

Activity: Cooking - Apple Crumble

Key areas of learning:

- English, Maths, Science.

What you will need:

For the filling

- 575g Bramley apple (3 medium apples), peeled, cored, and sliced to 1cm thick
- 2 tbsp Caster Sugar

For the crumble

- 110g Cold Butter
- 175g Plain Flour
- 110g Caster Sugar

Keywords:

- Stir, Cold, Crumble, Soft, Bowl.

What to do (method):

Heat the oven to 190C/170 fan/gas 5.

Toss 575g peeled, cored, and sliced Bramley apples with 2 tbsp caster sugar and put in a 23cm round baking dish at least 5cm deep, or a 20cm square dish. Flatten down with your hands to prevent too much crumble falling through.

Put 175g plain flour and 110g caster sugar in a bowl.

Slice in 110g cold butter and rub it in with your fingertips until the mixture looks like moist breadcrumbs. Shake the bowl and any big bits will come to the surface – rub them in.

Pour the crumb mix over the apples to form a pile in the centre, then use a fork to even out.

Gently press the surface with the back of the fork so the crumble holds together and goes crisp.

Put in a preheated oven for 35 to 40 minutes, until the top is golden, and the apples feel very soft when you insert a small sharp knife. Leave to cool for 10 minutes before serving.

Extension:

Make four small crumbles, which will help incorporate maths.

Try different types of fruit in a crumble like banana, berries, pear or peach



Activity: Cooking – Peri Peri Popcorn Chicken

Key areas of learning:

Science, English, Maths.

What you will need:

- 2 tbsp natural yoghurt
- 1 tbsp peri peri sauce, plus more to serve
- 50g dried breadcrumbs
- 1x 200g skinless chicken breast fillets
- Salt and pepper
- Big pinch of smoked paprika

Keywords:

Stir, cut, crisp, bowl, spoon.

What to do (method):

1. Preheat the oven to 220C (fan 200C/gas mark 7). Line a baking tray with baking parchment.
2. Spoon the yoghurt into a shallow bowl. Stir in the peri peri sauce. Measure the breadcrumbs into another shallow bowl.
3. Cut the chicken breast into popcorn-sized cubes. Season all over with a pinch of salt, pepper and smoked paprika.
4. A few at a time, coat the chicken cubes in the peri peri sauce mixture and then in the breadcrumbs, until completely coated. Lay out in a single layer on the lined baking tray. Roast in the oven for 12 to 14 minutes until cooked through and crisp. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.
5. Serve with a little more peri peri sauce, for dipping.

Extension:

Follow the recipe and make the peri peri popcorn chicken with your child. Encourage your child to independently or with support cut, stir, smell, and taste the ingredients.



Activity: Cooking - No Nut Pesto Sauce with Gnocchi

Key areas of learning:

Socialisation, Maths, Science, English.

What you will need:

- Handful of Basil
- One small clove of garlic (peeled)
- Zest and juice of half a lemon
- 2 tbsp of Olive Oil
- 15g Parmesan cheese (grated)
- Salt and Pepper
- 250g Fresh Gnocchi

Keywords:

Chop, grate, taste, water, mix.

What to do (method):

Put the basil into a small food processor (or use a hand blender) along with the garlic, lemon zest and juice, olive oil and most of the grated cheese. Blitz to a textured pesto. Season to taste.

Pour boiling water into a saucepan over a medium heat. Drop in the gnocchi and cook according to packet instructions. Drain, saving a mugful of cooking water, then tip the gnocchi back into the pan and spoon in the pesto. Mix together, adding a splash of the cooking water to loosen the pesto, until everything is heated through.

Pile the gnocchi into a bowl, scatter over the remaining cheese.

Extension:

Encourage your child to cook and eat the prepared meal with others to extend their socialization.

Support and encourage your child to wash-up used utensils at the end of the cooking activity.

Attachments:



Activity: Cooking: Homemade Warm Chocolate Sauce with Ice Cream

Key areas of learning:

English, Maths, Science, Life Skills.

What you will need:

50g Unsalted Butter

50g Soft Brown Sugar

25g Cocoa Powder

3 tbsp of Milk

Tub of shop bought Vanilla Ice Cream

Keywords:

Cold, Warm, Whisk, Stir, Melt.

What to do (method):

Put all the ingredients into the pan and put it on the hob. Switch the heat on low.

Heat very gently, stirring all the time with a wooden spoon, until the butter melts and the sauce thickens. Swap to a whisk if the sauce looks in any way lumpy, or bitty. Simmer gently for just a minute and then take off the hob.

How to eat your sauce

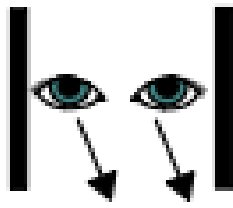
Serve warm, poured over shop bought vanilla ice cream.

Extension:

Encourage your child to wash their hands before, during and after the cooking activity, as this will help nurture their life skills.

Attachments:

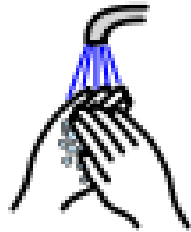




look



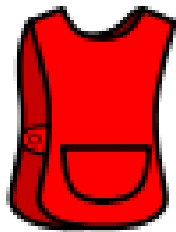
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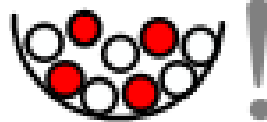
wash hands



wash dishes



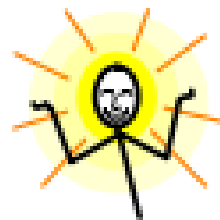
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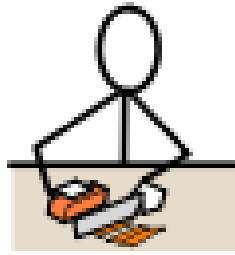
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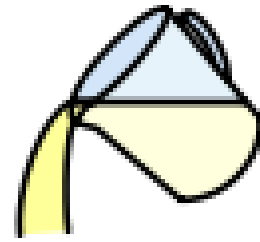
finish



wow



chop



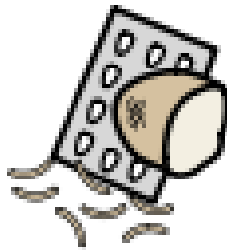
pour



mix



add



grate



taste



whisk



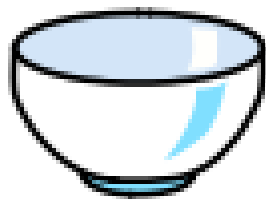
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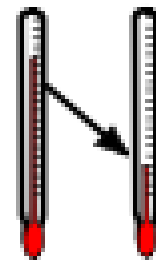
melt



spoon



bowl



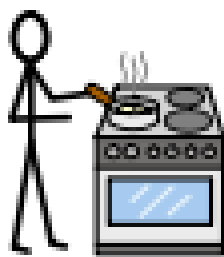
cold



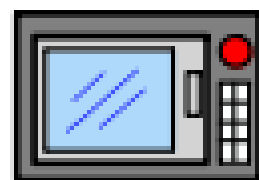
hot



help



cook



microwave

