

My



# Activity Cookbook

Name \_\_\_\_\_

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Cooking with kids is a fantastic way to encourage healthy eating and lifelong cooking skills.

It promotes language development, reading, maths, investigation, creativity and design.

During the recipe, you can introduce basic maths terms and skills – for the Little Foodies, how many ingredients are we using, do we need more or less of an ingredient, mixing & whisking for 10 seconds etc.

Junior Foodies can use scales to measure out the ingredients, you can use terms like approximately, percentage and ratio. When the items are ready to be cooked, you can ask questions about time – how long does it go in the oven for? What time will it come out?

You can discuss colours, tastes, smells and texture – can they think of other things the same colour, does it taste sweet, salty, sour, what does the smell remind them of and how does it feel.

After tasting we always ask our Foodies - is it a thumbs up? Its fine if it's a thumbs down – at least they have tried it and they could change some of the ingredients to something they like? Is it best eaten hot or cold?

They can colour in the appropriate thumb for each recipe!



We talk about the skills we have done during the recipe.

Little Foodies can copy the words, older foodies can think of their own skills!

whisking      rolling

You can substitute different ingredients to make lots of variations of our recipes – try raspberry or cherry muffins, orange or pineapple cake, cheese & onion or butternut squash, spinach & feta pasties, ham & leek or bacon & tomato quiche.

We hope this activity cookbook keeps your Foodies cooking and entertained!

Feel free to share your cooking photos & adventures on our Facebook page or @funlittlefoodies on Instagram.

Please email us at [funlittlefoodies@outlook.com](mailto:funlittlefoodies@outlook.com) for more information about our classes and activities, or visit our website [www.funlittlefoodies.co.uk](http://www.funlittlefoodies.co.uk).

# Blueberry Muffins

Makes 6-10



## Ingredients

1 egg  
120ml milk  
60ml vegetable oil  
200g self raising flour  
40g caster sugar  
1 tsp baking powder  
80g blueberries - fresh or frozen

## Adult Prep

Wash hands and put aprons on.  
Lay out:  
Weighed ingredients, mixing bowl, fork,  
teaspoon, sieve, muffin tray and cases  
  
Pre heat oven to 200C

## Let's COOK!

1. Crack the egg into a small bowl and beat with a fork. Stir in the milk and oil.

2. Sift the flour into the mixing bowl and add the sugar and baking powder.

3. Add the egg mixture to the flour and stir until the flour is all mixed in - DO NOT OVER MIX, the batter should be lumpy!

4. Add the blueberries and gently fold in.

5. Fill the muffin cases 3/4 full to allow the muffin room to rise.

6. Bake for 20 minutes until fully risen. Cool and enjoy!



cracking

mixing

Little Foodies – What colour are blueberries?  
What else do you know that is the same colour?



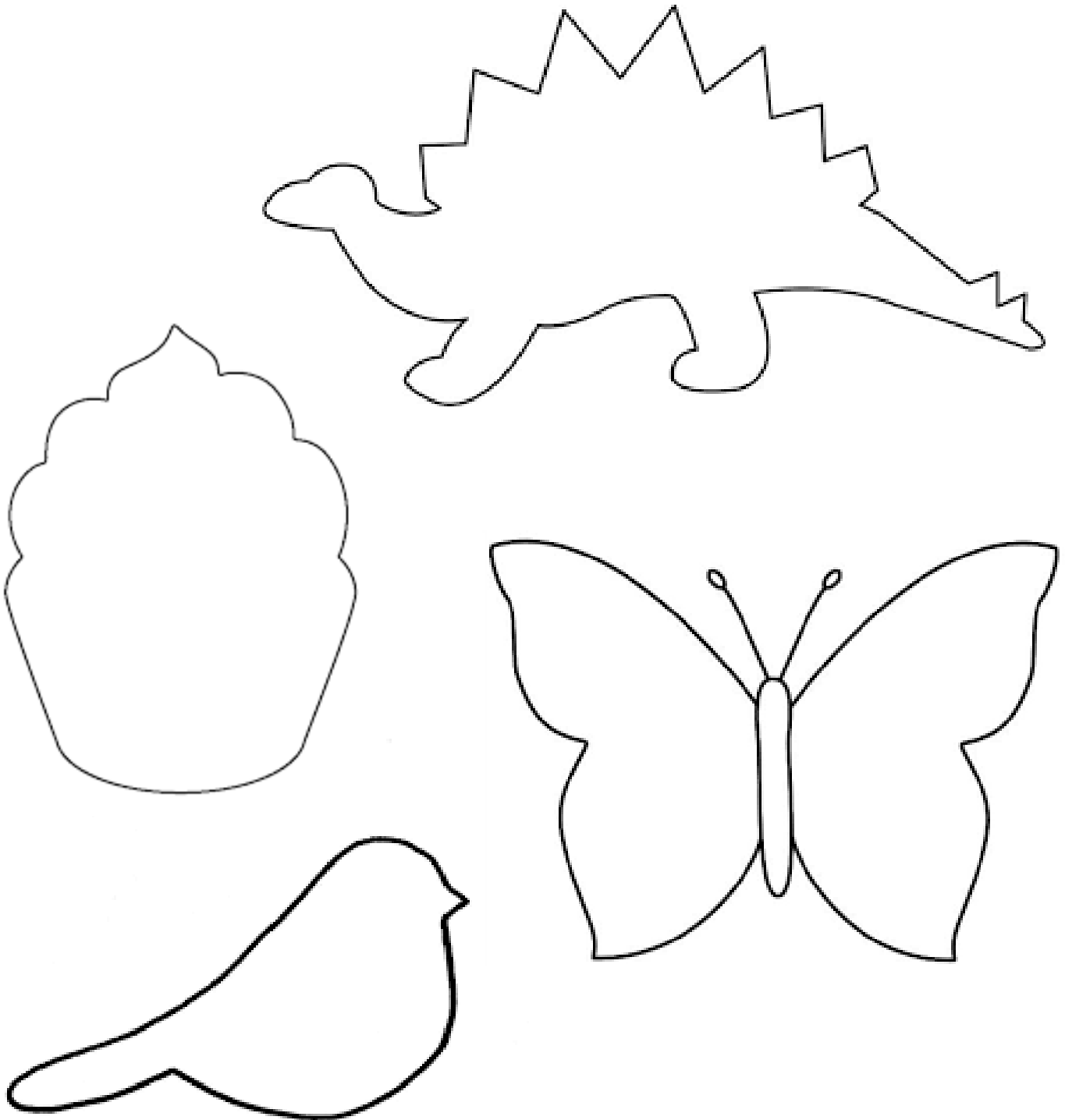
Junior Foodies – if you put the muffins in at 3.25pm, when would they need to come out?



# Muffin Cases Craft Activity

Using the outlines below as a guide, use muffin cases to make a crafty cupcake case collage! Wow that's a tongue twister – do you know anymore?

You could also make a flower, alien, jellyfish or ballerina!



# Fruit Crumble

Makes 1



## Ingredients

### For the Crumble:

150g Plain Flour  
80g brown sugar  
100g unsalted butter at room temperature

### For the filling:

Approx. 250g uncooked fruit—try apples, rhubarb or strawberries!  
25g brown sugar  
1tbsp plain flour

## Adult Prep

Wash hands and put aprons on.  
Lay out:  
Weighed ingredients, two mixing bowls, fork, knife/scissors, greased ovenproof dish.

Pre heat oven to 180C

## Let's Cook!

1.  
Put the flour and sugar in one mixing bowl and mix well.

2.  
Cut the butter into chunks with the knife and then 'tickle' or rub in the butter one chunk at a time until the mixture looks like breadcrumbs.

3.  
Chop the fruit you are using into small pieces and put it in the other mixing bowl.

4.  
Sprinkle over the sugar and flour and mix gently. You could add a pinch of cinnamon now, especially if using apples!

5.  
Grease the ovenproof dish and put the fruit mixture in the bottom. Sprinkle the crumble mixture on top.

6.  
Bake in the oven for 40-45 minutes until the crumble is browned and the fruit is bubbling.



tickling  
chopping

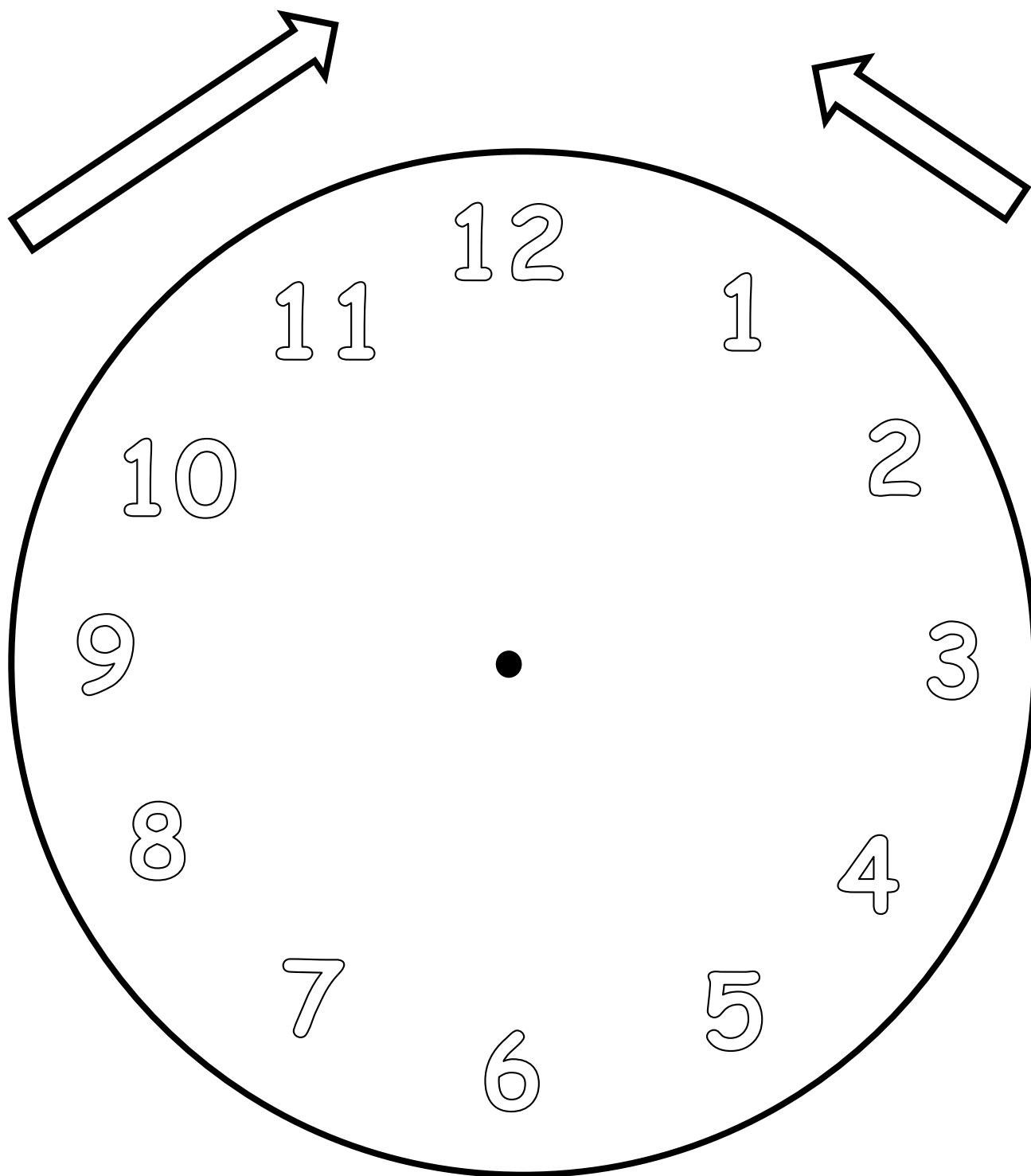
How many fruits  
can you name  
or draw?



## Time Activity

The Crumble takes 40 minutes to cook – what can you do while you wait??

You could read a story about a very famous Gruffalo crumble, or you could draw your own character that might be found in a deep dark wood! Or you could make your own clock using the outline below! Remember to colour in all the numbers and do careful cutting out.



# Gingernut Biscuits

Makes 30



## Ingredients

225g self raising flour  
1 tsp bicarbonate of soda  
2 tsp ginger  
125g butter  
100g light muscovado sugar  
100g golden syrup

## Adult Prep

Wash hands and put aprons on.  
Lay out:  
Weighed ingredients, fork, greaseproof lined baking trays.

Pre heat oven to 180C

## Let's Cook!

1. Put the flour, bicarbonate of soda and ginger in a bowl, add the butter and 'hide and tickle' until the mixture looks like crumbly breadcrumbs.

2. Stir in the sugar and syrup with a fork until well combined. Then mix with your hand until it comes together to form a soft dough.

3. Be patient with the crumbly mixture - it might take a few minutes, but it will come together!

4. Take a small amount of dough and roll to make a ball. You should be able to make about 30 balls!

5. Place the balls onto the greaseproof paper on the baking trays - allow space between as they will spread!

6. Bake for 10-12 minutes until golden brown. Allow the biscuits to cool for 10 minutes to harden up!



stirring

rolling



Ginger is a spice.  
What other spices do you have at home?  
Which one do you like the smell of best?

# Science Activity

Let's make a volcano!

Using a small bottle as the centre, use tin foil, newspaper or cardboard to build sides around the bottle to make a volcano shape.

Then cover the sides with playdough leaving a hole at the top.

Put some bicarbonate of soda into the bottle and then add vinegar!

Watch your volcano erupt!!

Junior Foodies -

Label the Volcano!

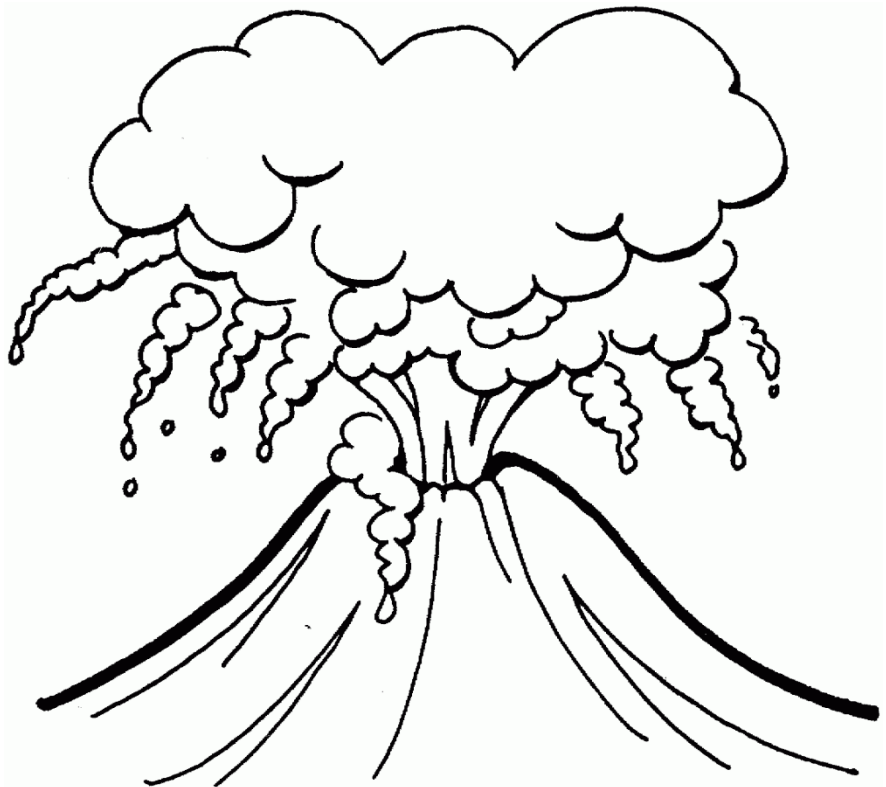
Crater

lava

ash cloud

vent

magma chamber



**Recipe for homemade playdough!**

Put 100g plain flour into a bowl, add 35g salt and 1 tsp of cream of tartar – if you have it! In a separate bowl add 60ml of warm water, food colouring and 1 tbsp of oil and then pour it into the flour mixture. Mix with a spoon and then turn out onto a floured surface. Knead until you have a soft dough – add a little more water or flour if needed.

Keep it in an airtight container in the fridge – the cream of tartar makes it last longer!



# Honey Oat Biscuits



Makes 10-12

## Ingredients

80g butter, softened  
40g honey  
80g self raising flour  
100g oats  
1/2 tsp cinnamon  
30g dried banana chips

Optional 30g golden caster sugar

## Adult Prep

Wash hands and put aprons on.

Lay out:

Prepared ingredients, mixing bowl, wooden spoon, baking tray, fork.

Pre heat oven to 180C

## Let's Cook!

1. Cream the butter and honey (and the sugar if using for a sweeter biscuit) with a wooden spoon until pale.

2. Add the flour, oats and cinnamon. Stir together.

3. Add the banana chips (or chopped cherries or walnuts?) and mix until well combined and the mixture is sticking together.

4. Take small amounts of mixture and roll into small balls. Place on a greased baking tray.

5. Flatten the balls with a fork to create little biscuits.

6. Bake for 15 minutes or until golden. Allow to cool completely.



creaming  
mixing

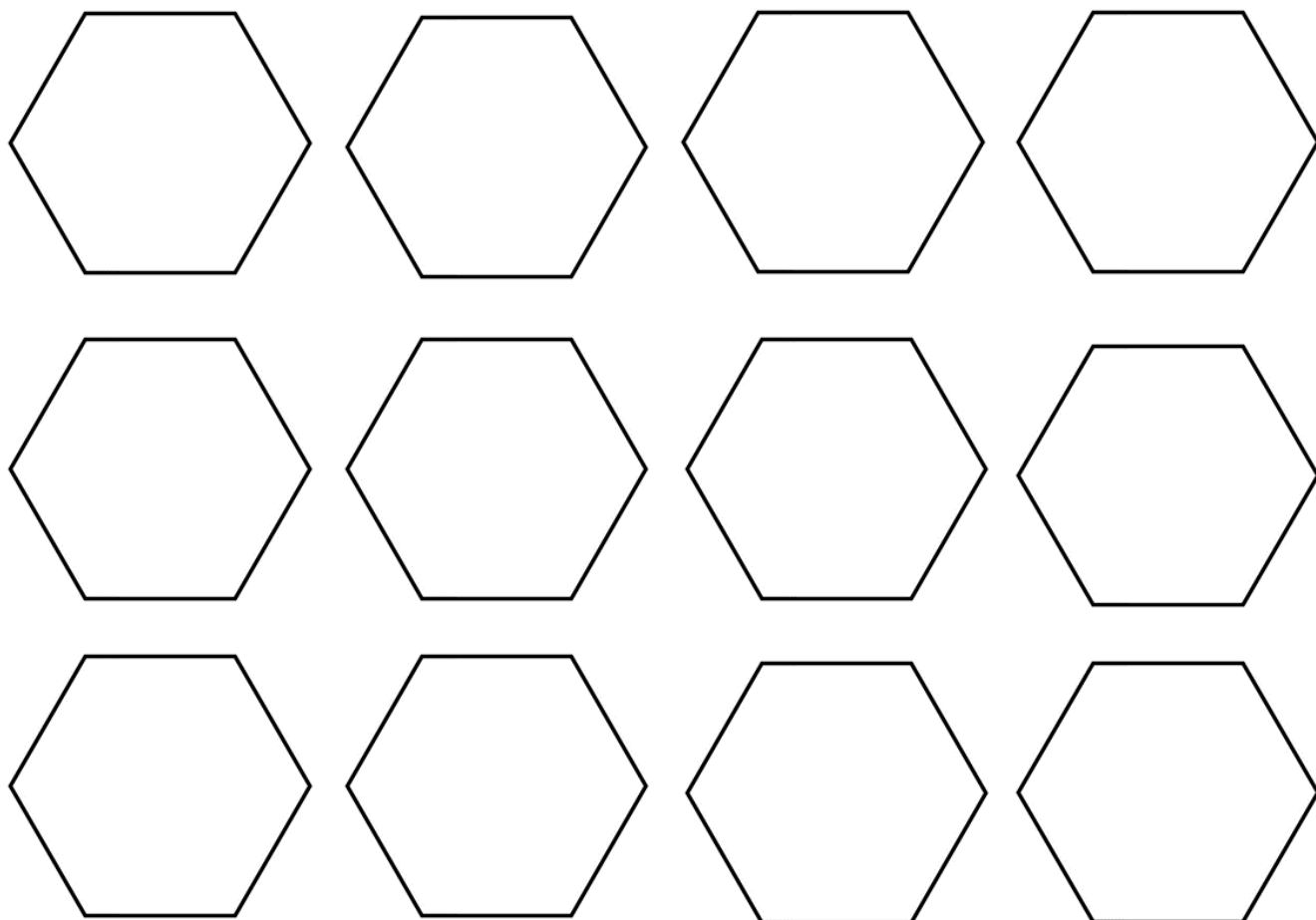
Bees make honey and are insects. Look around your garden and see if you can see any bees or other mini beasts!



# Honey Bee Activity

Cut out the hexagons, colour them in and put them together to make a honeycomb!  
Junior Foodies – what other shapes tessellate?

Cut out the bees and ask a friend/grown up to hide them around your house or garden and then go and find them and 'buzz' them to your honeycomb!



# Lemon Drizzle Cake

Makes 1 mini loaf



## Ingredients

40g butter, softened  
30g caster sugar  
60g self raising flour  
1 egg, beaten  
¼ tsp baking powder  
1 tbs milk  
½ lemon, zest only

For drizzle

½ lemon, juice only  
1 tsp icing sugar

## Adult Prep

Wash hands and put aprons on.

Lay out:

Weighed ingredients, mixing bowl, wooden spoon,  
greased mini loaf tin.

Pre heat oven to 200C

## Let's Cook!

1.  
Add the softened butter and sugar to the mixing bowl and beat well with a wooden spoon.

2.  
Add the flour, beaten egg, baking powder, milk and lemon zest and mix well into a smooth batter – that 'plops' off the spoon.

3.  
Put the mixture into the greased mini loaf tin.

4.  
Cook in the oven for 20-25 minutes – the loaf will be well risen and golden brown. To check that it is fully cooked, stick a knife in and check that it comes out clean.

5.  
Meanwhile, squeeze the lemon and put the juice into a little bowl, add a teaspoon of icing sugar. Mix well

6.  
Allow the loaf to cool for 5 minutes, then drizzle the 'drizzle' over the loaf and allow time for the loaf to absorb the juice.



beating

squeezing

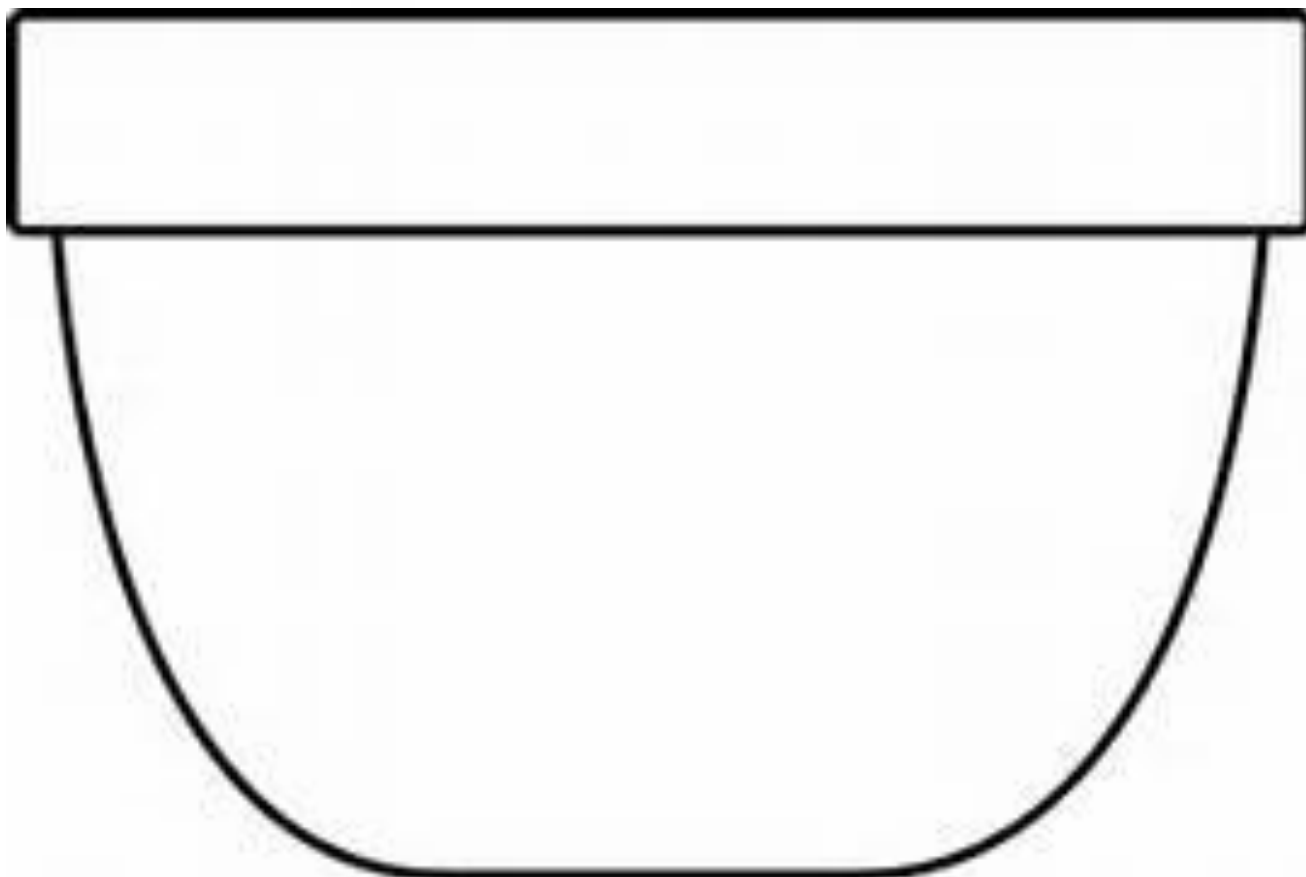
Junior Foodies –  
Can you double  
the recipe for a  
bigger cake?



# Make a Cake Activity

Can you remember what ingredients you need to make a lemon drizzle cake?

Cut out the ingredients and play a memory game – turn them over so you can't see them and see how many you can name! Be warned – there is one ingredient that didn't go into the cake! Then stick the correct ingredients into the mixing bowl.



# Space Rocks

Makes 12



## Ingredients

150g dried fruit  
1 egg  
1 tbsp milk  
225g self raising flour  
75g caster sugar  
1 tsp baking powder  
125g butter  
2 tsp vanilla extract  
  
Edible spray to decorate

## Adult Prep

Wash hands and put aprons on.

Lay out:

Weighed ingredients, mixing bowl, knife, tablespoon, teaspoon, fork, small bowl, greaseproof lined baking tray.

Pre heat oven to 180C

## Let's Cook!

1.  
If your dried fruit needs cutting, carefully chop them into little pieces the same size as raisins. Set aside.

2.  
Crack your egg into a small bowl and add the milk. Beat with a fork. Set aside.

3.  
In your mixing bowl, add your flour, sugar and baking powder. Add your butter and cut in into little pieces. Hide the pieces in the flour!

4.  
Rub the butter into the flour mixture – tickle with your fingertips! Continue until it looks like breadcrumbs.

5.  
Add the dried fruit and vanilla extract. Add the egg mixture a little bit of a time until your dough comes together and forms a ball.

6.  
Make 12 'rocks' from your dough and place them on the baking tray. Cook for 15 minutes until golden brown. Cool and spray with the glitter.



mixing tickling

You could add dried apricots, dates, cherries, raisins, chopped nuts or even chocolate chips!

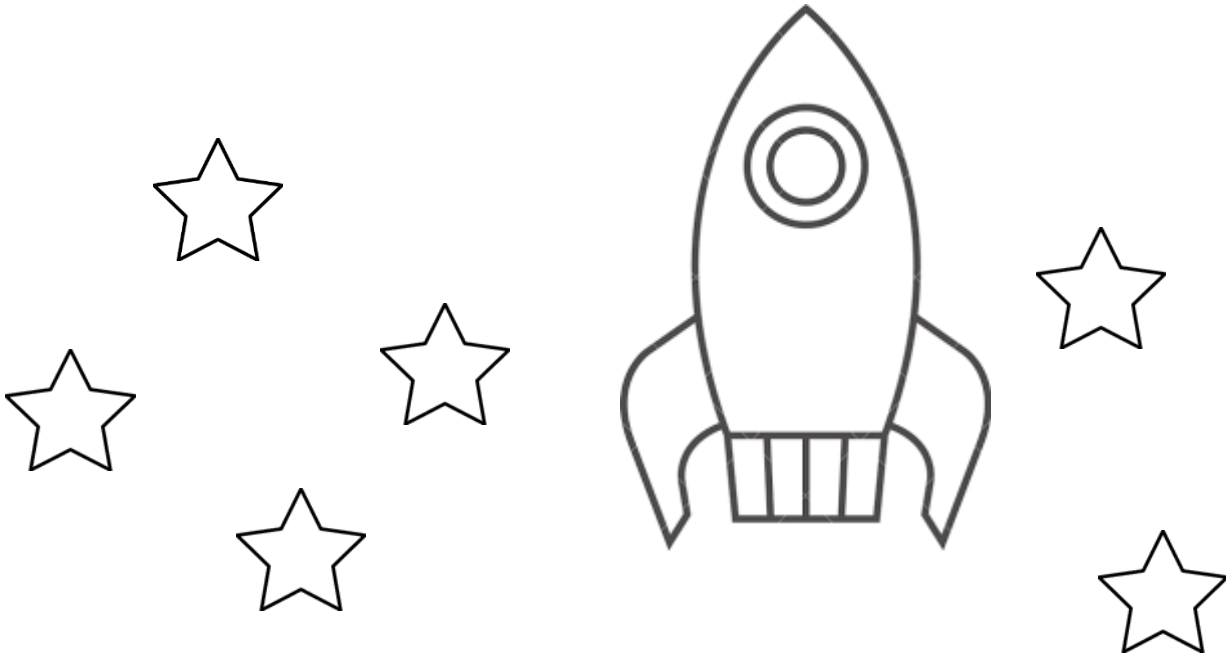


# Solar System Activity

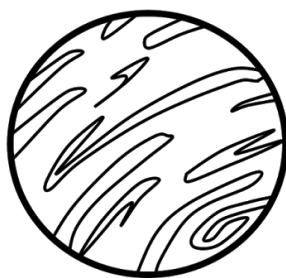
Colour in the pictures below and cut them out.

Find a paper plate (or use a piece of paper if you don't have one) and cut it into a spiral. Decorate it make it look like space! Add the stars, rocket and the planets. You could draw your own aliens or space rocks!

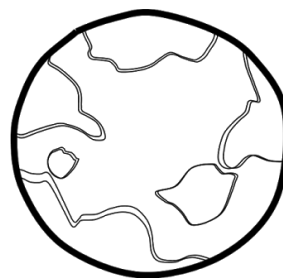
Attach a piece of string, hang it up and you have a mini solar system!



Mercury



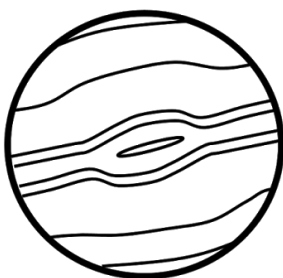
Venus



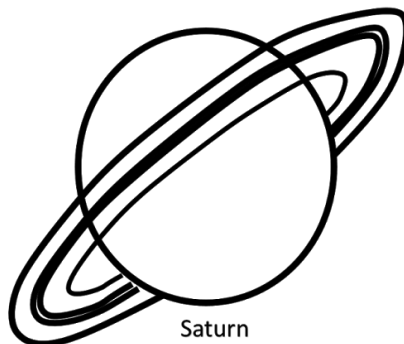
Earth



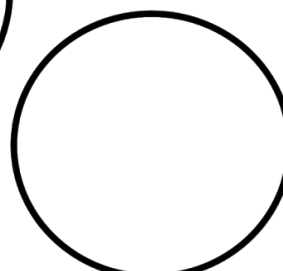
Mars



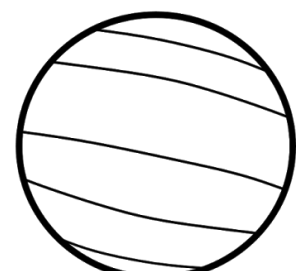
Jupiter



Saturn



Uranus



Neptune

# Cheese & Tomato Pasties

Makes 2 - 4



## Ingredients

50g plain Flour  
25g butter, softened  
1 tbsp water  
2 cherry tomatoes  
20g cheese, grated  
tbsp tomato puree  
Milk/egg to glaze  
Extra flour to roll

## Adult Prep

Wash hands and put aprons on. Lay out:  
Weighed ingredients, mixing bowl, tablespoon,  
knife, rolling pin, pastry brush, large round cutter

Pre heat oven to 190C

## Let's Cook!

1.  
Put the flour into the mixing bowl and add the butter. Use the hide and tickle technic to rub the butter into the flour until it resembles sand.

2.  
Add the water a little at a time. Mix with the tablespoon and the dough should come together into a soft ball. You might not need all the water.

3.  
Roll out to less than 5mm thick. And cut out 4 circles using the larger cutter.

4.  
Spread a little bit of tomato puree on 2 of the circles. Sprinkle a pinch of cheese onto the puree and add a chopped cherry tomato to each.

5.  
Using your finger, put a little milk/egg around the edge of the circle and put one of the other plain circles on top. Press down around the edge to seal the filling.

6.  
Brush the top with a little milk/egg. Bake for 15 minutes until golden brown. Cool, as the cheese will be hot!



rolling  
sprinkling

Now that you  
can make pastry  
- you could make  
some jam tarts!



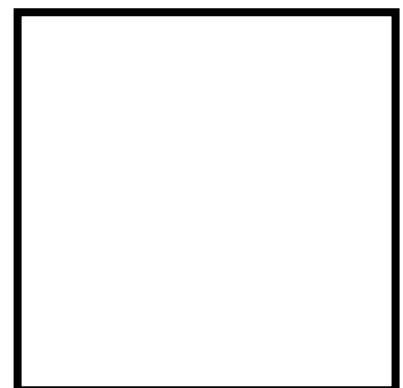
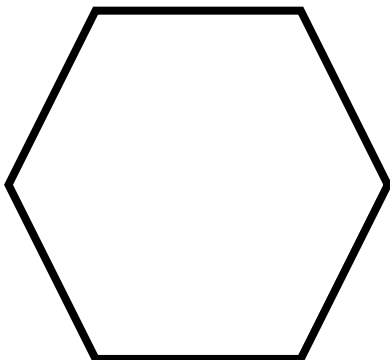
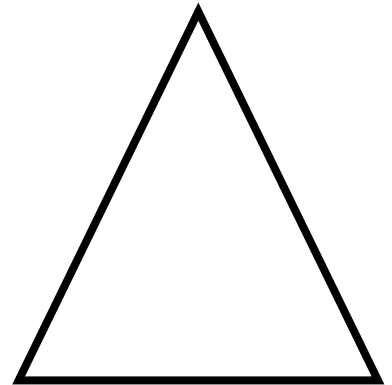
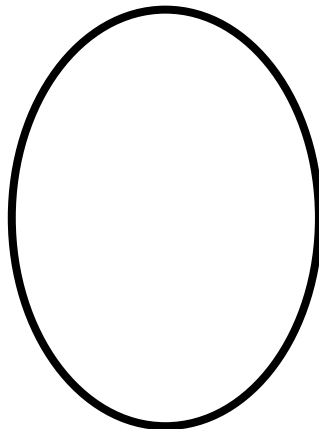
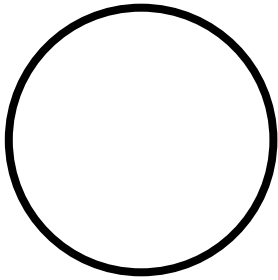
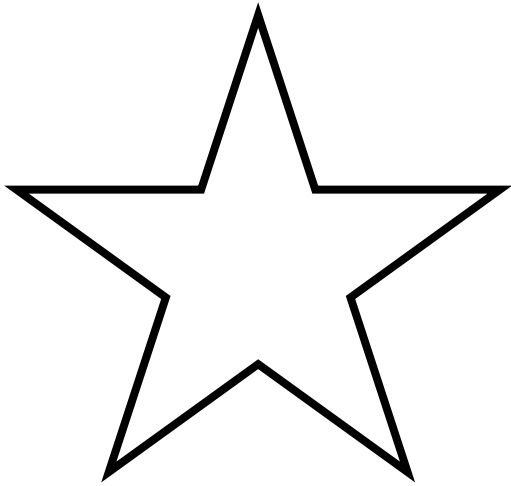
# Shape Activity

What shape are the cheese & tomato pasties? Can you find that shape on this page?  
Can you name the other shapes!

Junior Foodies – how many more shapes can you draw and name?

Can you draw a picture just out of shapes?

It could be a house or car, an animal or a person?





# Easy Peasy Pasta

Serves 3



## Ingredients

1 egg, beaten  
1/2 tsp salt  
140g plain flour  
2 tbsp water  
A dash of olive oil (optional)

## Adult Prep

Boil water in a large pan

Lay out:  
weighed ingredients, mixing bowl, fork, pizza cutter  
or table knife, rolling pin  
Wash hands and put aprons on.

## Let's COOK!

1. Put the flour in the mixing bowl (or straight onto the work surface in a big heap if you want to be really authentic!). Add the salt. Make a deep well in the flour.

2. Crack the egg into the well and lightly beat the egg with a fork. Gradually stir into the flour to make a thick dough. Add the water and olive oil if needed.

3. Sprinkle some flour onto the work surface, turn out the dough and knead it well for around 3-4 minutes. You can squidge it, knock it and pull it!

4. Roll out as flat as you can without it tearing. Use a pizza cutter or table knife to cut into strips or whatever shapes you like!

5. Bring a pot of water to the boil and cook for 2-3 minutes. It will float to the surface when cooked.

6. Drain, mix in a sauce or just a dash of olive oil or butter and enjoy!

Try it with grated cheese or pesto!



cracking kneading

You could even make lasagne!



# Italy Activity

Pasta is very popular around the world, especially in Italy.




## Junior Foodies

– can you complete these facts about Italy and add some of your own?

1. Italy is in the continent of \_\_\_\_\_
2. The capital city is \_\_\_\_\_
3. Other Italian cities include \_\_\_\_\_
4. It is famous for foods like \_\_\_\_\_
5. It has a very high mountain called \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

Below is the outline of the Italian flag. Do you know the colours?

Can you fill it with foods of the same colour? You could use words or drawings!

		
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# Easy Peasy Pizza

Makes one medium Pizza



## Ingredients

75g Greek yogurt  
100g self raising flour  
Extra flour for dusting  
Tomato passata  
Cheese  
Toppings eg. mushrooms,  
sweetcorn, olives,  
pepperoni, ham, pineapple

## Adult Prep

Wash hands and put aprons on.  
Lay out:  
Prepared ingredients, fork, rolling pin and mixing  
bowl, baking tray

Pre heat oven to 200C

## Let's Cook!

1.  
Put the Greek yoghurt and  
self raising flour into a bowl  
and mix together to make a  
dough.

2.  
If the dough is too  
sticky, add more flour.

3.  
Knead the dough for a  
few minutes on a  
floured surface.

4.  
Make a ball of dough and roll  
out into a thin flat circle.  
Place it onto the baking tray.

5.  
Add the tomato  
passata on the base,  
then your other  
toppings then cheese.

6.  
Put it in the oven for  
10-12 minutes or until  
the cheese is bubbling.



mixing

kneading

You can use this  
dough to make flat  
bread and garlic bread!

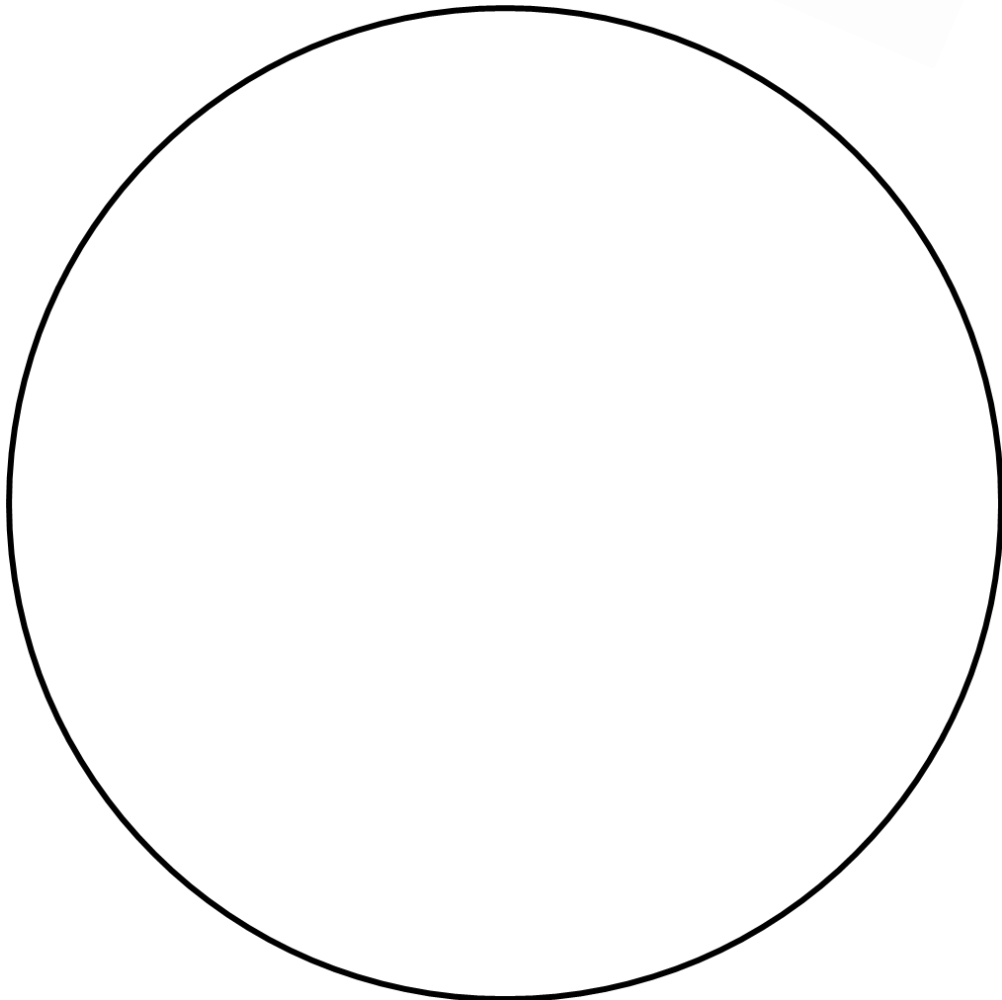
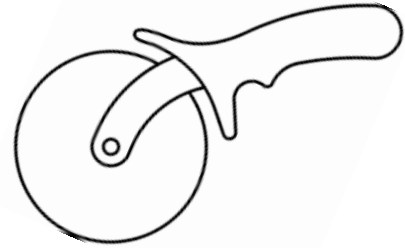


# Pizza Activity

What is your perfect pizza?

Draw and label your toppings and give your pizza a name!

My pizza is called \_\_\_\_\_



# Fantastic Fishcakes

Makes 4



## Ingredients

160g cooked potato  
90g cooked cod  
1 tbsp cooked peas  
1 spring onion  
¼ lemon, juice  
Fresh parsley  
80g breadcrumbs  
1 tbsp sunflower oil

## Adult Prep

Wash hands and put aprons on.  
Lay out:  
Weighed ingredients, mixing bowl, scissors, fork, baking tray.  
Ensure potato, cod and peas are cooked before starting.  
  
Pre heat oven to 200C

## Let's COOK!

1. Place the potato in the mixing bowl and mash with a fork. Break the cod into small pieces with fingers and add to the potato.

2. Use scissors to snip the spring onions into small pieces and add to the mixing bowl.

3. Add the peas – practice your counting! Tear a couple of parsley leaves and sprinkle into the bowl.

4. Squeeze in the lemon and mix well. Wet hands with water. Take a small handful of the mixture and squish into a ball.

5. Roll the ball in the breadcrumbs until covered. Drizzle the tray with oil and lace the fishcakes on the tray. Turn them over so both sides have oil on.

6. Repeat with the rest of the mixture. Bake in the oven for 15 minutes until the breadcrumbs have turned golden brown.



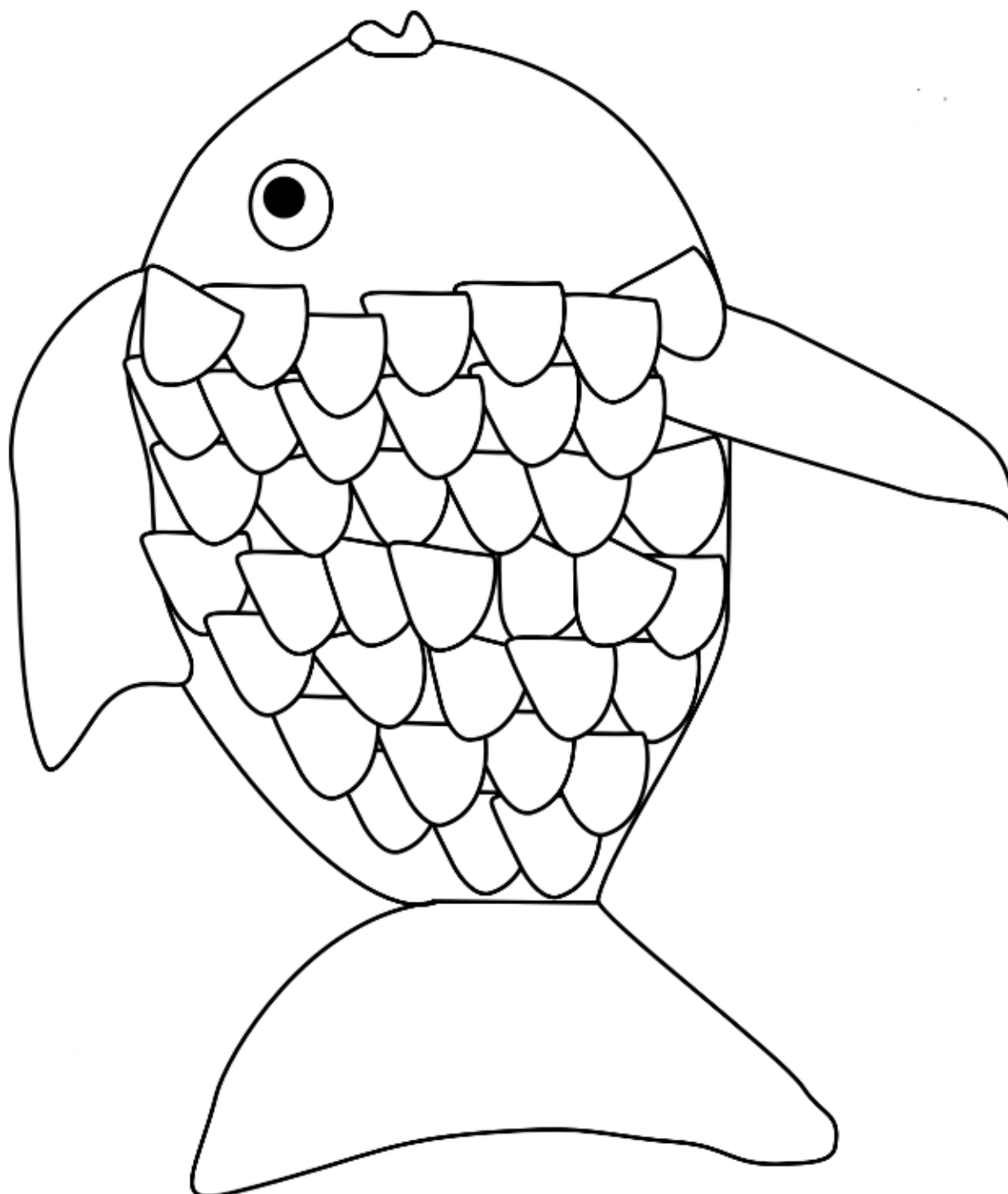
mashing      snipping

How many peas  
did you add?  
Practice your 2  
or 3 times table!



# Rainbow Fish Activity

Cut up old magazines, crafty paper, tin foil, wrapping paper etc to make scales for this fish and stick them on to make a beautiful rainbow fish!



# Mini Quiche

Makes 2



## Ingredients

1 egg  
1/2 tortilla wrap  
10g grated cheese  
1 slice of pepperoni  
1 cherry tomatoes  
A slice of red or green pepper  
Oil for brushing

## Adult Prep

Wash hands and put aprons on.

Lay out:

Weighed ingredients, mixing bowl, whisk, scissors, knife, pastry brush, muffin tin

Pre heat oven to 180C

## Let's Cook!

1. Crack the egg into the mixing bowl and whisk well.

2. Using the scissors to cut up the slice of pepper and pepperoni and add to the egg. Then add the grated cheese and give it a little mix.

3. With a knife, cut the cherry tomato in half and set aside.

4. Using the scissors, cut the 1/2 tortilla wrap in half so you have two tortilla quarters!

5. Brush the muffin tray with oil and put the tortilla quarters into the tray to make 2 baskets.

6. Carefully pour in the egg mixture into each basket and top with a cherry tomato half. Bake for 14 minutes.



cutting

brushing

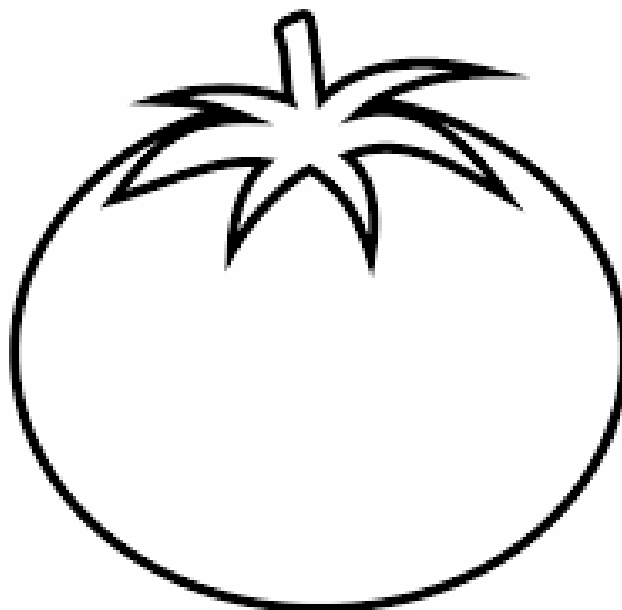
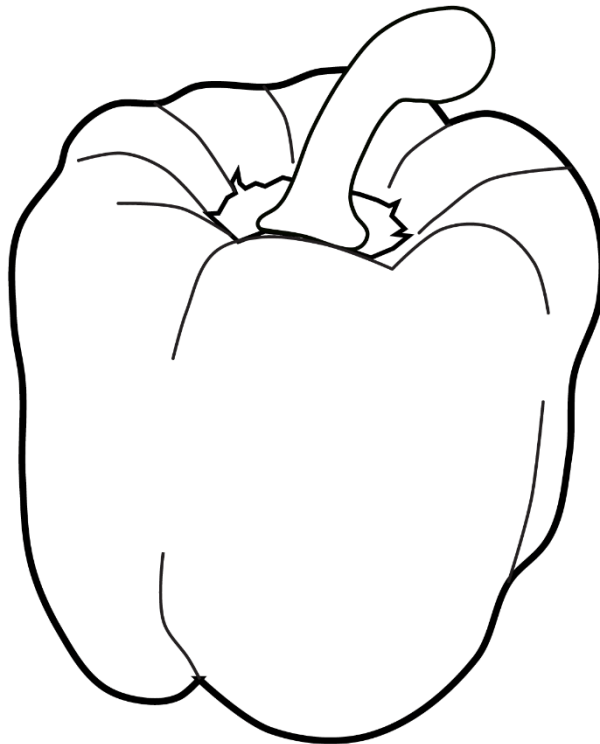
Our little rhyme for cracking eggs is 'knock, knock, knock on the door, thumbs in and open the door'!



# Vegetable Character Activity

You can add your favourite vegetables to the mini quiches – but can you turn your favourite vegetable into a character?! Using the outlines below (or draw your own) add eyes, nose & mouth, arms and legs and create a vegetable character!

Junior Foodies – can you write a story that stars your character?





# Mini Toad in the Hole

Makes 1



## Ingredients

1 egg  
50ml milk  
35g plain flour  
1 cooked sausage  
Oil

## Adult Prep

Wash hands and put aprons on.  
Cook the sausage.

Lay out:

Weighed ingredients, mixing bowl, whisk, mini tin

Pre heat oven to 220C

## Let's Cook!

1. Crack the egg into a mixing bowl – we say 'knock, knock knock at the door, thumbs in and open the door!' and whisk, careful you don't add any shell!

2. Do you have 100 bubbles?!  
Add the flour and milk.

3. Whisk together until the batter is smooth.

4. Add a good drizzle of oil to the bottom of the loaf tin.

5. Carefully pour in the batter mixture and add the sausage.

6. Cook in the oven for 20 minutes or until well risen and golden brown.



Double or quadruple the recipe to make a family meal! This batter can be used to make Yorkshire puddings as well!



whisking  
pouring

Try making lots of bubbles when you are washing your hands!



# Sausage Counting Activity

Do you know the song 'Ten fat sausages sizzling in the pan' ?

Below are 10 fat sausages. Colour them in and cut them out and pop them in a pan! Remember to add them in the correct order. You can sing the song as you are counting them in. Junior Foodies – you could do one of your times tables while you count instead?

