



# EARLY YEARS IN FOCUS

<http://kentcollege.com/early-years>



ACTIVE PLAY - ACTIVE LEARNING  
OPEN MORNING  
SATURDAY 26TH MARCH

## Children's Cookbooks

There are hundreds of children's cookbooks on the market so how do you choose the best one for you and your child?

Firstly you need to think about what sort of cooking you want to do, do you want to bake sweet and savoury treats or do you want your child to help you prepare a healthy meal?

For children it is important to have lots of labelled pictures, so check that the equipment and ingredients needed are shown as a picture, preferably a photograph, with a label. The recipe should be in a simple step-by-step format again with pictures to support.

I have chosen two of my favourite cookbooks for children. The first book is great if you are new to cooking with children and fancy some sweet and savoury treats, the second is full of more adventurous recipes and a first look at healthy eating.



MIXING



WHISKING



KNEADING



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## The Baking Book by Jane Bull



This book is aimed at 4 – 8 year olds but with extra support can be used for younger children. It has simple recipes with easy to follow step-by-step instructions with pictures of everything from the ingredients to the utensils, to the finished product. The best part of this book is the many different ideas it gives you for each of the recipes.

The first section 'Baking Basics' introduces children to topics, such as safe baking, weighing out, kitchen rules and what to have in a basic baking kit.

The recipes begin with cookies. On the first page it shows you the ingredients needed and on the opposite page are pictures of 10 different variations like choc chips, coconut, sweeties, chopped nuts, sugar strands, raisins, cinnamon, etc. Having seen the picture to help you choose, you turn the page to see how to make the basic recipe and exactly when to put the alternative ingredient in to get the cookie you want. It goes on to show you how to make even more of your cookie dough by using cutters or adding icing and other toppings. When decorating cakes try and put on a specific number of chocolate buttons, smarties, cherries etc to encourage counting skills. Use different shaped cutters for biscuits and help them learn 2D shape names.

The next recipe is for cherry pies but again it goes on to show how to make alternative tops to the pies, such as cut out shapes of stars and hearts. There are lots of different fillings you can try which are described perfectly so that your child can decide which to choose.

Other recipes in this book include:

- Tweetie Pie (a great healthy snack)
- Scones
- Monkey Bread (banana bread)
- Bread



SQUEEZING AND JUICING



BREAD MAKING



CUTTING



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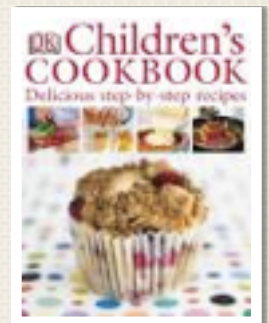


All of the above recipes have variations or different things to make with the basic recipe. Have a go at different varieties and let your child taste, touch and smell the different ingredients to develop their senses. You can introduce your child to new language by describing different textures and tastes.

This is a great book to use with children. They will not only learn so much but they will also have lots of fun. Best of all, the recipes are genuinely good to eat!

## Children's Cookbook by Katherine Ibbs

This book is filled with clearly labelled photographs and step-by-step instructions. Keep the recipe book open so you can look at it together and emphasise how you are following instructions. See if your child can match the words in the ingredient list with words on the packets. Each of the recipes tell you how many servings will be prepared and there is a star in the top corner of each page with a difficulty rating to help you pick the most suitable recipe.



The book is divided up into sections for breakfast, light meals, main meals, desserts and baking. There is a section at the beginning of the book that introduces the importance of a healthy diet and talks about the different food groups. At the back of the book there are labelled photographs of all the equipment used in the book as well as a glossary of different cooking words.

Recipes include:

Fruit smoothie, Tomato soup, Roasted vegetable lasagne, Summer fruit ripple, Crunchy muffins

Although this book is aimed at 8 - 15 year olds I have used nearly all of the recipes successfully with younger children. With young children cooking is all about helping and learning and there are lots of parts of these recipes that they can do, for example helping to chop ingredients, stirring, rolling and cutting out, filling cake cases, pouring. All of these activities will help strengthen your child's hands and improve fine motor skills, needed for holding a pencil for colouring and writing. Your child could also help with weighing out ingredients, spend time looking at the numbers, and being encouraged to use mathematical language such as more/less, heavier/lighter. This book will last a long time, and as your child grows and develops in confidence they will be able to help more and more with the different parts of the recipe and may be one day will be able to cook a recipe for you!

Article written by Miss G. Moxon

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To experience and join in with many of the activities introduced in our latest editions of EYIF please bring your little one along to our Open Morning 0930 -1200. We look forward to welcoming you and exploring together the array of learning opportunities both indoors and outdoors. Click on 'Sign up for 26th March Open Day' to register your interest.