

ENHANCEMENT Cookery



Welcome to Cookery

Our Cookery enhancement offers the skills, smells and tastes achieved from home cooking that instils a lifelong pleasure in making and enjoying delicious foods to support well-being and all-round health.

Culinary Adventures

Learning to cook at a young age is thoroughly enjoyed by the children and is an excellent, engaging way to build basic math skills such as counting eggs or measuring water. By exploring their senses, an adventurous palate grows, along-with confidence and a whole host of homemade goodies that are proudly brought home for everyone to enjoy.

Your nursery is equipped with specialist children's cooking and baking equipment that are designed for the budding chef, meaning they are safe and have easy grip handles, ready to support the children's culinary adventures.

Once your child has whipped up a biscuit or created winning cheesy scones, your child will be supported to place it in the Mobile Mini Kitchen with a 'cool touch' oven, perfect to safely cook away in a controlled environment.



Cooking Equipment

Your budding chef will have a chef's hat and apron to protect their clothes.



Baked in Learning

Cookery is an opportunity for children to learn valuable skills for the future whilst creating and preparing their own food.

Key learnings include:

- Understanding where food comes from
- How to grow their own food and then use it in their cooking
- Appreciate and taste food from other cultures
- Early maths skills including counting and measuring
- Learning to listen, concentrate and follow instructions safely
- Sequencing – taking steps in a certain order
- Creative thinking and actions
- Teamwork and encouraging each other.




Cookery Promise

- Weekly cooking sessions with healthy recipes
- Mobile Mini Kitchen with 'cool touch' oven and child friendly cooking equipment
- Recipe cards to share with parents.

Example Recipe Card

Linking home to nursery and nursery to home creates a solid foundation for your child to develop in their important environments. We have created recipe cards so you can copy the ingredients and steps at home to further build on your child's skills and confidence whilst having lots of fun

RECIPE CARD
Cheesy Scones



Ingredients

- 2 cups self-raising flour • 60g butter • 1 cup grated cheese
- 1 egg • 2/3 cup of milk (approx.)


Contains: Gluten, Dairy, Egg

Resources

- Bowl • Weighing scales • Baking tray • Rolling pin • Cookie cutter or cup
- Grater • Sieve • Measuring cups • Fork • Pastry brush • Wire cooling rack

Step-by-Step

1. Preheat the oven to 220°C/Gas Mark 7.
2. Sieve the flour into a bowl.
3. Rub the butter into the flour until it is like breadcrumbs.
4. Add the grated cheese and mix well.
5. Beat the egg and add it to the mixture, along with the milk.
6. Mix until the dough is soft and sticky.
7. Turn the dough out onto a floured surface and knead lightly.
8. Roll out the dough to about 2cm thickness.
9. Cut the dough into rounds using a cookie cutter or a cup.
10. Brush the tops with a little milk.



Safety First, Safety Always

Frequently Asked Questions

Q: My child has food allergies will they be able to take part?

A: We have recipes to cater for different dietary requirements and these will always be considered when carrying out an activity. Where possible, we will make an alternative,

Q: Will my child use the oven?

A: All of the equipment is designed for children, including child safety knives and a cool touch oven. Adults will always be responsible for placing and removing items from the oven.

At the heart of our **Brighter Learning Approach** is our commitment to fortifying the foundations of lifelong learning. Your nursery offers Cookery as part of an overall engaging curriculum instilling curiosity, creativity and well-being.