

Activity		Let's bake!	
Key:	Due the various abilities of our children we have graded some of the activities into different levels.	Contact details:	schools@cdssgroup.org.uk
Seeds	Your child may access different levels depending on the activity as well as their ability.		All Education Advocates access this email.
Saplings			Sarah Larkin (Cheshire West)
Trees			Becky Harris (Cheshire West)
			Yvonne Edwardson (Cheshire East)

Brief description of Activity

What can you bake? So many learning opportunities with baking and lots of opportunities to develop hand strengthening skills. Let us know your favourite recipes, this activity shows you how to make simple cup cakes and biscuits.

Resources needed

Biscuits: easy for young children
 200g butter
 200g sugar
 1 egg
 400g flour
 Add chocolate chips or raisins optional.

Method: Put butter in a bowl and beat it until creamy, add the sugar then the egg and finally the flour to make a dough. If sticky add more flour.
 Pull off pieces and roll into a ball and squish flat to a thickness of approximately 0.5cms.
 Space apart on baking paper or a greased tray and bake at 180 degrees for 10 minutes.

Cup cakes: makes 24 cup cakes
 75g butter
 50ml vegetable oil
 125g sugar
 2 eggs
 125g Self-raising flour
 2 tablespoons of milk
 1 teaspoon of vanilla extract.
 250g icing sugar to decorate.



Method: Line bun tins with paper cases. Put all ingredients into a bowl and beat. Dollop mixture into cases and bake at 180 degrees for 10-12 minutes. When cooled mix the icing sugar with enough water to create a thick consistency and ice the cup cakes.

Activity – Seeds and Saplings

Talk about the importance of hand washing before making food. Use the Makaton signs and symbols to support when you should wash your hands. Make a list of the ingredients, write them down and can you find them? Children may be interested to know you can make different things with different flour i.e plain, self-raising, strong flour. You may also have different types of sugar in your cupboard too.

Encourage your child to do the mixing of the dough with a spoon, whisk or their hands, whichever is appropriate. Encourage them to use a rolling pin to roll out the mixture and cutter to cut out the shape. When they are cooked and cooled, use icing pens or an icing bag and encourage your child to squeeze the icing onto the cookies in any pattern they like. Enjoy the cookies together!

Activity - Trees



Talk about the different ways we can measure foods. Some foods, generally dry foodstuffs are measured in grams and kilograms. Liquid items are generally measured in ml and litres.

Look at other items in your cupboards that show how much they contain and point them out.

You could weigh out 200g of different items and see what it looks like.

Look at the recommended portion amounts of rice or pasta and weigh out enough for the family.

Attachments

Measuring jugs activity
 Reading weighing scales activity
 Makaton – Hygiene signs and symbols



Cheshire Downs Syndrome Support Group

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