



Filling Tomato Soup

!! Please remember that hands should be washed before cooking and that children should be supervised in the kitchen !!

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, peeled and chopped
- 2 large celery sticks, chopped
- 2 garlic cloves, finely chopped
- 2 tablespoons tomato purée
- 400g tin chopped tomatoes
- 2 pints stock, made from stock cube
- 400g tin cannellini beans, drained and rinsed
- 100g dried spaghetti, broken into short lengths
- ¼ head green cabbage, finely sliced
- 2 teaspoons dried mixed herbs
- salt and freshly ground black pepper
- 100g cheddar cheese

No measuring jug? Use an empty tin (3 tins = about 2 pints)

WARNING! Use a glove or tea towel to pick up the tin when full of hot water/stock.



1. Chop the onion and fry gently in the olive oil (don't let the onion get too brown).



2. Add the chopped carrots, celery and garlic and mixed herbs. Stir occasionally until vegetables are softened.



3. Add the tomato puree, tomatoes, cannellini beans and stock. Bring to the boil and bubble gently for 5 minutes.



4. Add the short spaghetti and shredded cabbage and bubble for another 7-10 minutes.



5. Serve with the Cheddar cheese sprinkled on top of the soup.

Let children wash the celery, and carrots (then they don't need to be peeled).

Ask children to smell the herbs and tip them into the sauce.

Ask older children to grate the cheese.

No cheese grater? Chop cheese into small chunks.

Get children to read the recipe and line up the ingredients in the right order.

Young children can break the spaghetti.

With supervision, older children may be able to chop the vegetables.

Get children to 'test' the carrots, celery, and 'white baked beans'.

Cabbage can be swapped for spinach, green beans or peas (fresh or frozen).

Children can also get out plates and cutlery while the cooking is finished.



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Easy Snack Crackers

Bag contains: 150g plain flour + ½teaspoon salt + ½teaspoon white sugar + 2 teaspoons mixed herbs

Just add 2½ tablespoons water and 2 tablespoons oil



1. Heat oven to 220°C/gas 7
2. Roll out dough to thickness of £1 coin and cut into shapes.
3. Put on greased baking sheet. Sprinkle shapes with a little water and mixed herbs. Prick each square once with a fork.
4. Bake in the oven for 12-15 mins, until crackers are slightly golden. Once cool, can be stored for up to two weeks.
5. Eat on their own, or with soft cheese, cucumber, Cheddar, peanut butter what else?

Mix dry ingredients with water and oil to a smooth dough.

No rolling pin?
Use a clean bottle,
or tin, or drinks can

Home-made Popcorn



Before



After

1. Heat a tiny drop of oil to a pan and then add the corn in a single layer.
2. Cover with a lid and heat on medium high. Holding the lid in place, shake the pan occasionally to stop the corn kernels sticking.
3. Wait a few minutes for the popping to start.
4. Only take the lid off when nothing has popped for about 5 seconds.
5. Enjoy eating warm, fresh popcorn!

No pan lid?
Use a heat-proof plate,
but don't burn
your fingers!



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