Introduction

This recipe is bursting with natural ingredients and natural ways to learn!

There is no better way to learn than when it feels like it is happening naturally. That's why cooking together is such a wonderful shared experience. While you are following the step-by-step recipe, opportunities to talk and learn will simply present themselves. You can:

- talk about the shapes, textures, flavours and colours of food,
- talk about different varieties of food and search for food groups,
- learn new vocabulary to describe preparing and cooking food,
- play language games with each letter of the alphabet.

Conversion tables

We have used celsius temperatures and metric measurements in this recipe. Use these tables if you need to convert measurements to suit your cooking equipment.

Oven Temperature

Celsius	Fahrenheit	Gas Mark
110°C	225°F	1/4
120	250	1/2
140	275	1
150	300	2
160	325	3
180	350	4
190	375	5
200	400	6
220	425	7

Liquids

Metric	Imperial
5 ml	1 tsp
15 ml	1 tbsp
20 ml	4 tsp
25 ml	1 fl oz
50 ml	2 fl oz
150 ml	1/4 pint
200 ml	7 fl oz
300 ml	1/2 pint
450 ml	15 fl oz

Solids

Metric	Imperial
25 g	1 oz
50 g	2 oz
125 g	4 oz
225 g	8 oz
350 g	12 oz
400g	14 oz
450 g	1 lb
700 g	1 1/2 lb
900g	2 lb

Preheating - Before you put food in the oven, always make sure it is at the correct cooking temperature.

Important information

Ingredient list.

Letterland character shown with a fun alliterative sentence to read.

Step-by-step instructions to follow.

Cooking terms to learn. See Glossary.

Warning symbol to show where extra supervision is required.

Lists of food stuffs starting with the target letter sound to help build vocabulary.

Estimated preparation and cooking times to help you plan ahead.

Recipe description.
savoury = green
sweet = pink

Useful tips and ideas.

Difficulty ratings.

Safety

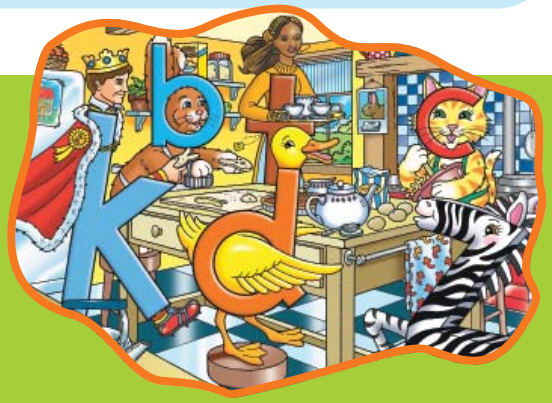
- ✓ Always supervise young children in the kitchen.
- ✓ Where sharp knives, blenders or high temperatures are required, you will see this symbol. A young child should not do these steps.
- ✓ Always wear an apron and tie back long hair when cooking.

Hygiene

- ✓ Wash your hands when preparing food.
- ✓ Wash all fruit and vegetables thoroughly.
- ✓ Be clean and tidy in the kitchen. Wash up as part of the activity.
- ✓ Use separate chopping boards for meat and vegetables.
- ✓ Store cooked and raw food separately.

Get cooking!

Try, adapt, experiment and enjoy.



Walter Walrus's Watermelon Wells

Tasty drink

Look out for...

Walter Walrus says 'w' in...

walnuts
wafers
waffles
wasabi
watercress
watermelon
wheat
whey
whipping cream
whiting
white wine
wild rice

In warm weather, remember to drink lots of water as well!

Hard

Easy

Prep 15 mins

Cook 0 mins

You will need...

1 watermelon

crushed ice

2 cups orange juice

3 tbsp raspberries

Walter Walrus thinks these are wonderful in warm weather.

Wash the watermelon. You can tell if a watermelon is ripe by giving it a lit-tle thump! If it's ripe it will sound hollow.

Scoop out the watermelon flesh and set aside. Remove all the seeds and put them on your compost heap.

Place the flesh in a blender. Whizz until it is a smooth consistency.

Add the orange juice and raspberries and whizz again. You could even squeeze your own orange juice so it's really fresh!

Put a little crushed ice in the bottom of the scooped out water melon and pour in the watermelon juice.

You could put straws into the watermelon or scoop out servings with a ladle. Wonderful!