

## Cooking with kids

### Early childhood

Cooking activities are a great way to introduce children to new things and help foster a love of nutritious foods.

It can also help their development by:

- combining gross and fine motor movement
- practicing concentrating and following directions

Here are some fun recipes that children can get involved with!

## Savoury

### → Egg and corn bread cups



- [See our website for recipe](#)
- Children can help spread margarine, whisk and mix ingredients and spoon into bread cups.

### → Cup of soup - Minestrone



- [See our website for recipe](#)
- Children can wash canned legumes and sprinkle cheese when serving.

## → Stuffed spuds



- Cook small potatoes, cut the tops off and scoop out some potato.
- Children can fill with toppings like natural yoghurt, peas and corn, creamed corn, grated cheese, salsa, coleslaw, lean ham and canned pineapple, baked beans.

## → Little pizza people



- Spread small pita breads, crumpets or English muffin halves with tomato paste.
- Children can make a face using grated cheese and toppings like chopped lean ham, mushroom, tomato and pineapple.
- Bake or grill until hot and bubbly.

## → Wholemeal cheesy scrolls



- Using a basic wholemeal scone, roll out dough and spread with cheese. Add other fillings such as tomato. Roll up, slice and bake until golden.
- Children can help measure and mix ingredients, knead and roll out dough, spread toppings and cut into portions.

## → Ants on a log



- Fill celery sticks with cream cheese or peanut butter (if allowed).
- Children can dot with currants or sultanas.

# Sweet

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## → Pumpkin scones



- [See our website for recipe](#)
- Children can mash cooked pumpkin, measure ingredients, rub margarine into the flour, mix and knead dough and cut out scone shapes.

## → Layered fruit, yoghurt and oat treat



- Children can help spoon a layer of assorted fruit (fresh, frozen or canned) into individual cups, top with a layer of yoghurt and sprinkle with oats.
- Children can continue to layer fruit, yoghurt and oats until they reach the top of their cup.

## → Fruity crumble



- [See our website for recipe](#)
- Children can rub margarine into the flour, measure and mix crumble ingredients, pour drained canned fruit into a baking dish and spread crumble mixture over the fruit.

## → Berry-apple fairies



- Use a wholemeal or fruit English muffin as a base.
- Children can spread ricotta or cream cheese and decorate with apple slices and berries.

## → Banana and cinnamon jaffles



- Children can help slice bananas using plastic knives.
- They can then help spread banana slices on slices of bread and sprinkle with cinnamon.
- Cook sandwiches in a jaffle maker until golden brown.

## → Carrot muffins



- [See our website for recipe](#)
- Children can help to measure and mix ingredients and spoon the mixture into muffin cases.



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