

Let's Learn at Home

Fun things to
do this week



Lancashire Early Years Consultants Team

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
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- New vocabulary
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- 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

