



Ready, Steady, Cook!

Encouraging children to cook from an early age helps them understand what is good for them, gives them a skill for life and makes them far more adventurous with food. It can also help children to explore taste and texture combinations and ways to eat things they thought they didn't like. Use this activity pack to get tickling those taste buds.

Activities and Ideas

1. Go to our website and download the Parent Pamphlet, Teachers Pack or visit Great British Apples and Pears (websites in our helpful links); where you will find some appletastic recipes.
2. Choose a recipe to try depending on what's in your cupboards.
3. Use scales to look at weights and measures.
4. Can you come up with your own apple inspired recipe? Remember different apple varieties will have different tastes and textures.

There are so many varieties of fruits and vegetables, get experimenting and see if you can include your 5 a day, everyday!



Helpful Links

All about apples

<https://www.countrysideclassroom.org.uk/resources/634>

Cooking with kids

<https://www.foodafactoflife.org.uk/>

Easy apple recipes

<https://www.netmums.com/recipes/ingredient/apple-recipes>

Parent Pamphlet

https://www.nationalfruitshow.org.uk/uploads/Apple_World_Parent_Pamphlet.pdf

British Apples and Pears

<https://britishapplesandpears.co.uk/>

Great British Apples

<http://greatbritishapples.co.uk/>

Check out Great British Apples Instagram for delicious weekly recipes
@greatbritishapples



Create a Recipe Card

Think of a really healthy meal or snack that you really enjoy. Write an ingredients list and then clearly write how you make it from start to finish. Once you've cooked or made it, take a photo and stick it at the top of your recipe card. Then get an adult to message your Recipe Card to our Facebook page.

Made by _____

My Recipe
for... _____

Serves: _____

What you need: _____

Prep time: _____

What to do: _____





Check our Facebook page, you might find your recipe for everyone to cook!



Don't forget to send us pictures of what you have been up to!