



The benefits of food activities

There are lots of benefits of providing fun food activities for children:

- confidence – children are more likely to try new foods and widen their diet
- language – children learn new vocabulary and words from different languages
- physical – cooking helps children practice physical skills, such as gross and fine motor skills, which help muscle development and hand-eye coordination
- emotional – children can feel competent and proud of themselves when cooking
- relationships – cooking activities can support team work and relationships between children and adults
- mathematics – children will learn numbers through counting and measuring
- science – children can observe how different ingredients mix together and the effects of heat and cooling
- understanding the world around them – including where spices come from, how vegetables are grown and sustainability
- diversity and culture – children can learn where foods come from and how different cultures use different cooking techniques



14 Allergens

Food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 1 Celery**
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
- 2 Cereals containing gluten**
Wheat (such as spelt and Khosran wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, perry sauce, soups and fried foods which are dusted with flour.
- 3 Crustaceans**
Crabs, lobsters, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
- 4 Eggs**
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- 5 Fish**
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6 Lupin**
Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
- 7 Milk**
Milk is a common ingredient in butter, cheese, cream, milk powder and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

- 8 Molluscs**
These include mussels, land snail, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
 - 9 Mustard**
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
 - 10 Nuts**
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
 - 11 Peanuts**
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
 - 12 Sesame seeds**
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.
 - 13 Soya**
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
 - 14 Sulphur dioxide (sometimes known as sulphites)**
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.
- For more information, visit food.gov.uk/allergy or nhs.uk/conditions/allergies
- 📧 Sign up to our allergy alerts on food.gov.uk/email, or follow #AllergyAlert on Twitter and Facebook
 - 📘 Let's keep connected at food.gov.uk/facebook
 - 🗣️ Join our conversation @[food.gov.uk/twitter](https://twitter.com/foodgovuk)
 - 📺 Watch us on food.gov.uk/youtube

Please note that the following recipes include identified Allergens.

Before cooking with children ensure that you know if they are sensitive to these identified allergens, or others.

Sunshine Baked Oats

Ingredients

- 300g tin [mandarins](#) in juice
- 432g tin [pineapple](#) chunks in juice
- 70g/2½oz mixed [dried fruit](#) or sultanas
- 120g/4¼oz [porridge](#) oats
- pinch of ground [cinnamon](#) (optional)

To serve (optional)

- [yoghurt](#) or milk

Method

- 1.Preheat the oven to 180C/160C Fan/Gas 4 and place a shelf in or just below the centre.
- 2.Strain the liquid from both tins into a measuring jug. I gently push the fruit down in a sieve to get the most out of it without squishing it to a pulp. If the liquid is short of 350ml/12fl oz, add cold water to make up the difference.
- 3.Put all the fruit and oats into a baking dish and stir gently to distribute the fruit evenly. Pour over the liquid and stir again. Sprinkle over the cinnamon, if using.
- 4.Bake for 40 minutes, or until plump and golden-brown. Leave to cool for a few minutes before serving. The oats can be enjoyed as they are, or with a splash of milk or a dollop of yoghurt.

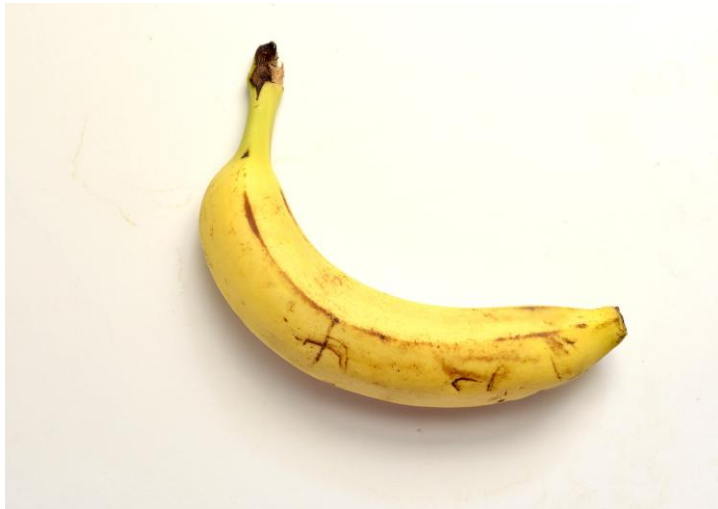


https://www.bbc.co.uk/food/recipes/sunshine_baked_oats_18627#recipe-tips

Banana & Raisin Cookies

Ingredients

2 large ripe bananas
150g Scottish porridge oats
100g raisins



Method

1. Preheat oven to 160c (fan) and line a baking tray with baking parchment.
2. Mash 2 the bananas with a fork until quite smooth.
3. In a bowl mix the bananas, oats and raisins until fully combined.
4. Dollop 16 balls of mixture onto baking tray.
5. Bake at gas 5, 190°C, fan 170°C for 18 mins or until just crisp and golden. The cookies should still be slightly soft and chewy in the middle.
6. Cool on a wire rack.

Adapted from

<https://realfood.tesco.com/step-by-step/3-ingredient-oaty-banana-choc-chip-cookies.html>

Soda bread

Ingredients

500g Strong White Bread Flour
1 tsp bicarbonate of soda
1 tsp salt
400 ml of buttermilk *

* 2 tablespoons of lemon juice
in cows milk or 'blue' oatly
milk makes a buttermilk



Method

1. Preheat oven to 200c and line a baking tray with baking parchment.
2. Put all the dry ingredients into a large bowl and mix well, then stir in the buttermilk to form a sticky dough.
3. Tip the dough onto a lightly floured surface and shape it quickly into a ball. Flatten the ball slightly with your hand. (Or directly onto the tray!)
4. Put the dough onto the baking tray. Mark it into quarters, cutting deeply through the bread, almost but not quite through to the base. Dust with a little flour.
5. Bake for 30 minutes or until the loaf is cooked through – it should sound hollow when tapped on the base. Leave it to cool on a wire rack.

Taken from: How to Bake by Paul Hollywood

CRANBERRY AND OAT COOKIES

INGREDIENTS

2 large eating apples
100g Wholegrain Scottish Porridge Oats
50g dried cranberries



METHOD

1 Preheat the oven to 180C/160C Fan/Gas 4. Peel, core and chop 2 large eating apples.

2 Cook in a pan, lid on, with 2tbsp water over a medium heat, stirring occasionally, for 8-10 mins until tender.

3 Tip into a large bowl and mash with a fork. Leave to cool slightly. Add the oats and dried cranberries, then stir until evenly combined.

4 Put heaped teaspoons of the mixture on baking trays lined with baking paper, leaving space for them to spread. Bake for 13-15 mins. Leave to cool before removing from the tray.

Pea Hummus

Ingredients

- 200g chickpeas, drained & rinsed
- 100g peas, defrosted
- ½ to 1 tbsp tahini
- Juice of 1 lemon
- 1 tbsp extra virgin olive oil
- A small bunch of fresh mint leaves (4g)
- A pinch of salt & pepper to taste



Method

Blitz all the hummus ingredients together in a blender with a splash of water until smooth.

And enjoy. ... just dip the hummus straight from the bowl!

<https://www.theguthealthdoctor.com/recipes/pea-mint-hummus-crackers>

Flatbread

Ingredients

140g Self Raising Flour
125g Greek Yogurt (0% fat
does work too)



Method

1. Add your self-raising flour and Greek yoghurt to a bowl and combine with a fork. Dust your surface with some flour and knead the mixture for a few minutes. (It needed to be kneaded in the bowl first as half the flour was left)
2. Form a ball with the dough and flatten. Cut the ball into three or six (depending how small you like the flatbreads)
3. Flatten using a rolling pin and then transfer onto pan (medium-high heat). Cook for 2-3 minutes on each side. (no oil in a non-stick pan, they seemed to stick but once cooked pulled away from the pan)

Falafel

Ingredients

- 400g tinned chickpeas in water, rinsed and drained
- 1 small onion, peeled
- 1 clove garlic, peeled
- wholemeal breadcrumbs (from 1 slice of bread)
- 1 teaspoons ground cumin
- 1 teaspoons ground coriander
- 2 tablespoons chopped fresh parsley
- 1 tablespoon olive oil

Method

- 1.Put the onion and garlic in a food processor and chop finely.
2. Add the chickpeas, breadcrumbs, cumin, coriander, parsley and olive oil, and mix for a bit longer.
3. Shape into 16 balls and place on a greased or lined baking tray. Chill for 30 minutes.
- 4.Place tray into a preheated 200C oven (180C fan, gas mark 6) and bake for about 25 minutes, turning the falafel to prevent sticking.
- 5.To assemble, fill each pitta with lettuce, sliced tomatoes and cucumber, falafel and some fat free Greek style yoghurt.



<https://www.nhs.uk/healthier-families/recipes/falafels/>

Fruit slice

This recipe has no added sugar.
Instead the fruit provides a lovely sweet flavour!



PREP & COOK
TIME



MAKES



SUITABLE FOR
VEGETARIANS



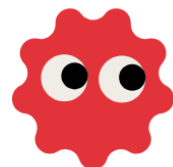
What you need

200g wholemeal self raising flour
50g oats
1 teaspoon cinnamon
Pinch of mixed spice
30g apicots, roughly chopped
1 apple, grated
1 banana, peeled and mashed
100g dried mixed fruit, for example,
sultanas, currants, raisins
50g flaked almonds
150ml semi-skimmed milk

Method

1. Preheat the oven to 180°C / Fan 160°C / Gas mark 4.
2. Put all the dry ingredients and fruit, together with 40g of the almonds, in a large mixing bowl. Add the milk and mix well.
3. Line a cake tin with greaseproof paper. Add the mixture to the tin, spread and press down with a spoon.
4. Bake for 20 minutes. Remove from the oven and sprinkle the remaining almonds and bake for a further 5 minutes.
5. Leave to cool on a cooling rack and slice into 8 pieces.

<https://www.evelinalondon.nhs.uk/resources/patient-information/Together-we-cook.pdf>



**London South
Early Years**
Stronger Practice Hub



Blueberry Muffins

Makes around 11 or 12 Muffins

Ingredients

2 ripe bananas (about 200g)
1 large egg
65ml water
65ml vegetable oil
125g plain flour, sifted
1/2 tsp baking soda
1 1/8 tsp baking powder
75g fresh blueberries



Method

1. Preheat the oven to 180C Fan,
2. Mash the bananas in a bowl, using the back of a fork, and set aside.
3. Beat the egg in a large bowl, and combine with the mashed bananas, oil and water until well-mixed.
4. Next, stir in the dry ingredients until incorporated, being careful not to over-mix.
5. Gently fold the blueberries into the mixture.
6. Spoon the mixture evenly into the liners, until each is about 3/4 full.
7. Bake in the pre-heated oven for about 25 minutes, until the tops are golden brown and a toothpick inserted into the centre comes out clean.
8. Cool slightly, then gently remove the muffins and allow them to cool completely on a wire rack before serving.

Carrot & Banana Muffins

Makes 8 Muffins

Ingredients

2 carrots
1 ripe bananas
1 medium egg
150g self-raising flour
1 tsp baking powder
1 tsp ground cinnamon
50g sultanas
75ml vegetable oil



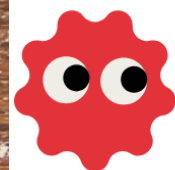
Method

1. Preheat the oven to 170C Fan,
2. Peel and grate the carrots, then peel and mash the banana.
3. Crack the egg into a small bowl, and beat with a fork.
4. Sift the flour together with the baking powder and cinnamon into the mixing bowl and then stir in the beaten egg.
5. Add all the remaining ingredients to the bowl and stir.
6. Spoon the mixture evenly into the liners, until each is about half full.
7. Bake for 20 to 25 minutes until firm to the touch.
8. Cool slightly, then gently remove the muffins and allow them to cool completely on a wire rack before serving.

Thank you to Kathryn Shaw who emailed this recipe to me in October 2019



What recipe
will you
try?



London South
Early Years
Stronger Practice Hub

Books as starting point to tasting, preparation & cooking

Oliver's Vegetables, Olivers Fruit Salad, Olivers Milkshake
by Vivian French

Pumpkin Soup, A Pipkin of Pepper, Delicious by Helen
Cooper

Handa's Surprise by Eileen Browne

The ABC of African & Caribbean Food
by Rochelle Watson-Senyah

Which Food will you choose? By Claire Potter

Zed's Bread by Mick Manning

The Bread Pet by Kate DePalma

Rosa's Big Pizza Experiment by Jessica Spanyol

Dumpling Day by Meera Sriram

Mama Panya's Pancakes by Mary & Rich Chamberlin

JoJo & GranGran Cook Together by Pat a cake

Cook it! By Georgie Birkett

Pop a Little Pancake! By Annie Kubler

Colin and Lee, Carrot and Pea by Morag Hood

No more peas by Madeline Cook

Bee-Bim Bop! By Linda Sue Park

Baby, Let's Eat! By Amy Pixton

Plants feed me by Lizzy Rockwell



Books about food growing

I am a Carrot – Jellycat fabric book

I am an Avocado - Jellycat fabric book

Tap the Magic Tree by Christie Matheson (Apples)

Ruby plants a Radish by Kate Petty

How Does my Garden Grow? – Gerda Muller

How Does my Fruit Grow? – Gerda Muller

Little Pumpkin – autumn publishing

Jasper’s Bean Stalk – Mick Inkpen

Jack and the Beanstalk – Traditional Tale

The Little Red Hen traditional tale (wheat)

The Enormous Turnip – Traditional tale

Grow it! By Georgie Birkett

Grandpa’s Garden by Stella Fry

Eddie’s Garden by Sarah Garland

Muncha! Muncha! Muncha! By Candace Fleming (carrots)



Stories with food in them

Traditional tales of Goldilocks, the Magic Porridge Pot,

The Very Hungry Caterpillar by Eric Carle (the fruits!)

Full, full, full of love Trish Cooke

The Old Woman and the Red Pumpkin by Betsy Bang

I'm a little pumpkin by Hannah Eliot

The Little Mouse, The red ripe strawberry and the big hungry bear by Don & Audrey Wood

Rufus and the Blackberry Monster by Lisa Stubbs

Baby Goes to Market by Atinuke

Shopping! By Jess Stockham

Give me my Yam! By Jan Blake

Stay for Dinner by Sandhya Parappukaran

The world came to my place today by Jo Readman

Each Peach Pear Plum by Janet & Allan Ahlberg

Supertato Series by Sue Hendra and other food books
(food based characters but not so much about real food!)

Cat's Cookbook by Julia Donaldson (cat cooks macaroni cheese after finding recipe books in the library)

Fruits a Caribbean counting poem by Valerie Bloom

The Gruffalo by Julia Donaldson (not real foods but scrambled snake, owl ice cream, roasted fox and Gruffalo crumble)



Books with a variety of foods which might not be considered ‘healthy’

The Gingerbread Man – traditional tale

The Tiger who came to Tea by Judith Kerr

Chocolate Mousse for Greedy Goose by Julia Donaldson

I am Hungry by Michal Rosen

Chocolate Cake by Michal Rosen

Barty’s Ketchup Catastrophe by Sally Chambers

The Very Hungry Caterpillar by Eric Carle (The Saturday page!)

The Giant Jam Sandwich by John Vernon Lord

Don’t put your finger in the jelly, Nelly! by Nick Sharratt

I went to the Zoopermarket by Nick Sharratt

Mr Wolf’s Pancakes by Jan Fearnley

There was an old lady who swallowed a fly by Pam Adams

Pancakes by Eric Carle





Get Involved!

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