



Life Skills



Information for Grown ups



How to use this learning resource

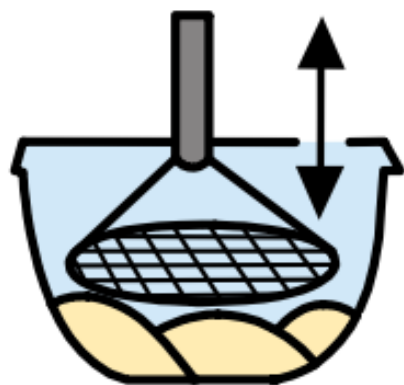
1. Work through the different pages. Complete the activities together.
2. Learn how to use a masher. What does mashing mean?
3. Follow the steps to learn and practice the skill.
4. Click the links to find more recipes.
5. What meals can you make together that involve the skill of mashing?



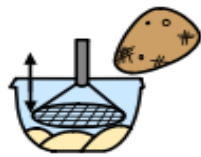
Cooking



skills

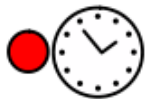
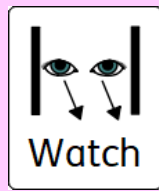


Mashing



Mashed potatoes

Click the link



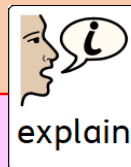
Before



After



Explain that the potatoes grow in the ground and are dug out of the ground at harvest / Autumn time.



What



you

are



going to



need



Peeler



Masher



Saucepan



Potatoes



Milk



Butter



1. Peel 1kg of potatoes.

2. Cut the potatoes into cubes.

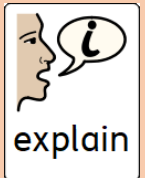


3. Boil the potatoes in the water.



4. Provide a potato masher so that your child can begin to mash the potatoes.

Mash potatoes – crush them with a potato masher until very soft with no lumps.

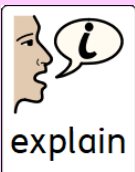


5. Add 125 ml (1/2cup) of milk and 40 g of butter and mash potatoes again.



6. Enjoy your mash potatoes.

Comment on what your child is doing:



- I can see you are peeling potatoes.
- I wonder what are you going to use to mash potatoes.
- I can see you are going to pour milk in the pot.



Structured sabotage

Set up situations that encourage your child to **recognise errors**, **solve problems independently** and **ask for help**.

Comment on what your child is doing:

- I wonder what are you going to use to mash potatoes.
- I can see you are going to use a fork for mashing.



Don't boil the potatoes. Does your child realise a step has been missed?



Give your child a fork instead of a potato masher. Do they find a technique to make the mashing easier?



Ask your child to mash potatoes with their hands when they are cold. Will they ask for a masher?



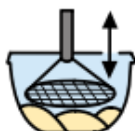
Give your child a spoon instead of a potato masher. Will they ask for different equipment?



Let's



Practice...



Mashed



sweet potatoes

Click the link



Watch



Before



After



Choose



correct



ingredients



and



utensils



Peeler



Masher



Saucepan



Sweet potatoes



Milk



Butter



Spoon



Flour



Potatoes



Strawberries



Water



Eggs

Encourage your child to say what is next,
what they are going to do.



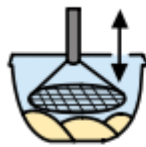
say



Let's



Practice...



Mashed



sweet potatoes

Comment on what your child is doing:

- I wonder what are you going to use to mash potatoes.
- I can see you are going to use a fork for mashing.



say



1

1. First

???

Explain



2

2. Then

???

Explain



3

3. Next

???

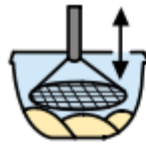
Explain



Let's



Practice...



Mashed

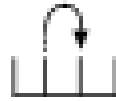


sweet potatoes



4

4.



Next

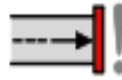
.....

???

Explain



5



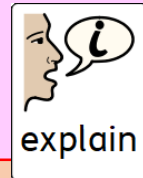
5.

Finally

.....

???

Explain



Unlike regular potatoes, sweet potatoes are considered to be root vegetables. Both sweet and regular potatoes grow under the soil. Just like regular potatoes, their origins lie in Southern America. The Inca were already growing sweet potatoes 800 year after Christ. It was probably Columbus who brought the first sweet potatoes to Europe.

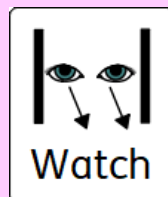


Additional ideas

Mash tomatoes – make a tomato puree for your spaghetti Bolognese.



Click the link

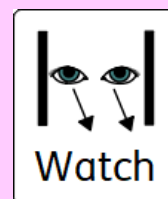


Click the link

Mash a banana to make banana bread.



Click the link



Click the link

Mash peas – make mushy peas or peas on toast.



Click the link





Additional recipes

Loaded potato skins



Click the link

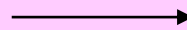


recipe

Rainbow mashed potatoes



Click the link



recipe

Wacky mashed potatoes



Click the link



recipe