



Cooking

Cooking

your child to support you in making their breakfast, this can be from; collecting items needed; pouring in their milk or cereal into the bowl; making their toast or spreading; pouring their juice into their cup. These are all activities that will increase their independence.

During tea times, you can ask for help from your child to measure various ingredients being used. Your child can pour the ingredients onto the weighing scales and read the scales.

Continue to include numeracy and communication during the activities. Your child can count various items and add items to find the total number, take items away, reading scales. Communication is supported through the communication boards provided.

Safety & Hygiene

This is a main theme throughout these activities. Continue to consolidate safety and hygiene routines while cooking such as; reminders to wash hands before touching food because we need to get rid of germs, using utensils appropriately and having to be with an adult when around hot surfaces/cooking. There are some lovely resources on twinkl to support this.

Twinkl

Twinkl has a wealth of resources that link in well with cooking. You do need to set up a **FREE** account which lasts a month. Search for 'shapes' in the search bar at the top and plenty of worksheets will come up.

How do I sign up?

Step 1: Go to www.twinkl.co.uk/offer S

Step 2: Enter the code CVDTWINKLHELPS

Sandwich



Your child can follow simple instructions to make a sandwich. They can choose fillings and spread the butter. This is a great activity to prompt independence as it is a safe and simple.

Encourage communication throughout this activity with the communication boards below. Your child can make sandwiches for the family and can count out how many slices of bread, pieces of ham they need to make the sandwiches.

Rainbow Fruit Salad – Enjoy on a hot summer’s day



Encourage your child to taste different fruits and explore the textures. Peel and cut the fruit and enjoy. You can talk about food safety and how we use different equipment. Show your child how to use the equipment safely. Communication board below to support communication.

Fruit Smoothie



Choose different fruit that you would like in your smoothies. Your child can peel and cut up fruit, adult to place fruit into blender. Your child can press the button on the blender to make their smoothie. Your child can count out how many pieces of fruit they want and is a great way to include addition. Counting how many strawberries and kiwi they have in total etc.

Egg nest



Things you need; Cornflakes/rice krispies, chocolate, mini-eggs, cupcake cases. You can melt the chocolate and talk about safety around a microwave and hot objects. Count out the eggs when placing them on top. Mix the cornflakes into the chocolate and let set in the fridge, this can promote a discussion about hot and cold, as well as changing properties from a liquid to a solid.

Pizza

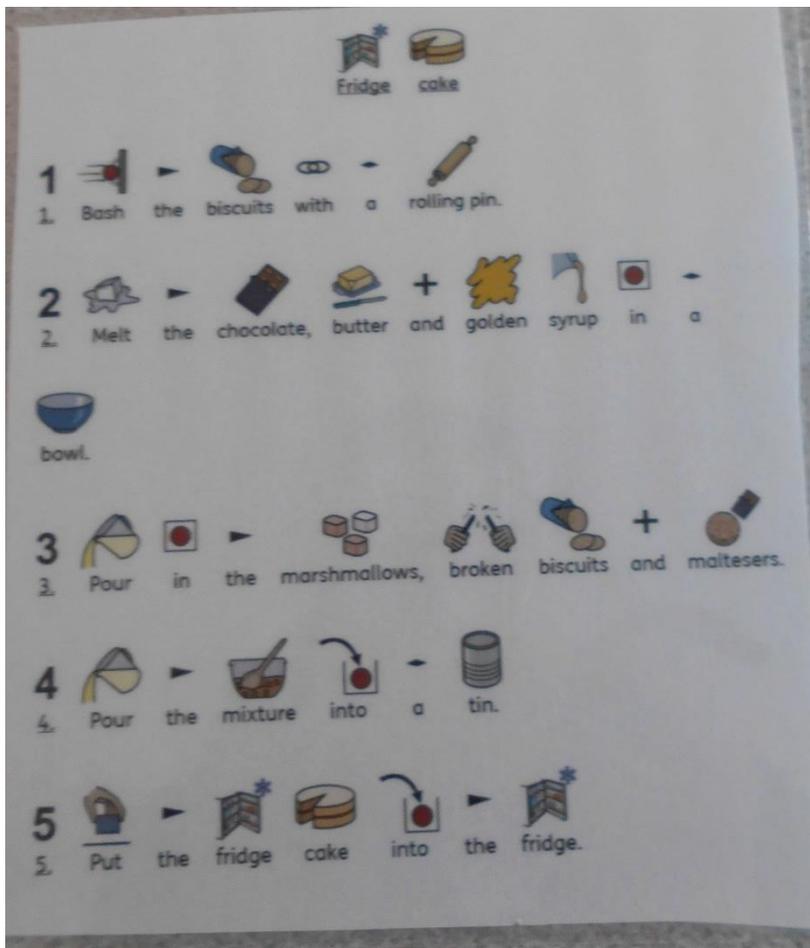


Things you need – Wrap (base), grated cheese, tomato puree and toppings of choice (ham, chorizo, pineapple, pepperoni etc.). Working on number when counting the ingredients and adding them altogether. Can also work on fractions when cutting the pizza up (cut into half, cut into quarters etc.)

Angel Delight



Use the communication board provided to support your child in making angel delight. Your child can pour milk into jug and read the correct numbers on scale. Child can also read the instructions on back of packet and promote their independence.



Fridge cake is a simple and fun activity. It includes 5 steps (see photo). The instructions include maltesers, however you can use an ingredient that your child prefers, such as mini Easter eggs, smarties, raisins, M&M, haribo etc.

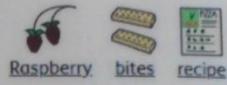
Write out the measurements and your child can read the correct measurements. Help your child to use measuring scales and get them to pour ingredients into scale and read scales – Great way to have fun with numbers!

Measurements -
Butter 100g, syrup
140g, biscuit
200g, chocolate
300g, ingredient
of choice 100-
140g



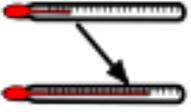
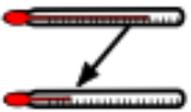
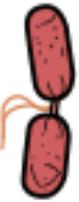
Jam bites

Things you need – digestive biscuits, jam, icing (optional), sprinkles (optional). Your child can count out how many biscuits you need to make your bites and how many spoons of jam you need. This is good for fine motor skills as your child had to spoon jam out of the jar and spread onto the biscuit.



1.  Put  some jam  onto  a digestive biscuit.
2.  Put  another  digestive biscuit  on top  of the jam.
3.  Put  some  icing  on top  of the digestive biscuit.
4.  Sprinkle  some **100** + **1000**  hundreds and thousands on top.

Communication Boards

 <p>hot</p>	 <p>cold</p>	 <p>pepperoni</p>	 <p>sweetcorn</p>
 <p>help</p>	 <p>more</p>	 <p>ham</p>	 <p>pizza base</p>
 <p>I</p>	 <p>want</p>	 <p>cheese</p>	 <p>tomato puree</p>

Pizza

Fruit Salad

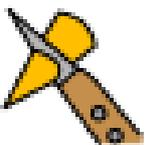
I



see



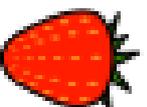
cutting



spoon



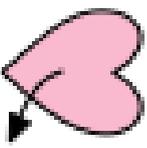
strawberry



help



wont



peeling



bowl



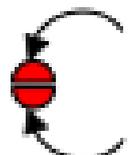
grapes



like



make



counting



blueberry



banana



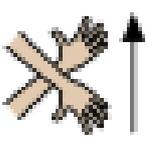
don't like



more



finished



orange



apple

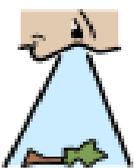


Angel Delight

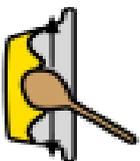
I



see



mixing



bowl



milk



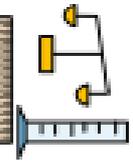
help



make



measure



spoon



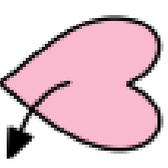
strawberry



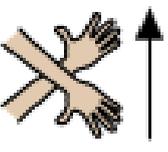
like



want



finished



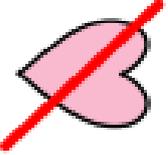
jug



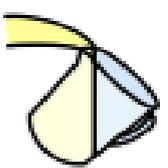
chocolate



don't like



pouring



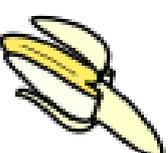
more



whisk



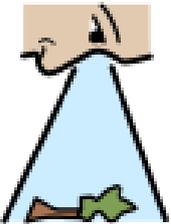
banana



Fridge Cake



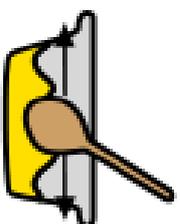
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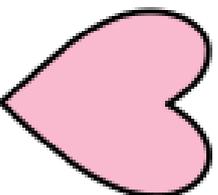
see



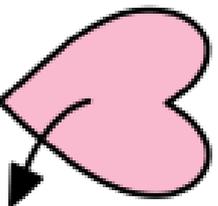
chocolate



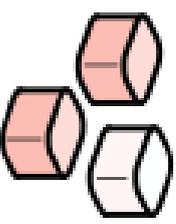
mixing



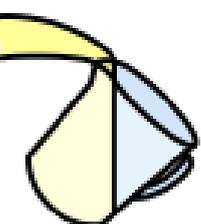
like



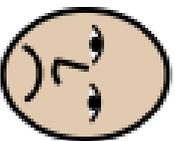
want



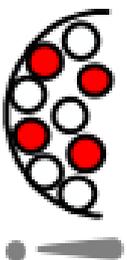
marshmallows



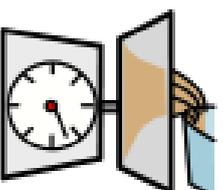
pouring



don't like



more



weighing

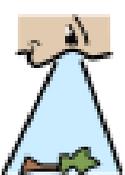


fridge

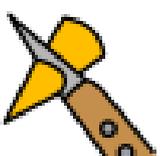
Smoothie



I



see



cutting



spoon



strawberry



help



want



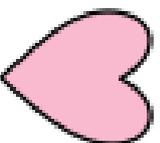
peeling



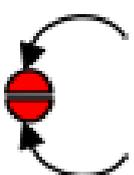
bowl



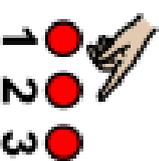
grapes



like



make



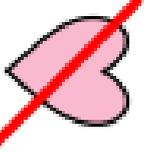
counting



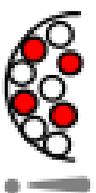
blender



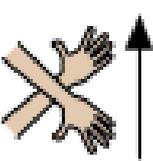
banana



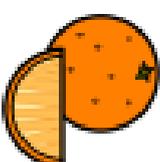
don't like



more



finished



orange

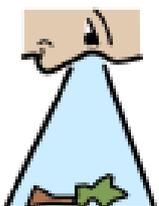


apple

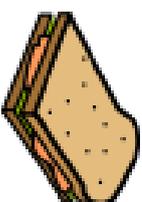
Sandwich



I



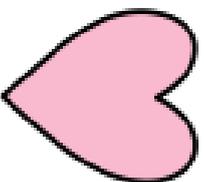
see



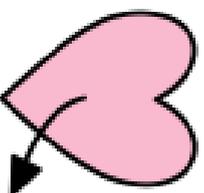
sandwich



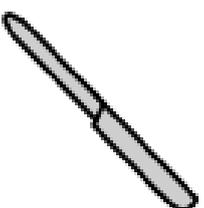
butter



like



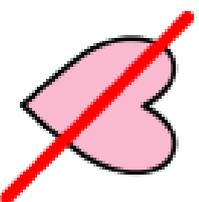
want



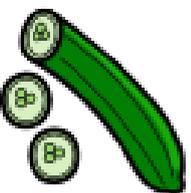
knife



ham



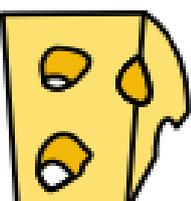
don't like



cucumber



tomato

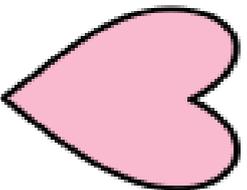


cheese

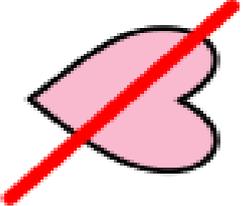
Rice Krispie Cake



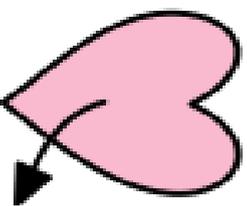
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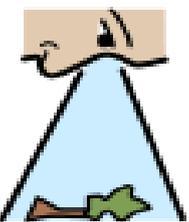
like



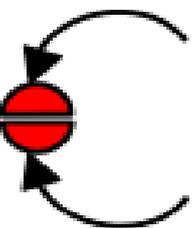
don't like



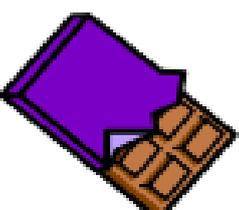
want



see



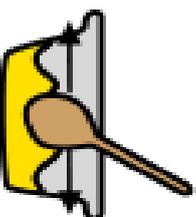
make



chocolate



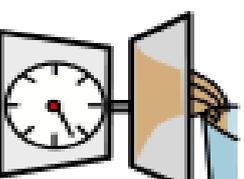
egg



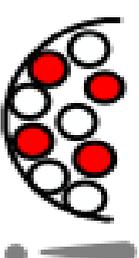
mixing



melting



weighing

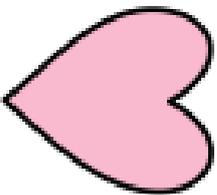


more

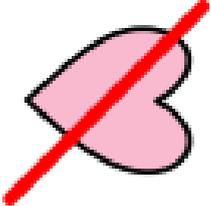
Egg Nest



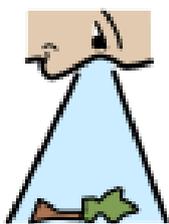
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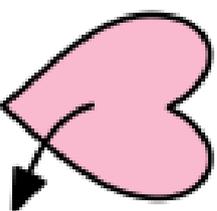
like



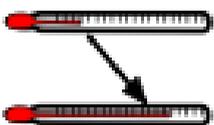
don't like



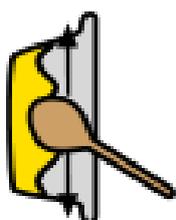
see



want



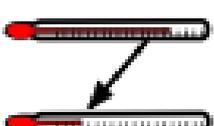
hot



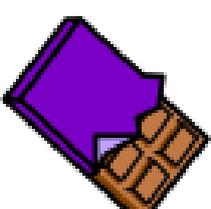
mixing



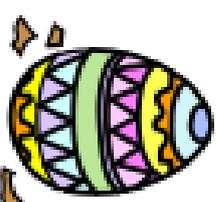
melting



cold



chocolate



Easter eggs



microwave