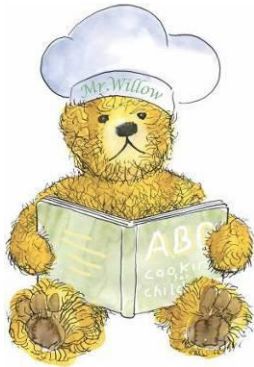


## Children's Food Matters



Children's Cookery and Food Understanding made FUN with Mr. Willow (The Bear Chef).

**PANCAKES** with maple syrup, lemon juice and blueberries (serves 4-6)

## FUN FOOD NEWSLETTER

for you and your child to share

In this **Pancake Day** issue:

- 🧑 A Fun Food Recipe - to make with your child.
- 🧑 Foods in season this month
- 🧑 Fun Food Facts - why healthy food matters at an early age
- 🧑 More Fun Food Activity Suggestions.

Let's make a healthy recipe together for Pancake Day.



### FUN FOOD FACTS -

- 🧑 Shrove Tuesday is the day before Lent starts and in the "olden" days this was a day when people cleared out their pantries in order to prepare themselves spiritually for Easter with fasting and praying for the 40 days of Lent. They found a recipe which used up all the perishable foods like eggs and milk and fat... can you guess what it was? Yes PANCAKES!
- 🧑 The effect of excess sugar in our diet has been linked to obesity, diabetes, cardiovascular disease, dementia, macular degeneration and tooth decay. Most of us are already trying to eat less sugar and in doing so we can train our children in natural and low sugar foods which can positively influence their future eating habits! Traditionally pancakes have been sprinkled with sugar and lemon juice so here is an opportunity to use other natural alternatives to sugar... a little Maple syrup or Honey ...both are delicious.
- 🧑 Lemon juice is full of Vitamin C which is essential to over-all body health and especially important for healthy skin, it also helps to protect us from infections, colds and flu.
- 🧑 Blueberries are an amazing food; they are rich in vitamins and minerals. Recent studies indicate that they can improve learning and memory. Try adding some to your breakfast cereals, fresh fruit salads or homemade cakes and puddings...they are delicious! Blueberries are a really good snack for small children, especially when travelling as they don't get too messy or sticky.

Please  Like Children's Food Matters on Face book.










## Let's make some Pancakes

**Suggestion-** Please ensure that the ingredients and equipment you will need are not too hard to find ... then your child can help share in this activity right from the start! Don't forget to include them in the hygiene measures as well i.e. the washing of hands and cleaning the work surfaces before and after cooking.

**You will need:** A large mixing bowl in which to make your pancakes , a chopping board, a lemon squeezer, a ladle, a hand whisk, a sieve, a large spoon for stirring, a wooden spoon, a non stick frying pan or griddle, a spatula , a few plates and small bowls to weigh out the ingredients in. A small light frying pan for your child to have a go at tossing the pancakes.



There are a number of food handling skills that younger children can be involved with such as:

-  Collecting the items above
-  Washing the blueberries
-  Cracking and beating the eggs (you can strain them later if necessary)
-  Spooning and sifting the flour
-  Stirring the batter
-  Squeezing the lemon (together)
-  Weighing out the ingredients (subject to having child friendly scales)



### To Make the pancakes you will need:

100g plain flour

200ml milk

2 eggs, lightly beaten

1 tbsp sunflower oil plus a little for the frying pan

100g/4oz blueberries (or raspberries)

A fresh lemon, a little maple syrup or runny honey

### Care & Attention -

Every effort should be made to enable your child to see you cooking the pancakes but they must remain a safe distance away and out of reach of the hot pan.

**Together:** Collect the items and ingredients you need. Weigh out the ingredients.

In a large bowl, sift together the flour. Make a well in the centre of the flour, add the eggs and a little milk and pull the flour into the egg mix and beat until smooth. Squeeze the lemon.

**Adult:** Lightly oil a frying pan (or griddle) and place on a medium heat. Place a ladleful of the batter into the pan and move gently to spread evenly. Allow to the batter to gently set from the heat, loosen the edges from the pan and when firm enough turn or flip it over. The pancake should be golden brown on both sides. Serve immediately with maple syrup, lemon juice and fresh blueberries or set aside ready to reheat later.



**Suggestion:** If you make and set aside a few extra smallish pancakes then your child can have a go at flipping them later when they are cold. Use a small light "child friendly" frying pan for this. It is great fun.

**To serve:** Warm up the pancakes (you can also warm the blueberries for a few seconds in the microwave) Sprinkle the pancakes with some lemon juice and maple syrup (or runny honey) and add some blueberries or other fruit.

**Other seasonable fruit and vegetables to use in February:** Apples (Bramleys), lemon, rhubarb oranges, Clementines, Satsumas, pomegranates, cabbage, parsnips, purple sprouting broccoli, figs and dates.



Research shows that a healthy diet in the early years not only increases a child's educational attainment but also impacts their future eating habits.

\*Research studies at Bristol University - Alspac longitudinal study.

### Fun food Activities

- 🧸 Try growing your own blueberries. They are easy for children to grow in a container in the garden but they need a lime free soil/compost (ericaceous). Specialist blueberry farms can advise you. You may need a small net to keep the birds from taking them!
- 🧸 Why not try making a fresh blueberry and strawberry fruit salad?
- 🧸 Read the traditional story of The Big Pancake that ran away (Ladybird)
- 🧸 When the weather is fine and your child has some friends to play, why not have a pancake race?



### Flipping Pancakes (Richard Miles)

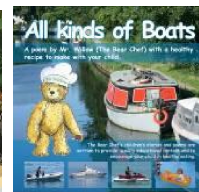
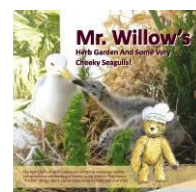
Now that Pancake Day has come,  
Flipping pancakes is such fun.  
First crack eggs into a bowl;  
Whisk them briskly for us all.  
Sprinkle flour nice and white;  
Add some milk to make it right.  
Make the batter thick not runny;  
Tasty pancakes for my tummy.  
Cook it in a frying pan;  
Flip and catch it if you can...



- 🧸 Can you find any more children's poems, rhymes or stories about pancakes?

If your child enjoys food preparation and cooking you might like to try some more Fun Food activities with Mr. Willow.

Mr. Willow's pre-school children's books & eBooks encourage healthy eating and cookery right from the start! They are written for an adult and child to share. Follow the link to [www.nurseryfood.com](http://www.nurseryfood.com) website.



Please note that if you wish to receive **Mr. Willow's Fun Food Newsletters** on a regular basis you will need to sign up to this facility from our websites:-

[www.willow-cottage.com](http://www.willow-cottage.com) or [www.childrensfoodmatters.com](http://www.childrensfoodmatters.com)

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