

Activity		The Little Red Hen	
<b>Key:</b>	Due the various abilities of our children we have graded some of the activities into different levels.	<b>Contact details:</b>	<a href="mailto:schools@cdssgroup.org.uk">schools@cdssgroup.org.uk</a>
<b>Seeds</b>	Your child may access different levels depending on the activity as well as their ability.		All Education Advocates access this email.
<b>Saplings</b>			Sarah Larkin (Cheshire West)
<b>Trees</b>			Becky Harris (Cheshire West)
			Yvonne Edwardson (Cheshire East)

### Brief description of Activity

The classic tale of the little red hen is the focus of today's activity and the moral of the tale about helping others and working together to get the job done!  
(Reminds me of a builder I once knew!)



### Resources needed

Ingredients for pizza base  
Toppings

### Activity: Seeds and Saplings

<https://www.youtube.com/watch?v=2E72TZy0LN0> The story of the little red hen, read aloud with words to follow.

<https://www.youtube.com/watch?v=GLzna0Hrsco> animation of the story without words.

Listen to the story and talk about how the flour was made and all the different things we can make from flour.

We also have different types of flour to make different things.

If you're out and about look out for the wheat growing in the fields.

Bread flour seems to be more readily available than self raising flour at the minute so why not try and make some bread or a pizza base. There is a Makaton resource attached to choose toppings for your pizza.



### Quick and easy recipe for making pizza bases

- 225g self-raising flour
- 50g butter
- 1 egg
- 100ml milk

### Method

Pizza base (makes 2 pizzas)

1. Rub the flour and butter together until they resemble breadcrumbs
2. Mix in the egg and then add enough milk to make a soft dough and knead lightly
3. Divide the dough into 2 pieces, or 4 pieces if you want smaller pizzas, and pat out into rounds - place on greased baking sheets



### Traditional pizza base

- 300g strong flour
- 200ml water
- 1tsp fast action dried yeast
- 1tsp sugar
- ½ tsp salt
- 1 tbsp olive oil

### Traditional base (makes 2 pizzas)

1. Mix all the ingredients together in a bowl and knead until you have a smooth dough (add a little more flour if the dough is too sticky) cover the bowl with cling film and allow to prove for around 30 minutes (if you have a bread maker, use the dough setting)
2. Divide the dough into 2 pieces, or 4 pieces if you want smaller pizzas, and pat out into rounds - place on greased baking sheets

To make the sauce you will need:

- Tomato puree or tomato ketchup
- Dried mixed herbs (oregano or fresh chopped basil)
- Cheese

### The topping

1. Spread tomato puree or tomato ketchup over the pizza bases, sprinkle with the herbs
2. Top with grated cheese and get your children to decorate with whatever toppings you have in the fridge
3. Bake in a preheated oven 200'C/Gas mark 6 15-20 minutes if using a scone or dough base, until golden brown

If you haven't got time to make your own bases then you can also use any of the following to make a pizza base: pitta bread, naan bread, crumpets, halved baguettes, bagels, muffins, tortilla wraps, pizza base mix

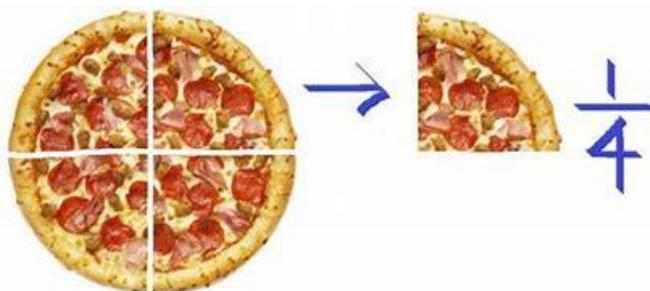
### Activity extension: Trees

Your child could make the pizza for the family with a much or as little support as necessary.

Decide what the toppings will be and ask each family member to order their toppings. Let your child/young adult be the chef for the evening!

Pizzas are also a fantastic way to introduce or support learning about fractions or division.

Talk about cutting the pizza or dividing the mixture in half/quarters.



Create a pizza with a paper plate or colour in a pizza template. Cut the plate into sections i.e 4 pieces and talk about each one being a quarter. 2 quarters is the same as one half etc.

Eat one piece, how many quarters are left?



**Attachments:**

Makaton make your own pizza

**Cheshire Downs Syndrome Support Group**

Registered Charity Number 1146127.

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