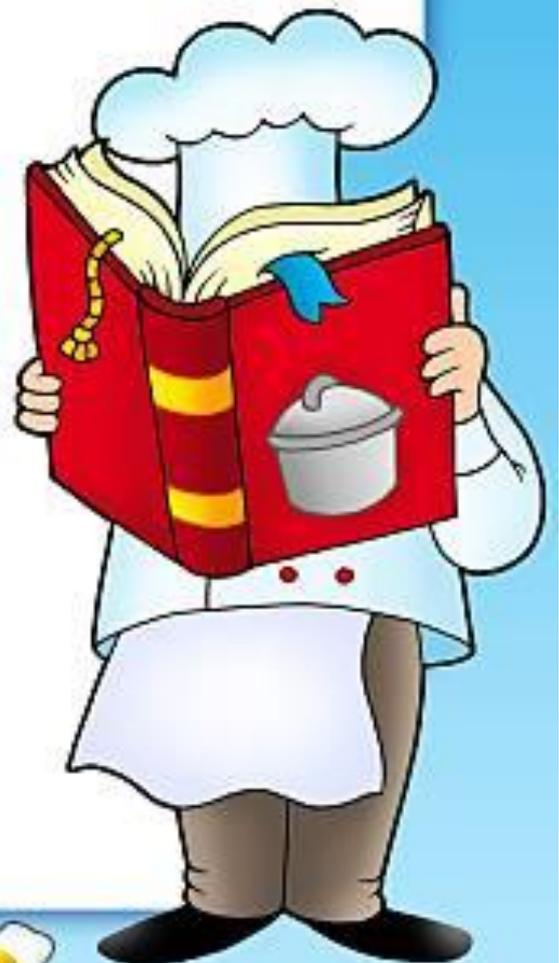


Home cooking is a great way to build some life skills and to be able to make some delicious tasty food! Why not spend some time cooking with your parents whilst at home? Below are some daily suggested recipes you could try each day of the week. Enjoy and have fun but, most importantly, always remember to have an adult with you when cooking!

Note for parents

Please encourage your child to develop their kitchen skills whilst cooking with them at home.

A Kids Kitchen skills-Age guide has been added below.





Kids Kitchen skills - Age guide

2-5 years

Stirring dry and liquid ingredients
Helping to measure
Sifting dry ingredients
Pouring or tipping ingredients into the bowl
Rolling dough out
Shaping balls and patties
Using cookie cutters
Cutting soft ingredients with a safe knife
Rinsing fruit and vegetables

6-9 years

Reading out the recipes
Cracking eggs
Whisking eggs
Kneading dough
Using a peeler to prep fruit and vegetables
Using a grater
Measuring and weighing ingredients
Chopping fruit and vegetables
Learning to turn on the stove and oven
Stirring things on the stove top
Decorating cupcakes and cookies

10-13 years

Following simple recipes from start to finish
Using a mixer
Using a blender
Putting trays and pans into the oven
Taking trays and pans out of the oven
Browning meat or sautéing onions
Flipping pancakes or burgers
Dicing fruit and vegetables
Boiling and steaming pasta or vegetables
Helping to prepare and cook for the family on a regular basis

Basic cooking terms

- Bake - Cook food in the oven
- Beat - To Mix ingredients quickly using a whisk or mixer
- Blend - Combine ingredients till thoroughly mixed
- Boil - Heat food till it bubbles rapidly
- Simmer - Heat food till it boils and then the heat is turned down till it bubbles softly
- Chop - To cut into small pieces
- Dice - To cut into small uniform cubes
- Knead - Press, folding and stretching dough with the heels of your hands or using a mixer with a dough hook
- Sauté - Quickly cook ingredients in a pan with oil or butter
- Brown - Cook in a pan over medium heat till outside is browned
- Grease - To coat a tin or pan with oil or butter to prevent sticking

Monday Recipe of the Day!

No bake Cheerio bars



Ingredients

- 3tbsp butter or margarine
- 1 bag (125g) mini marshmallows
- 5 cups Cheerios (or cereal of your choice)

Method

1. Lightly grease a tray.
2. Put butter and marshmallows in a bowl and microwave for 2 minutes, stirring occasionally, until smooth.
3. Add Cheerios.
4. Put mixture into the tray.
5. Let it set in the fridge for 2 hours.
6. Carefully cut and serve.

Tuesday Recipe of the Day!

French toast



Ingredients

2 eggs

Splash of milk

4 slices of bread

½ teaspoon cinnamon (optional)

1 teaspoon vanilla extract (optional)

Method

- 1 Mix the ingredients in a shallow dish.
- 2 Dip bread in the mixture, coating both sides.
- 3 Cook in a frying pan on a medium heat until both sides are golden brown.

Wednesday Recipe of the Day!

Fruit ice lollies



Ingredients

Blueberries

Grapes

Strawberries

Raspberries

Kiwi / Sugar free lemonade

Method

1. Wash fruit and cut into small pieces.
2. Place fruit in ice lolly moulds or plastic cups.
3. Fill to the top with sugar free lemonade.
4. Add a lolly stick or a spoon.
5. Freeze overnight.

Thursday Recipe of the Day!

Pitta pizzas



Ingredients

Pitta breads

Tomato puree

Cheese

Your favourite pizza toppings

Method

1. Preheat oven to 200/gas mark 6.
2. Spread tomato puree on the pittas.
3. Add your favourite pizza toppings.
4. Cover with grated cheese.
5. Grill your pizzas for 2-3 minutes, or until the cheese is bubbling.

Friday Recipe of the Day!

Mini frittata



Ingredients

6 eggs

Grated cheese

Onion

Tomato

Ham

(anything you like!)

Method

1. Heat the oven to 190/gas mark 5.
2. Chop up your ingredients.
3. Mix eggs in a large bowl then add your other ingredients.
4. Put mixture into small cake cases.
5. Sprinkle cheese on the top.
6. Cook for 20 minutes.