

Kids Can Cook

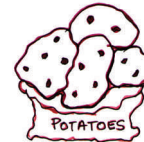
Recipe Book

for Very Busy

Teachers



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CONTENTS

The Importance of Cooking with Children.....	Page i
Weights and Measures.....	Page ii
Sweet	Page 7
White Christmas Trees	Page 9
Cherry Ripe Muffins.....	Page 10
Floral Patty Cakes.....	Page 11
White or Chocolate Christmas Tree.....	Page 12
Ginger Bread People.....	Page 13
Iced Biscuit Shapes.....	Page 14
Banana Fudge Sticks.....	Page 15
Frozen Jelly Fruit Pops.....	Page 16
Chocolate Balls.....	Page 17
Coconut Balls.....	Page 17
Fruit Pop Corn.....	Page 18
Honey Rice Bars.....	Page 18
Rocky Road.....	Page 19
White Christmas Bunny and Santa.....	Page 20
Coconut Ice.....	Page 21
Rudolph's Reindeer Treats.....	Page 22
Coloured Candy Canes.....	Page 23
Pretty Patty Cakes.....	Page 24
Savoury	Page 25
Vegetable Rolls.....	Page 27
Cowboy/Cowgirl Pizzas.....	Page 28
Face Plate.....	Page 29
Vegetable Fritters.....	Page 30
Vegetable and Cheese Filo Rolls.....	Page 31
Chicken and Sour Cream Burritos.....	Page 32
Ham and Mushroom Macaroni Cheese.....	Page 33
Ham and Cheese Toasties.....	Page 34
Savoury Cheese Toast.....	Page 34
Savoury Shape Biscuits.....	Page 35
Cream Cheese Balls.....	Page 35
Cheesy Ham Twists.....	Page 36
Chicken and Ham Tacos.....	Page 36
Chicken Burgers.....	Page 37
Things on Sticks.....	Page 38

The Importance of Cooking with Children

Children love to cook. The recipes in this book have been collected from the cooking experiences of teachers who enjoy sharing their cooking experiences with children. They believe cooking envelops all the foundation learning areas of the preschool curriculum and provides lots of fun while teaching children essential social and developmental skills.

Cooking is a real world, social activity observed by children every day within their own families and in the community. It encourages experimentation and understanding of foods used in their own and different cultures.

While cooking, children need to communicate with adults and their peers, to produce a positive outcome. They can express their ideas and appreciate the ideas and suggestions of others. When cooking, children have the opportunity to express themselves in numeracy and verbal and non-verbal language.

Cooking allows children to practice fine and gross motor skills and to understand the joy of their finished product. Success builds self esteem and encourages children to feel confidence in their own abilities.

While cooking, children will gain understanding by using thinking skills to form ideas; problem solve; cooperate with others and follow instructions.

Cooking teaches children the importance of food groups and choice of diet, encouraging them to look after their bodies and grow into healthy adults.

Pretty Patty Cakes

Makes about 50

Ingredients

400g salted butter, softened
400g castor sugar
8 medium eggs, at room temperature
400g self-raising flour
A little vegetable oil

Note

For variety add 2 tps of vanilla essence for vanilla patty cakes, finely grated zest of 4 lemons for a lemon flavour, finely grated zest of 4 oranges for an orange flavour or replace 100g of the self-raising flour with 100g of cocoa powder and add 100g of melted dark chocolate to the butter and sugar mix for chocolate patty cakes.

Decorating these patty cakes is only limited by the imagination. Use coloured icing, sweets, sprinkles or coconut.



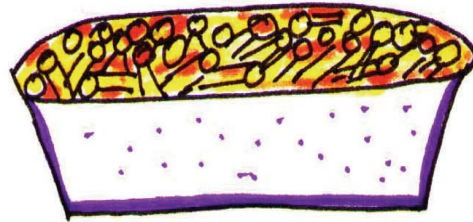
Method

- 1 Preheat the oven to 200°C, gas 6.
- 2 Place the butter, sugar and chosen flavouring in the bowl of an electric mixer and cream together until pale and fluffy.
- 3 Beat the eggs lightly in another bowl and slowly add to the mix, while beating on a medium speed. If the mixture starts to curdle, add a little bit of flour.
- 4 Once the eggs and the butter mixture are combined, mix in the flour at low speed.
- 5 Place paper cases in muffin trays and fill with the cake mix only up to half of their height.
- 6 Bake in the oven for about 12—15 minutes.
- 7 Allow to cool and decorate as desired.

Ham & Mushroom Macaroni Cheese

Ingredients

- 1 pkt macaroni pasta
- 1 cup cooked diced ham
- 1 cup cooked sliced mushrooms
- 1 cup grated cheddar cheese
- 1 cup milk
- 2 tbsps plain flour
- 1 tbsp butter



Method

- 1 Following the packet instructions boil the macaroni.
- 2 Drain in a colander.
- 3 Melt the butter in a saucepan, remove from heat and add the flour until a paste forms.
- 4 Stir in milk until smooth.
- 5 Add cheese, cooked ham and cooked mushrooms.
- 6 Return macaroni to the saucepan and combine all together until heated through.
- 7 Serve immediately.

