

NCSE Recipes and Activities to Support Home Learning

If you want to do a fun activity with your child which can also support your child's learning read on... Baking can tap into a child's motivation, promoting the development of **learning, play, life skills, motor skills and social skills.**

#bakingwithkids #developinglifeskills #developingfinemotorskills

#thelittlethings @healthyireland

The following recipes are easy to complete, using easily accessible ingredients and more importantly will help your child develop independent skills by using the step-by-step visuals.










Enjoy the experience!

Recipes


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QUEEN CAKES

List of Equipment


Apron 	Cutlery 	Mixing Bowl 
Sieve 	Measuring Jug 	Bun Tin 
Wooden Spoon 	Bun Cases 	Cooling/Wire Tray 

Ingredients

150g self-raising flour 

2 eggs 

100g margarine 

3 tablespoons of milk 

100g caster sugar 

Method

1. Wash and dry hands 
2. Put on apron to protect your clothes 
3. Preheat oven to 190°C 
4. Clean table and set up equipment
5. Weigh and measure out ingredients  
6. Using a wooden spoon, cream margarine and sugar together in a bowl until it is light and fluffy 
7. Sieve the flour into the bowl 
8. Break eggs into a jug and beat with a fork. Add beaten eggs to the mixture and mix with a wooden spoon  



9. Place the bun cases in the bun tin



10. Spoon a small amount of the mixture into each bun case

11. Place tin in the preheated oven and bake for 15 minutes until golden

12. Using oven gloves, remove the tin from the oven once they are baked






13. Remove queen cakes from tin and place on wire tray to cool

14. Eat and enjoy!!



Activity

Complete the following table. You may use visuals or you can use the words that are in the word bank that follow. Ask an adult for help if you need it!

Colour 	
Taste 	
Texture (how it feels when I eat it) 	
Changes to make next time	

Bright	Dull	Shiny	Golden	Brown
Burnt	Bland	Sweet	Savoury	Salty
Crumbly	Hard	Soft	Brittle	Buttery
Bitter	Smooth	Rough	Crunchy	Colourful

Use your dictionary or go to www.dictionary.com to look up the meaning of the words above.

You might like to look at our online Word Search that uses these words:

Scones

List of Equipment

Apron 	Tablespoon & Fork 	Mixing Bowl 
Sieve 	Measuring Jug 	Baking Tray 
Wooden Spoon 	Flour Dredger 	Cooling/Wire Tray 
Pastry Brush 	Scone Cutter 	Sharp Knife 

Ingredients

225g self-raising flour 	1 egg 	25g caster sugar 
50g margarine 	5 tablespoons of milk 	$\frac{1}{4}$ teaspoon of salt 

Method

1. Wash and dry hands



2. Put on apron to protect your clothes



3. Preheat oven to 200°C



4. Clean table and set up equipment



5. Weigh and measure out ingredients

6. Using your flour dredger sprinkle flour on your baking tray (this prevents your scones from sticking to the tray)



7. Break eggs into a jug, add the milk and beat with a fork





8. Sieve the flour and salt into the bowl

9. Add the margarine. Using your fingertips, rub in the margarine into the flour until it resembles breadcrumbs



10. Add the caster sugar and mix with wooden spoon



11. Make a well in the centre, add almost all egg mixture (keep back a little for glazing)



12. Mix with a wooden spoon or a fork (round about and cut through the mix) to form a soft dough



13. Using the flour dredger, sprinkle flour onto your table. Turn the scone dough onto the floured table and knead very lightly to get the mix to come together



14. Using your rolling pin, Roll to 2cm thickness (do not roll too thin)



15. Cut out scones using scone cutter



16. Place the cut out scones on the baking tray



17. Using the pastry brush, glaze the scones with leftover egg/milk mix (this will give the scones a golden colour)



18. Bake in the preheated oven for 15-20 minutes until golden brown on top




19. Using oven gloves, remove from tin from the oven and place the scones on a wire tray



20. Serve hot or cold on a plate with butter, jam and whipped cream (yum!). Enjoy! (Don't forget to help with the wash up)

Activity

Complete the following table. You may use visuals or you can use the words that are in the word bank that follow. Ask an adult for help if you need it!










Colour 	
Taste 	
Texture (how it feels when I eat it) 	
Changes to make next time	

Bright	Dull	Shiny	Golden	Brown
Burnt	Bland	Sweet	Savoury	Salty
Crumbly	Hard	Soft	Brittle	Buttery
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You might be interested in looking at online resource that uses an App called sock puppets to reinforce language learning through baking found here:

Fruit Flan List of Equipment

Apron 	Tablespoon & Fork 	Mixing Bowl 
Sieve 	Measuring Jug 	Spatula 
Electric Whisk 	Flan Tin 	Cooling/Wire Tray 

Ingredients



75g self-raising flour



3 eggs



75g caster sugar



100ml whipped cream



2 tablespoons jam



Fresh Fruit



5 g butter (for greasing)

Method

1. Wash and dry hands



2. Put on apron to protect your clothes



3. Preheat oven to 190°C



4. Clean table and set up equipment



5. Weigh and measure out ingredients

6. Grease the flan tin (this prevents it from sticking) by rubbing butter onto the tin

7. Break eggs into bowl jug and add sugar. Beat the eggs and sugar with the whisk until the mixture is thick and fluffy (lift the whisk out of the bowl, make a number 8 on the mix, if you can see the figure 8, the mixture is ready!)



8. Sieve 1/3 of the flour into the mix



9. Using a spatula, gently fold the flour into the mix. Add in 1/3 more, mix slowly. Add the final lot. Be careful to do this gently as you do not want to lose all those air bubbles as the air will make the flan rise



10. Pour the mixture into the greased tin. Use the spatula to clean all the mix out of the bowl



11. Place the flan in the preheated oven and bake for 15 minutes until golden.

12. Using your oven gloves, remove the flan from the oven. Remove flan from tin and place on the wire tray to cool




13. Once cool, spread on the jam using a spatula, top with cream and place fruit on top



14. Enjoy!

Activity

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Brown Bread List of Equipment

Apron 	Tablespoon & Fork 	Mixing Bowl 
Sieve 	Measuring Jug 	Wooden Spoon 
Teaspoon 	2lb loaf tin 	Cooling/Wire Tray 

Ingredients

350g wholemeal flour



50g plain flour



2 eggs



50g porridge



2 level teaspoons of bread soda



1 tablespoon of sunflower oil



500ml buttermilk





5 g butter (for greasing)

Method

1. Wash and dry hands



2. Put on apron to protect your clothes



3. Preheat oven to 170°C



4. Clean table and set up equipment

5. Weigh and measure out ingredients



6. Grease the tin (so the bread will not stick)

7. Sieve the plain flour and bread soda into a bowl



8. Add the wholemeal flour and porridge oats and mix with a wooden spoon until well combined



9. Break eggs into a jug, add the oil and beat with a fork



10. Add the egg/oil mix into the flour and mix. Add the buttermilk and mix with a wooden spoon until you get a “sloppy” consistency



11. Pour the mixture into the loaf tin and smooth the top with a wet tablespoon so it is evenly dispersed

12. Put tin in preheated oven and bake for 1 hour. After the hour has passed, using oven gloves remove the tin from the oven, turn the bread upside down in the tin, return to the oven and bake for a further 20 minutes

13. Remove tin from oven and turn the bread onto the wire tray to cool




14. Enjoy!



See can this be linked to another online support:

Activity

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Texture (how it feels when I eat it) 	
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Double Chocolate Chip Cookies

List of Equipment

Apron 	Tablespoon & Fork 	Mixing Bowl 
Sieve 	Measuring Jug 	Wooden Spoon 
Greaseproof paper 	2 x Flat Tins 	Cooling/Wire Tray 

Ingredients

150g self-raising flour		1 egg		75g caster sugar	
75g butter		75g light brown sugar		25g cocoa powder	
100g milk chocolate chips		½ teaspoon vanilla extract			

Method

1. Wash and dry hands



2. Put on apron to protect your clothes



3. Preheat oven to 180°C



4. Clean table and set up equipment



5. Weigh and measure out ingredients

6. Line the tins with greaseproof paper

7. Place the butter and sugar in a bowl and beat with a wooden spoon until light and fluffy



8. Break the egg into the jug and beat with a fork. Add the vanilla extract and mix



9. Add the egg to the butter/sugar mixture and mix until well combined

10. Sieve the flour and the cocoa powder into the bowl



11. Add in the chocolate chips. Using a wooden spoon, mix to form a dough



12. Using your hands, roll the dough into 16 golf sized balls. Place the balls on the tray, allowing 3 inches between each one. Using a fork, press on the dough balls to flatten to about 5mm thick






13. Place the tray in the preheated oven and bake for 12-15 minutes, until golden brown. Remove the cookies from the tray and place on wire tray to cool

14. Enjoy!



Activity

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