

INTRODUCTION:

It's important that children begin to taste and enjoy new foods. This activity will get children thinking about how to describe the different tastes and textures of ingredients.

RECIPE TIPS- Knickerbocker:

- You can use any fruits you have at home: fresh, frozen, dried or tinned.
- If you don't have ice cream use yogurt, custard or just milk (to make a chunky milkshake).
- Use any toppings you have at home: cereal, nuts, seeds, dried fruit etc.
- The knickerbocker can be shared between 2 people!

KS2 ACTIVITY TIPS:

- KS2- This is a great activity for all children but especially fussier ones. Get the children to pretend they are a judge from the 'Bake off' or 'MasterChef', this should help them to describe the ingredients better.

NUTRITION NUGGET:



- It doesn't matter if fruit is fresh, frozen, tinned or dried, they will all count towards our 5 a day.
- To make this an everyday snack switch out the ice cream and squirty cream to yogurt.
- Adding healthy toppings like nuts and seeds is a great way to increase the nutrients in this snack. They add protein and healthy fats important for growing bodies.

CURRICULUM LINKS:

- Art - Become proficient in drawing, painting, sculpture and other art, craft and design techniques.
- English - Identify and describe different tastes and smells of foods.

TOOLS REQUIRED:

- Pencil
- Paper
- Colouring pens/pencils

