls and see how ingredient change as they are mixed together and cooked or chilled.

Here are some ideas that will help to develop a range of skills such as fine and gross motor skills (both of which need to be developed before children can begin to control a pencil).

- ☺ Use a citrus squeezer to make a fresh orange juice. It's good for the hand muscles, to understand what is happening and where orange juice comes from.
- ☺ Cut an orange in quarter and freeze them... It will keep the lunch box cool and it is very refreshing... Ask what happens to food when we freeze it?
- ☺ Put some blueberries in the freezer and eat them as a healthy treat.
- ☺ Bake some cakes - children always love this activity. There is lots of weighing and measuring they can help with and some stirring to build up those arm muscles. Decorating cakes can be fun and a chance to talk about patterns, colour mixing etc.
- ☺ Cook some quiches with vegetables - children often enjoy food they have made for themselves. Talk about where the vegetables have come from and how they grow.
- ☺ Make some bread - always a favourite for developing arm muscles. Lots of kneading! Make shapes with the bread and talk about these with the children as you go along.
- ☺ Just ask children to help you and to choose something for his/her healthy lunch box.
- ☺ Grating carrots and cheese is another favourite activity for children. You can use the carrots for salads or just enjoy them as a side vegetable. You can add the grated cheese to home made pizza. Another good idea for children as they can decorate them with their favourite vegetables.

## To make a Quiche

(Use some already made shortbread pastry if you do not have the time to make it)

- ☺ Shortbread pastry = 250g of flour, a pinch of salt, 100 to 125g of unsalted butter cut in small pieces (if you use some salted butter put less salt). Rub it between your hands (or use a table knife, Ikea plastic knife to break it into pieces) to make a sort of porridge feeling. Then, add some very cold water (put some ice cubes to melt with some water in a glass).
- ☺ Egg mixture = 4 large eggs mixed with salt and nutmeg and some cream... a medium size pot. You can also use some cottage cheese instead of the cream and it is lighter.
- ☺ Filling = "what is left in the fridge and can be mixed together!" Garden peas with smoked bacon is good, as is broccoli or cooked carrots with smoked bacon, spinach with smoked salmon or cooked salmon, tuna mixed with mustard lay on the pastry with slices of tomatoes, sweet corn and ham, roasted vegetables.

Put the filling into the rolled out dough and add the egg mixture. Put a bit of grated cheese on the top and put in the oven for at least 20min.

You can make a sweet version by adding a bit of caster sugar and some vanilla pasta in the mixture. It is good with apples and pears.

# Happy Cooking!