



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 mix ingredients. What does mixing 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 mixing?



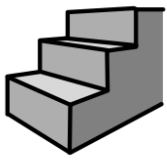
Cooking



skills



Mixing



Steps to success

1. Are you holding the utensil correctly? Hold the handle firmly in one hand.
2. Make sure you are holding the bowl with the other hand.
3. Move your arm round in circles.
4. Keep the bowl on a flat surface.
5. Follow instructions to start and stop mixing.
6. Be careful not to spill too much!

Stirring is the simplest mixing method. It involves mixing all the ingredients together with a utensil, usually a spoon, using a circular motion.

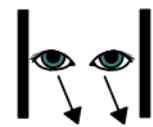


Banana



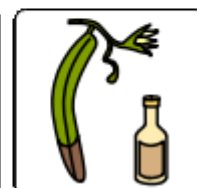
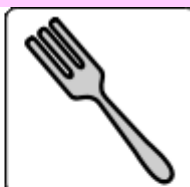
milkshake

Click the link →



Watch

You will need:
(can you name these items?)



1. Peel and chop two bananas into small pieces.
Mash it with a fork.

2. Add 300ml milk into the jar.



say

Comment on what your child is doing:

- You are adding ingredients.
- You are pouring.



3. Put $\frac{1}{2}$ teaspoon of vanilla extract into the jar.



4. Add one teaspoon of sugar or honey.



6. Share it and enjoy it!

5. Stir all ingredients together with a wooden spoon. When mixed properly blend it until smooth.

Comment on what your child is doing:

- I can see you are adding a teaspoon of honey.
- You are mixing the mixture with a spoon.



Bananas are rich in fiber and they are easy to digest for children. This makes them feel full for longer. Bananas are good for the heart as well.

The calcium and potassium content in bananas is good for your child's growing teeth and bones.



Structured sabotage

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

Comment to prompt your child's thinking:



- I wonder what are you going to mash bananas with.
- I wonder if this will taste the same as the last milkshake we made?



Change banana for plantains. Do they know this is a different food?



Use water instead of milk. Do they recognise that this will taste different? Do they realise water is thinner than milk?



Mash bananas with your hands. Do they ask for a utensil to use instead? Do they know what to ask for?



Use salt instead of sugar/ honey. Do they recognise that this will taste different?



Let's



Practice...



Strawberry



milkshake

Choose the ingredient measurements and name what else you will need:

5

5



strawberries



1 teaspoon of



honey



300ml

of



milk

$\frac{1}{2}$

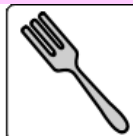
1/2

a

teaspoon



of vanilla



Encourage your child to say talk about what they are doing, what is next and what they are going to need.



say



1



1.

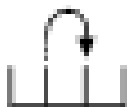
First

???

Explain



2



2.

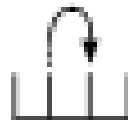
Then

???

Explain



3



3.

Next

???

Explain



Let's



Practice...



Strawberry

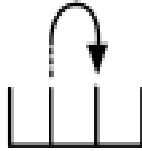


milkshake



4

4.



Next

.....

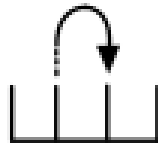
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Explain



5

5.



Next

.....

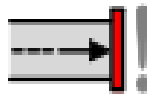
???

Explain



6

6.



Finally

.....

???

Explain

Do not clean up for your child! Support them to tidy up. It's an investment in your future.



Let's



Practice...

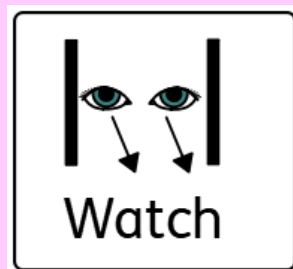


Scrambled egg on toast

You will need:
(can you name these items?)



Click the link



1. Break two eggs
into a bowl.



2. Pour 100ml milk into
the bowl.

Encourage your child to name items, say what step is next, talk about what they are going to do.





Scrambled egg on toast



3. Use a whisk to stir it all together.



4. Pour two tablespoons of cooking oil in the frying pan.



5. When oil is hot pour your mixture in and keep stirring.



6. Toast two slices of bread.



7. Put your scrambled eggs on your toast.



Additional recipes

Meringue nests



Click the link



recipe

Meringue kisses



Click the link



recipe

Raspberry meringue roulade



Click the link



recipe



Additional recipes

Fluffy pancakes



Click the link →



recipe

Toad in the hole



Click the link →



recipe

Flapjacks



Click the link →



recipe