

Make a Summer Mocktail – Developing Literacy and Communication Skills

A resource for tutors/teachers to support the Home or School Based Summer Programme

Learning objectives:

This activity builds skills in ‘Literacy’ and ‘Life Skills’. Key skills include:

- **Oral language** – discussion and vocabulary development
- **Literacy** – Develop the ability to reading a recipe, follow simple instructions in the correct order
- **Writing**- Write a recipe/create a photobook/ cooking demonstration video which will allow someone to recreate the mocktail
- **Life skills** – develop peeling and chopping skills

Introduction:

1. General discussion

- Discuss has anyone ever had a mocktail? If yes, describe it e.g. colour ingredients etc.
- Discussion about favourite fruits and possible ingredients that could be used in mocktails
- Discussion about safety i.e. using knives, blenders etc.

2. Reading the recipe/ watching YouTube video

- See example recipes provided in the resources section.
- Here are some videos (some videos with captions) to support the recipes
 - <https://www.youtube.com/watch?v=2zUzILH4To4>
 - <https://www.youtube.com/watch?v=06EfHkl7FGk>
 - <https://www.youtube.com/watch?v=IKVITciAn4o> with captions for DHH pupil

3. Gather the ingredients for the mocktails chosen by the pupils.

- This could be a good opportunity to develop the lesson by making a shopping list, going to the shop, looking for the ingredients they need and paying for the ingredients (this will depend on location and practicalities of a trip like this).
- Alternatively, a school shop could be set up where the children purchase their ingredients or if they choose a recipe the day before they may be able to go with parents and bring their ingredients to school.

Development

1. Read the recipe.
2. Prepare the ingredients by measuring, chopping etc.
3. Make the mocktail and enjoy!

Conclusion

Discuss how the mocktail tastes and looks. Describe the colour and look of the mocktail.

Discuss what you might change.

Extending activities:

- Write/ type the recipe for friends and family to use including pictures/ drawings.
- Create a photo book of the steps completed (visual option for DHH children or those who may have fine motor difficulties).
- Create a demonstration video using an iPad where the children do a cooking lesson on how to make their mocktail- this can be then shared with friends and family.

Resources - Example written recipes

Jade's Cooler

Equipment: juicer/ blender, glass, measure

Ingredients: 1 apple, 5cm piece of cucumber, 1 sprig of mint, ice cubes, 3 teaspoons of elderflower cordial (available in Tesco, Dunnes and Supervalu), 2 measures of soda water, apple slice to decorate

Method:

1. Juice the apple, cucumber and mint (peel the apple).
2. Pour the juice into a glass full of ice cubes.
3. Add the elderflower cordial and stir.
4. Top up with soda water.
5. Decorate with an apple slice and stir.

Strawberry Smash

Equipment: glass, juicer/ blender

Ingredients: 6 strawberries, 1 apple, 2 sticks of celery, 1 sprig of mint, ice cubes, apple slice to decorate

Method:

1. Chop the ingredients (peel apple).
2. Put all the ingredients into a juicer/ blender.
3. Pour into a glass of ice.
4. Decorate using strawberries or apple slices.

Strawberry Fizz

Equipment: glass, juicer/ blender, measure

Ingredients: 5 strawberries, 5 raspberries, 1 apple, 1 celery stick, 2 sprigs of mint, cranberry juice, sparkling water

Method:

1. Chop the ingredients and juice/ blend (peel the apple).
2. Pour juice into a glass of ice.
3. Add two measures of cranberry juice.
4. Top up with sparkling water.
5. Decorate the glass with strawberries/raspberries/apple slices