Fun things to do at home when cooking and preparing food

Guidance

Age range: 3-5 years

We hope you have been finding our 'fun things to do at home' resources useful over the past few weeks. To supplement and extend these activity ideas, we have develop an additional set of activities based on cooking and food preparation with young children in the home. Inspired by Muriel Green Nursery School we have created some recipe cards that are in an 'easy-to-use' format, with clear instructions for ingredients and utensils needed. This includes a clearly explained 'method' for following the recipes with photographs and some adaptations that could be made so that all tastes are catered for. These will be great for you to share with parents to help them work with their children at home.

In addition to the recipe cards, and to help you guide parents to support their children during the cooking activities we have developed some guidance which links these to the Early Years Outcomes document for both the 30 - 50m and 40 - 60m age bands.

There are eight cards in the set, which can be easily accessed on any electronic device or downloaded and printed. Alternatively, these could be used to create home cooking packs or recipe card books for parents to use. It is important to reflect upon how families will gain access to the recipes without access to IT. If you are aware that any of your families have no access to an electronic device, then maybe the recipe cards could be printed in school and then sent in the post, hand delivered whilst retaining social distancing, communicated through a phone call or incorporated into a home learning pack collected from the school.

Remind your parents about food safety and hygiene in the kitchen. In a nutshell: anyone touching food should wash their hands first, especially important with our current situation. The surfaces that food is being prepared upon should be clean. Children should be kept safely away from any hot ovens, hobs and other kitchen equipment, for example hot kettles and use sharp knives with great care.

We hope you enjoy looking at the cards and sharing them with your parents and let us know how you all get on.

For more information about the Early Years Foundation Stage training, advisory and consultancy services for schools available from Herts for Learning, please contact earlyyearsteam@hertsforlearning.co.uk or visit hertsforlearning.co.uk

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