



Cooking with Young Children

Cooking with young children is a great, fun experience which offers a wealth of learning and development. One simple cooking activity will cover all seven areas of the Early Years Foundation Stage, and as children always enjoy the experience they are not aware of the learning they are taking on board. Cooking not only covers all areas of the EYFS, but it is also a sensory experience which uses all five senses making it a memorable experience for the children and one in which they will generally engage. It gives children a knowledge about food and its origins and also about healthy eating.



Here's a few tips

- Allow the children to do as much as they can for themselves
- Promote good hygiene e.g. handwashing and table wiping
- Encourage children to look at each ingredient and to think about what they are cooking
- Encourage them to learn the names of the ingredients and where it comes from or how it grows.
- If possible you can make recipe cards with easy to measure units such as cups
- Encourage children to help with weighing out ingredients
- Teach them skills such as cutting safely
- Talk about what is happening as they mix together
- Talk about textures and smells
- Be supportive and allow the children to explore the ingredients
You could always make a recipe book of your favourite recipes
- Talk about healthy and unhealthy choice

A lovely activity we have done for in the past for Valentine's Day is making heart shaped shortbread cookies so please find the recipe below:

Shortbread Hearts

Ingredients

60g Plain Flour

40g Butter (or dairy free alternative)

Half a teaspoon Vanilla extract

20g Caster sugar

Set the oven to 160C fan, 180C, Gas mark 4

1. Line the baking tray with baking paper
2. Put the flour and butter in the bowl and rub together with your fingers until the mixture resembles crumble
3. Add the vanilla extract and caster sugar and mix well
4. Squeeze the mixture into a ball and then roll out on a floured surface until about 5mm thick
5. Use the cutter to cut out hearts.
6. Place on prepared baking tray and then bake in pre heated oven for 15-20 minutes

