

## MONDAY 20<sup>th</sup> March 2017

### *Early Years Learning Framework Outcomes*

Outcome 1 – Children have a strong sense of identity.

Outcome 2 – Children are connected with and contribute to their world.

Outcome 3 – Children have a strong sense of wellbeing.

Outcome 4 – Children are confident and involved learners.

Outcome 5 – Children are effective communicators



Today we made our own hamburgers. The children had been talking about hamburgers the previous week so we thought it would be fun to make our own. Hugo remembered that we had been speaking about hamburgers so he chose to wear a hamburger T-shirt.

- Everyone took turns to look at the various ingredients and to mix them.
- Each child rolled the mince, then flattened it to make their own pattie.



- Jodie cooked the patties and the children took turns in choosing which vegetables they would like to add to their burger. We encouraged them to try something new.



- Finally, time to eat the burgers. !





## **Benefits of cooking with kids.**

Children love the opportunity to cook.

There are also all sorts of things your child can learn while helping you to cook, including:

- what different foods look and feel like
- where foods come from
- how to get food ready for cooking – for example, washing and peeling vegies
- what new words mean – for example, whisk, peel, roll, grater
- how to understand measuring and maths concepts – for example, half, one teaspoon.
- how to follow instructions in a recipe and do things step by step
- how to wait patiently eg for their turn, for that cake to bake!
- Practice counting skills
- Measuring amounts of dry and wet ingredients.
- Broadening your child's palate.
- Encouraging children to use all of their senses.
- The importance of hygiene.