

Before You Begin

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 this 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			Liquids		Solids	
Celsius	Fahrenheit	Gas Mark	Metric	Imperial	Metric	Imperial
110°C	225°F	1/4	5 ml	1 tsp	25 g	1 oz
120	250	1/2	15 ml	1 tbsp	50 g	2 oz
140	275	1	20 ml	4 tsp	125 g	4 oz
150	300	2	25 ml	1 fl oz	225 g	8 oz
160	325	3	50 ml	2 fl oz	350 g	12 oz
180	350	4	150 ml	1/4 pint	400 g	14 oz
190	375	5	200 ml	7 fl oz	450 g	1 lb
200	400	6	300 ml	1/2 pint	700 g	1 1/2 lb
220	425	7	450 ml	15 fl oz	900 g	2 lb

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

Safety



- Always supervise young children in the kitchen.
- Where sharp knives, blenders or high temperatures are required, an adult should step in. 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.

Strawberry Santa Skewers

You will need

- 1 medium sized banana
- 5 strawberries
- 1/4 cup of white chocolate chips (or plant-based alternative) plus 5 extra for decorating
- Lollipop sticks, skewers or paper straws
- Edible eyes (you could also use raisins)



Instructions

1. Wash and dry your strawberries. Ask an adult to help you carefully cut the tops off. Peel and slice your banana into 5 equal pieces.
2. Melt your chocolate, and use a small amount to 'glue' each strawberry to a piece of banana. Then slide the fruit onto one of your skewers/sticks. Be careful not to push the stick all of the way through!
3. Paint the white chocolate onto the edge of each strawberry piece, to create a Santa hat effect. (You could also dip the strawberries into the chocolate, but this can be quite messy!)
4. Use any remaining chocolate to stick a chocolate chip to the top of each strawberry hat, and to add two eyes to the front.
5. Your strawberry Santas are complete! Pop them in the fridge to set and then enjoy your sweet and scrumptious treat.

