



STEPHEN HAWKING SCHOOL

In the kitchen



Use saucepans, wooden spoons etc. to join in the poem:
'Sorting Out the Kitchen Pans' by Quentin Blake, from *All Join In*

We're sorting out the kitchen pans
DING DONG BANG
Sorting out the kitchen pans
BING BONG CLANG
Sorting out the kitchen pans
TING BANG DONG
Sorting out the kitchen pans
CLANG DING BONG
Sorting out the kitchen pans
DONG DANG BONG TING TANG BING BANG CLANG DING... OW!



Sorting out socks-

- make a clothes line for your child to peg the socks on to.
- Roll pairs of socks into balls for your child to throw into the laundry basket or a bowl/box.



Pairing up family shoes and putting them into size order.



- Collect food packaging to explore and make junk models with.
- If you can find a larger box, give it to your child to explore and make larger models with.



- Make some playdough (see Playdough handout) and keep it in the fridge. Give your child some to play with while you are cooking.
- Use rollers and cutters, and a patty tin .



Washing up bowl and water play:

- Give your child water, bubbles and small containers and spoons to play with.
- Add food colouring to make different coloured water.
- Hide objects under the bubbles for your child to find
- Add a doll or soft toy to "wash"



Fruit and Vegetable play

Give your child different vegetables to explore. Some ideas:

- A bag of potatoes to wash, peel and cut up. The cook and mash. Add garlic or other flavours
- Sort potatoes from biggest to smallest
- Sort different vegetables
- Make vegetable models
- Cut different vegetables in half and play a matching game to join them back together
- Fruit and vegetable printing
- Make vegetable patterns

- Cress or mustard seeds. Save some egg shells and decorate with a face. Add some damp cotton wool inside and sprinkle the cress seeds on top. Draw a body on a toilet roll for your cress person, Place on the window sill and keep the cotton wool damp
When the cress has grown, use to make egg and cress sandwiches

- 'Paint' or mark make onto paper or a white plate or chopping board with fresh or defrosted blueberries, strawberries, blackberries, cherries

- Fill a tray or bowl with pasta, rice, cereal flakes or lentils for your child to explore. Think about putting it on a large tray or cloth to make tidy up time easier!
- Hide a range of objects in the tray- e.g. shiny things such as spoons, pastry cutters, a whisk etc; collection of wooden spoons or their own toys.
- Add containers for pouring and scooping
- Add spoons for stirring and mark making
- Add a sheet of foil at the bottom of the tray or bowl for your child to uncover with their marks

- Fill a bowl or tray with ice cubes for your child to explore. Add water to the tray and explore further.
- Add salt to a bowl of ice cubes and explore what happens.
- Fill different containers or rubber gloves with water and put them in the freezer with your child. Take them out the next day for exploration and play
- Put leaves, flowers or small pieces of fruit into an ice cube tray and fill with water as above. The next day encourage play and exploration and return to the ice cubes as they melt.
- On a hot day make ice lollies or ice cubes with your child with fruit juice or diluted squash.



- Arrange different sets of objects into muffin tins
- Add some kitchen tongs to move the objects
- Put paper fairy cake cases into the tins and fill these with dried pasta to make 'cakes'



- Use a 6 or 12 egg box and offer your child a range of objects to arrange in the sections
- Use coloured lego or duplo to make a pattern
- Add kitchen tongs to move and transfer the objects



- Give your child a set of magnets from the fridge to explore at their height or on a metal baking sheet
- Add small pieces of paper to 'stick' using the magnets



Pasta play

- Explore pushing dried spaghetti sticks into the holes in a colander or strainer
- Thread cheerios or hula hoop crisps onto dried spaghetti sticks pushed into a piece of playdough, blu tac or half an orange (make the holes first with a skewer)
- Explore cooked spaghetti. Add food colouring to create rainbow spaghetti.



'Spaghetti, spaghetti, you're wonderful stuff!

I love you spaghetti, I can't get enough.

You're covered in sauce and you're sprinkled with cheese,
Spaghetti, spaghetti, oh, give me some please!'

From 'Spaghetti' by Jack Prelusky

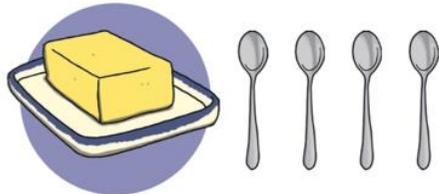


Do some simple cooking, such as:

- Toast and toppings
- Porridge
- Buy a bread mix and follow instructions to make rolls, then make different shapes, animals etc.)
- Pitta bread pizza
- Soup
- Fruit smoothie
- Tablespoon biscuit cookies
- Banana cake
- Macaroni cheese
- Flapjack
- Gingerbread people

(Some pictorial recipes are included below)

Tablespoon Biscuit Recipe



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Gingerbread Man

<p>Mix 1</p> <p>1 Tablespoon butter</p> <p>with</p> <p>1 Tablespoon brown sugar</p>    	<p>Add 2</p> <p>1 Tablespoon molasses</p> <p>and</p> <p>2 teaspoons egg</p> <p>Mix well</p>   	<p>Add 3</p> <p>1/3 cup flour</p> <p>and</p> <p>1/4 teaspoons baking soda</p> <p>(don't mix yet!)</p>   
<p>Add 4</p> <p>1/4 teaspoons baking cinnamon</p> <p>and</p> <p>A pinch of ginger</p> <p>Mix well</p>    	<p>Put a little flour on the table and flatten out your dough.</p> <p>Cut out your Gingerbread man out with a cookie cutter.</p> 	<p>Place your Gingerbread Man on an Ungreased cookie sheet.</p> <p>Bake at 350° for 8-10 minutes.</p> 

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Easy Banana Cake

						
125g butter	150g caster sugar	1tsp vanilla extract	1 Egg (beaten)	2 Bananas (mashed)	190g <u>self</u> <u>raising</u> flour	60ml milk

1. Grease and line a tin with paper.



2. Mash the bananas

3. Melt butter, sugar and vanilla in a saucepan over a medium heat.



4. Remove from heat and mix in the mashed bananas.

5. Add a beaten egg and mix well.



6. Stir in the flour and the milk.

7. Pour the mixture into the tin.



8. Bake at 170 C for 35 minutes.

9. Leave to cool on a wire rack.



Flapjacks

			
125g butter	3 tbsps golden syrup	125g brown sugar	250g porridge oats



1. Put the butter, sugar and syrup into a pan and melt on a low heat.

2. Turn off the heat and mix in the oats.



3. Pour into a tray lined with greaseproof paper.

4. Bake in oven at 180C for 20 minutes.



5. When cool, turn out and cut into squares.

Strawberry, Raspberry and Banana Smoothie

				
4 Strawberries	1 Banana	8 Raspberries	4 Ice cubes or 50 ml cold water	150ml Milk



1. Peel and cut a banana.

1. Add 150ml of milk and the chopped banana to the blender



3. Cut the strawberries and raspberries and put in the blender.

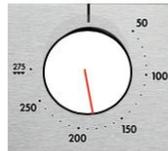
4. Add the ice cubes, put the lid on the blender and whizz until smooth



Macaroni Cheese

						
50g Plain Flour	50g butter	250g Grated Cheese	500ml Milk	200g Mushrooms	2 Chopped onions	350g spiral pasta

1. Heat oven to 180C



2. Boil 350g spiral pasta for 2 mins less than stated on the pack, then drain.

3. Chop the onions and slice the mushrooms. Cook for 5 minutes in a frying pan.



4. Melt the **butter** in a saucepan on a low heat



5. Stir in the **flour** and cook for 1 min

6. Gradually stir in the milk and add 1 tsp of mustard.



7. Take from the heat and stir in the **cheese**.

8. Put the onions, mushrooms and pasta into an oven proof dish. Then cover with the cheese sauce.



9. Bake for 20 mins until crisp and golden.

4. Vegetable Soup

				
Potato	Carrot	Onion	Parsnip	Vegetable stock cube

1. Peel the potato, carrot, parsnip and onion.



2. Carefully chop all the vegetables into chunks.

3. Put 500ml of water into a saucepan and bring to the boil.



4. Put the vegetables in a saucepan and add a stock cube.

5. Leave the soup to simmer for 25 minutes.



6. Clean up your work area and do the washing up.



7. Turn off the cooker and use a hand blender to make the soup smooth.



8. Pour the soup into a bowl and eat.

