



# STEPHEN HAWKING SCHOOL

## Summer activities 5: Exploring food

We have created five handouts with suggestions for activities you can do at home during the summer holiday.

These are:

1. Going on a picnic
2. Going to the park
3. Going to the seaside
4. Going to the zoo
5. Exploring food

**Exploring food** You can explore playing with food, and also make some food for your child and the family to enjoy. If your child has any eating and drinking difficulties, do make sure you follow the guidelines you have been given.

Food Play Texture Hierarchy

Easy	Soft and dry	Wet	Challenging
<ul style="list-style-type: none"><li>Firm and dry:</li><li>• Dry textures fall away and the child can control contact with the texture.</li><li>• No brushing or wiping is required</li><li>• Marzipan</li><li>• Ready roll icing</li><li>• Broken pancakes</li><li>• Cereals – cornflakes, rice krispies, cocoa pops etc.</li><li>• Uncooked noodles (hard)</li><li>• raw vegetables (either whole or in chunks – but dry!)</li><li>• liquorice</li><li>• snack foods – skips wafers,</li></ul>	<ul style="list-style-type: none"><li>• Dry textures that mostly fall away, some particles or bits may stick to the hand.</li><li>• Brushing residue required to break contact</li><li>• Icing sugar</li><li>• Cocoa powder</li><li>• Dry angel delight mix</li><li>• Dry porridge oats</li><li>• Granulated sugar</li><li>• Sherbert</li><li>• cake decorations – hundreds and thousands, strands etc</li></ul>	<ul style="list-style-type: none"><li>• Wet textures that maintain contact with the hand but the child can easily break contact with the texture.</li><li>• Requires wiping to break contact with texture.</li><li>• Water</li><li>• Cooked noodles</li><li>• Cooked lentils</li><li>• Cooked pasta / spaghetti</li><li>• Cooked rice</li><li>• Jelly</li><li>• Mashed potato</li><li>• Ice cubes</li><li>• piping icing</li><li>• Custard</li><li>• Yoghurt</li><li>• Baked beans</li><li>• pureed fruit and vegetables</li></ul>	<ul style="list-style-type: none"><li>• Wet and sticky</li><li>• Wet textures that stick to the hand and the child has least control when breaking contact with the texture.</li><li>• Requires repeated wiping to break residue away.</li><li>• Melted chocolate</li><li>• Mashed banana</li><li>• Angel delight</li><li>• Porridge</li><li>• Ice cream</li><li>• Tinned Spaghetti</li><li>• chocolate spread</li><li>• jam, lemon curd etc.</li><li>• ketchup</li><li>• sweet and sour sauce</li></ul>

Items may also include additional properties at the end of the scale like: ice cream is wet, sticky and cold

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### Food play

There are lots of different foods that your child might enjoy exploring through play. See the Food Play texture Hierarchy below:

Some tips:

- Contain the mess by using a tray with a raised edge, a small paddling pool, etc.
- These are play sessions and there is no expectation that your child will eat the foods being explored
- Provide small bowls, spoons, sieves, cups, etc. to play with
- Explore finger painting and mark making with wet foods
- Create landscapes for plastic animals., e.g. Weetabix and water, chocolate and butterscotch Angel Delight





Make a fruit rainbow.  
Then blend the fruits in a blender to make a fruit smoothie

## Cooking with your child

There are lots of activities you can do with your child to prepare food for the family to enjoy. Here is a list of suggestions. The links given are for pictorial recipes you and your child can follow. Other recipes are included at the end of this handout

### No cooking required



#### Fruit skewers

Wash and cut up different fruits for your child to push onto a wooden skewer (be careful of the pointed end)



#### Sandwiches

A sequence for making a jam sandwich is given below

Try different fillings (e.g. ham, egg mayonnaise, tuna)

Egg and cress sandwich:

<http://resources.sparklebox.org.uk/4000-5000/sb4891.pdf>



#### Strawberry, raspberry and banana smoothie

(see recipe below)



#### Ice lollies

(see recipes below)



#### Chocolate ice-cream

(see recipe below)

## Some cooking required



### Pizza faces

Split muffins in half, add tomato puree or pizza sauce and toppings.

Decorate your pizza with cheese, and different vegetables to make faces. Grill or cook in the oven until the cheese is melted

### Rice Krispie chocolate cakes

<http://resources.sparklebox.org.uk/sb1003.pdf>

### Butterfly buns

<http://resources.sparkleboxteacherresources.ltd.uk/sb2463.pdf>

### Jam tarts

<http://resources.mysparklebox.co.uk/10001-11000/sb10754.pdf>

### Vegetable soup

<http://resources.sparklebox.me.uk/501-999/sb720.pdf>

### Egg omelette

<http://resources.sparkleboxteacherresources.ltd.uk/sb2259.pdf>

### Egg noodles Sri Lankan style

(see recipe below)

### Macaroni cheese

(see recipe below)



# Food Play Texture Hierarchy

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## Let's Make a Jam Sandwich



Butter the bread.



Spread the jam on the bread.



Put the second slice of bread  
on top.






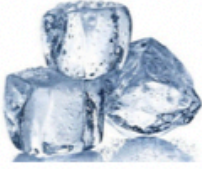

Cut the sandwich in half.



Enjoy !



## Strawberry, Raspberry and Banana Smoothie

				
4 Strawberries	1 Banana	8 Raspberries	4 Ice cubes or 50 ml cold water	150ml Milk



1. Peel and cut a banana.

1. Add 150ml of milk and the chopped banana to the blender



3. Cut the strawberries and raspberries and put in the blender.

4. Add the ice cubes, put the lid on the blender and whizz until smooth





## Ice lollies

These can be made in ice cube trays (see the orange lolly recipe) or in a lolly mould (see strawberries and cream recipe)

### Simple syrup (for the adult to make)

1 cup sugar and 1 cup water



Put sugar and water in a pan



Heat and stir until sugar is dissolved



Leave to cool



Pour into a jar with a lid



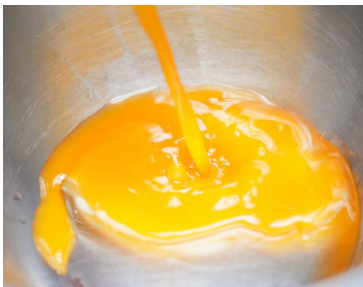
Keep in the fridge for up to 4 weeks

### Orange ice cube lollies

1 cup orange juice

1tbsp simple syrup

2 tbsp lemon juice (optional)



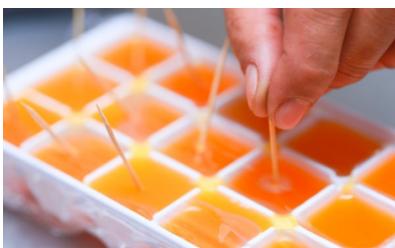
Mix all the ingredients in a bowl



Pour into ice cube trays



Cover with clingfilm or tinfoil



Push a stick through the clingfilm (make sure the sticks are not sharp)



Place in the freezer



When frozen remove and enjoy



### **Strawberries and cream ice lollies**

1 lb strawberries

1/4 cup double cream

1/3 cup simple syrup

1 tbsp lemon juice



Cut the tops off the strawberries



Blend the strawberries in a blender



Stir the blended strawberries with the remaining ingredients



Pour into lolly moulds or an ice cube tray (see orange lolly recipe)



Put the lids on or cover with clingfilm and add sticks (see orange lolly recipe)



Place in the freezer



Enjoy!



## Egg Noodles Sri Lankan Style



							
<b>12oz</b> egg noodles	<b>1</b> carrot (sliced)	<b><math>\frac{1}{4}</math></b> cabbage (sliced)	<b>1</b> Leek (sliced)	<b>1tsp</b> ginger paste	<b>1tsp</b> garlic paste	<b>2tbsp</b> tomato ketchup	<b>1tbsp</b> soy sauce



1. Cut the cabbage, leeks and carrots into thin slices.

2. Cook the noodles.



3. Heat some oil in a large pan. Fry the ginger and garlic until soft.

4. Add the carrots, cabbage and leeks.







5. Add the tomato sauce and Soy Sauce. Add salt and pepper.



6. Cook for about 5 minutes.







7. Add the cooked noodles. Stir and cook for two minutes.



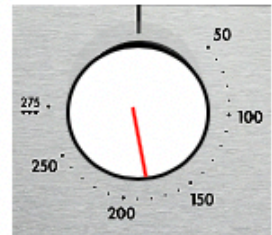
8. Put into a foil tray and put on the side to cool.



## Macaroni Cheese

						
<b>50g</b> Plain Flour	<b>50g</b> butter	<b>250g</b> Grated Cheese	<b>500ml</b> Milk	<b>200g</b> Mushrooms	<b>2</b> Chopped onions	<b>350g</b> spiral pasta

1. Heat oven to 180C



2. Boil 350g spiral pasta for 2 mins less than stated on the pack, then drain.

3. Chop the onions and slice the mushrooms. Cook for 5 minutes in a frying pan.

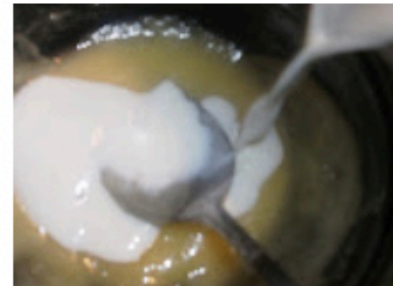


4. Melt the **butter** in a saucepan on a low heat



5. Stir in the **flour** and cook for 1 min

6. Gradually stir in the milk and add 1 tsp of mustard.



7. Take from the heat and stir in the **cheese**.

8. Put the onions, mushrooms and pasta into an oven proof dish. Then cover with the cheese sauce.



9. Bake for 20 mins until crisp and golden.

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