



LEARNING TO LOVE FOOD AND COOKING

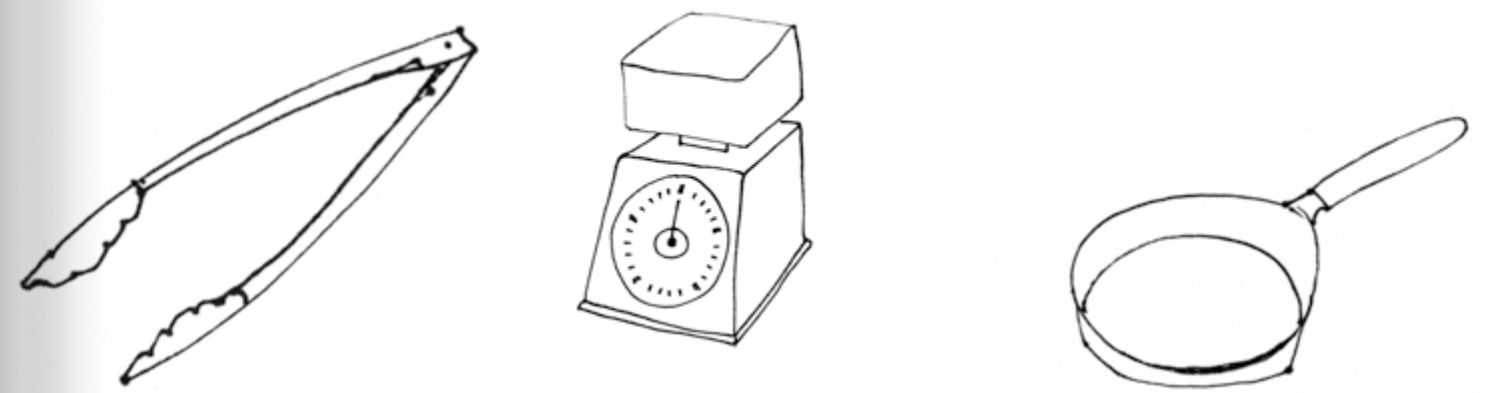
With Maple from Canada and Cook School
a recipe adventure workbook

**5 - 7
year olds**

An introduction
key stage 1



**COOK
SCHOOL**



AN INTRO TO THE WORKBOOK

Good food helps to keep us nourished, energised and happy. It brings families and cultures together and when we eat a varied diet it will help to keep us healthy too.

We believe it's important to inspire children from an early age to be curious about food, to help them to understand food and to teach them how to cook.

The eating habits that we form as children follow us into our adult lives and help us to shape our decision-making when it comes to the food we enjoy. So, developing a diverse diet

full of nutritious foods from a young age is key. This is why we've developed a series of fun workbooks for children from 3 - 11 years old, in partnership with Cook School. Inside each booklet are some exciting maple recipes that your child can make independently for the family to eat, some fun activities and links to more information and videos.

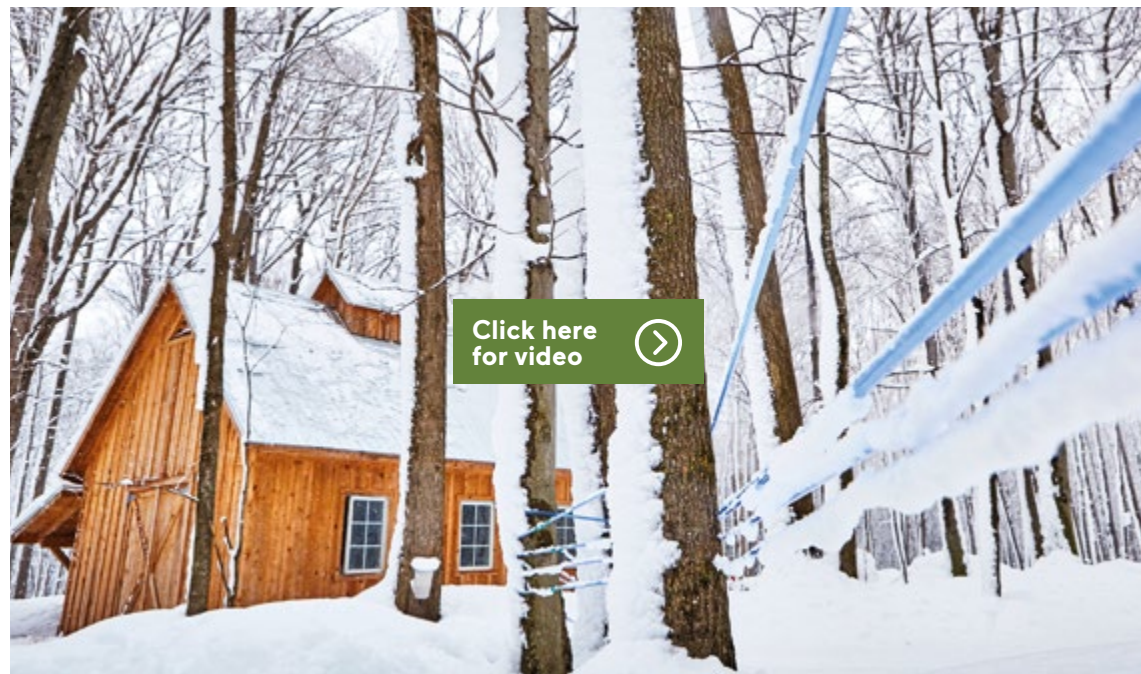
About Cook School

Cook School is a pioneering, not-for-profit, nationwide organisation teaching young people up to nineteen years to understand food and how to cook. Cook School believes that knowing how to do both of these things will help us all to be healthy and to have a healthier planet. Started by leading children's food writer Amanda Grant and her partner Kristian Dean, Cook School has taught over 50,000 children so far.

For more information go to:
cookschool.club
or follow
@cookschoolclub
on Instagram, Twitter
and Facebook.

**COOK
SCHOOL**

WHAT IS MAPLE AND HOW IS IT MADE?



How many litres of sap, the liquid inside the tree, is needed to make 1 litre of pure Canadian maple syrup?

- a. 20 litres**
- b. 30 litres**
- c. 40 litres**

Answer: 40 litres!

ABOUT PURE CANADIAN MAPLE SYRUP

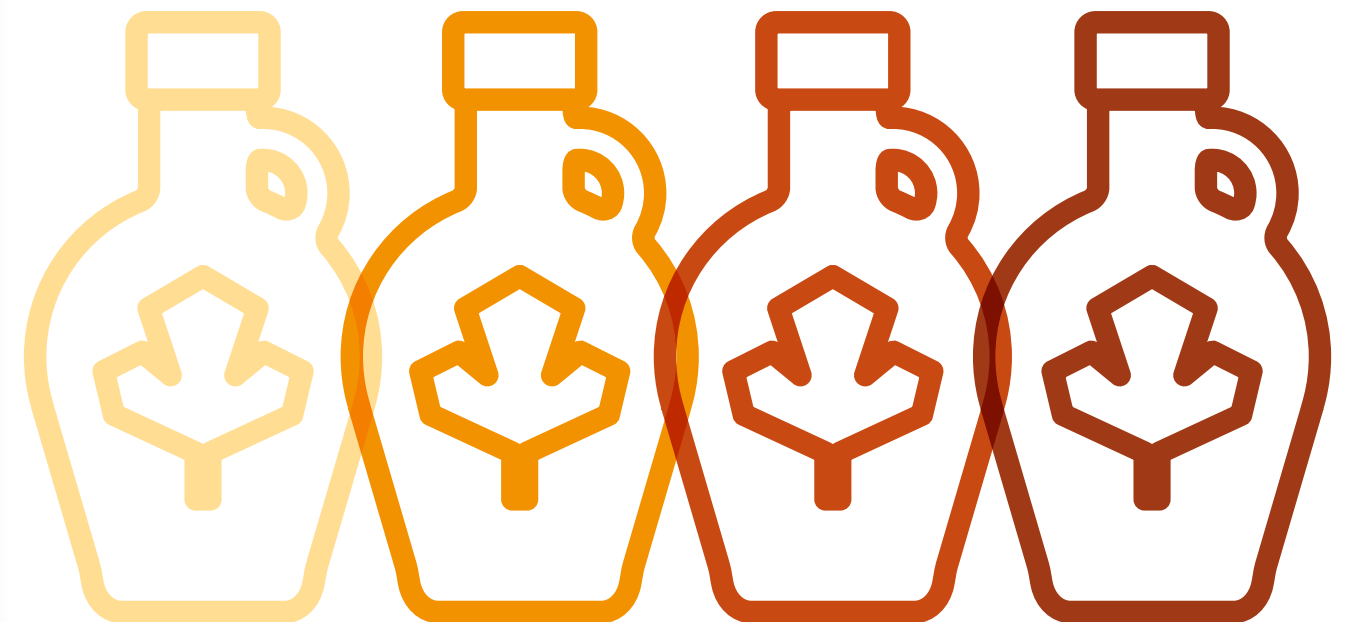
Pure Canadian maple syrup is a natural product, with no artificial colours, flavours or preservatives.

It's rich in the mineral manganese, which helps to look after bones and connective tissue; riboflavin, helping to reduce tiredness and fatigue and also a source of copper, which is important for looking after connective tissue, the nervous and immune systems, hair colour and skin pigmentation.

The unique taste of maple complements both sweet and savoury dishes. From mid-week casseroles and soups to snacks and

speciality desserts, maple acts as a flavour enhancer and is a great alternative to processed sweeteners.

There are four grades of Canadian maple syrup and each has its own distinct colour, flavour profile and qualities. The colour, which ranges from golden-hued to very dark, is a result of when it is harvested. The sap harvested at the beginning of the season produces a lighter colour maple syrup. As the season progresses the maple syrup is darker with a stronger taste.





ABOUT THE RECIPES

The earlier children start to think about food, what it is and where it comes from, the better equipped they will be to make good choices around food, nutrition and sustainability as they grow up. This is good for both children and our planet. Cooking with children from as young as three years old can also have a really positive benefit on their development in so many ways.

- These recipes are developed with the age of the child and their developmental stage in mind, so try to let the children complete each step on their own as much as possible to help them to gain a sense of independence in the kitchen. Cooking with your child/children will help their physical development, for example fine motor skills as well as hand-eye coordination.
- Just think about the range of physical skills they need to weigh ingredients using scales, find ingredients from the kitchen cupboard and fridge before they start to cook, help lay the table and help clear away and start to use kitchen equipment like graters, chopping boards and lemon squeezers.
- They will also have an increased interest in the world around them, using their imagination to create new versions of the recipes, be more willing to work out what they need to do next and understand the concept of time and how long things take to cook.

Most children at this age love repetition and will want to try new skills over and over again. Practice the recipes with them again and again and then repeat the skills that they've learnt in these recipes or other recipes. Above all, they will also enjoy the social element of sitting, talking and eating the food that they've helped to make and the recognition that they receive for their efforts!

KITCHEN SKILLS FOR 5 - 7 YEAR OLDS:

The skills children learn in this booklet will be with them for the rest of their lives.

Children will learn and practice a range of skills in the recipes, to help you and your child/children see how many skills they are learning, here is a handy checklist of new skills to tick off as you work your way through the booklet. Don't forget to go through the previous booklet's recipes and skills too.

NEW SKILLS

Increased confidence in reading

weighing – practice with random objects

finding ingredients in the kitchen

spreading

measuring with tablespoon and teaspoon

sharing/dividing

grating

using scissors

measuring liquid in a jug

talking about the recipe – what could be changed next time?

help setting and clearing the table



CERTIFICATE

Send photos of your finished recipes from this booklet along with your child's ticked checklist to hello@cookschooclub or post the pics on Instagram and tag [@maplecanadauk](https://www.instagram.com/maplecanadauk) and [@cookschooclub](https://www.instagram.com/cookschooclub) and we'll email you a personalised certificate for your child to print out and put on your kitchen wall or fridge.



**COOK
SCHOOL**

CREAM CHEESE, PINEAPPLE AND MAPLE PIZZETTES



Prep
15 mins



Cooking
12 mins



Serves
4

These creamy, herby mini pizzas are fun to make and delicious. The dough doesn't need time to prove so they can be made right before mealtime.

Ingredients

For the base:

200g self-raising flour
pinch of salt
100ml dairy or
plant-based milk
6 tablespoons olive oil

For the topping:

25g parmesan
4 tablespoons
cream cheese
2 teaspoons dried
mixed herbs
4 pineapple rings or 8
slices tinned peaches
4 teaspoons pure maple
syrup (preferably dark
syrup for its robust taste)
Freshly ground
black pepper



Tip

For children – swap 1 pineapple ring for 2 slices tinned peach if you prefer.

For adults – for a slightly more sophisticated pallet, try mixing a little blue cheese into the cream cheese and top with thin apple slices, walnuts and maple syrup.

Skills

For **5 - 7** year olds: spreading, measuring with tablespoons and teaspoons, sharing/dividing

Method

1

1. Turn the oven on to 190°C. Cover a baking tray with baking paper. Put the flour and a pinch of salt into a bowl. Make a well in the middle of the bowl so that you can see the bottom of the bowl.



2

Measure 100ml milk in a jug. Add 6 tablespoons olive oil and mix together.



3

Pour the milk mixture into the well and mix together with a spoon.



4

Sprinkle a little flour on your table and scrape the dough out of the bowl with your hands. Knead the dough very lightly until smooth. Divide the dough into 4 pieces and use your hands to roll each piece into a ball. Squash each ball to flatten into a circle (about 10cm wide) and put on a baking tray.



5

To grate the Parmesan into a bowl, hold the handle of the grater with one hand and then push the cheese over the grater teeth. Always keep your fingers away from the grater teeth as they're sharp.



6

Add the cream cheese to the Parmesan with the dried herbs and mix together. Spread a tablespoon of the mixture onto each pizza base.



7

Sit 1 pineapple ring on the top of each pizza and drizzle a teaspoon of maple syrup over each pizza. Twist a pepper pot once or twice over the top. Cook the pizzas in the oven for 10 - 12 minutes until golden.

TICK TOCK



OVEN BAKED VEG MAPLE PANCAKES



Prep
20 mins



Cooking
15 mins



Serves
12 - 15

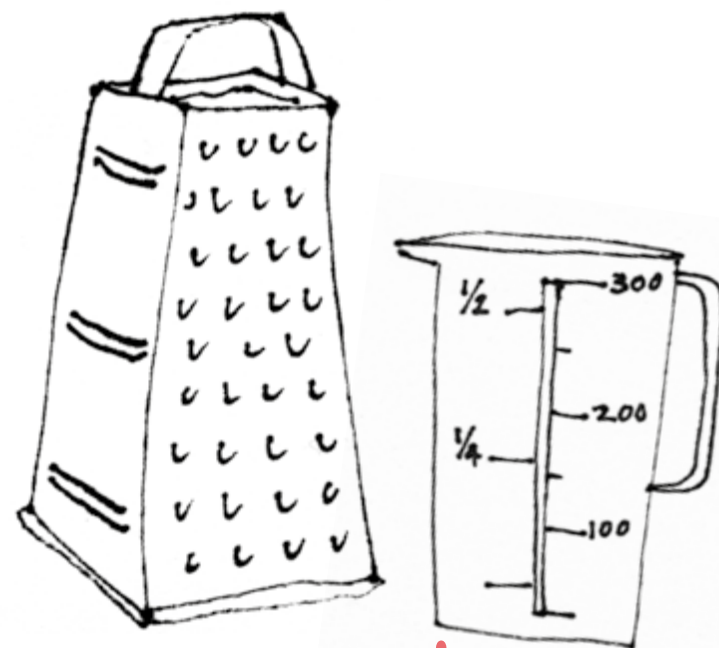
These delicious pancakes can be enjoyed for breakfast or lunch, or make great picnic treats.

Ingredients

- 1 tablespoon olive oil
- 1 medium courgette
- 2 spring onions, trimmed
- Handful fresh herbs e.g. parsley, coriander
- 10 rounded tablespoons (150g) chickpea flour or self-raising flour
- 2 teaspoons medium curry powder
- 1/4 teaspoon crushed chilli flakes
- 200ml dairy or plant-based milk
- 1 tablespoon pure Canadian maple syrup (preferably amber syrup for its rich taste)

Tip

Alternatively cook the pancakes on a baking tray lined with baking paper and brushed with olive oil. Spoon a tablespoon of mixture for each pancake. Repeat with another 5 or 6 spoonfuls on each tray, leaving a little space in-between the pancakes.



Skills

For 5 - 7 year olds: grating, using scissors, measuring with spoons, measuring liquid

Method

1

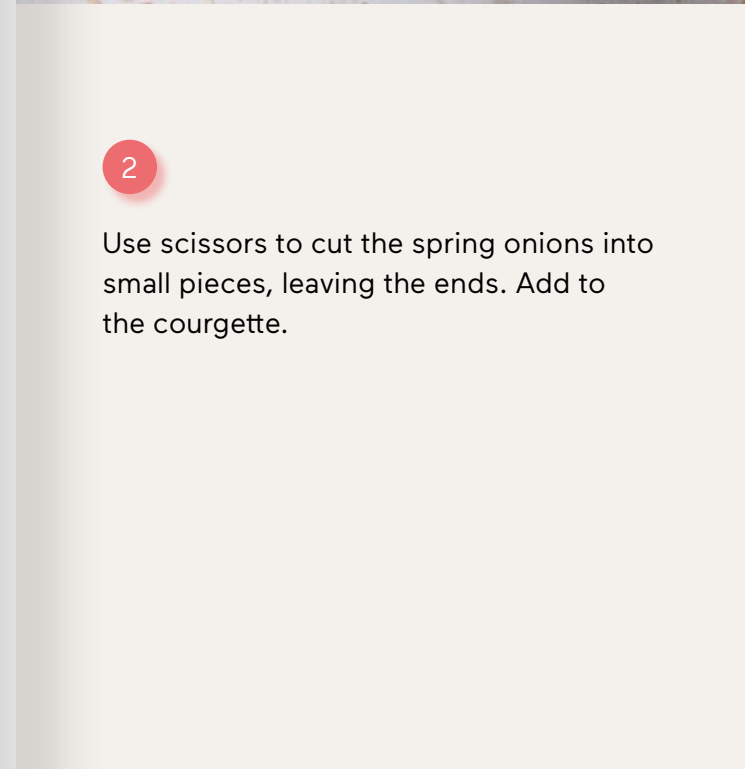
Turn the oven to 200°C. Brush a little olive oil over a muffin tin. Grate the courgette - hold the handle of the grater with one hand and then push the courgette downwards over the grater teeth. Always keep your fingers away from the teeth as they're sharp and don't grate the courgette all the way to the end, to help protect your fingers. Put the courgette into the bowl.

2

Use scissors to cut the spring onions into small pieces, leaving the ends. Add to the courgette.

3

Tear the herbs into small pieces and add to the courgette.



4

Measure the milk in a jug.
Measure the flour into the milk.



5

Add the curry powder and chilli flakes
and mix well with a fork to make a
smooth batter.



6

Pour the batter into the courgette mix
and stir again to mix.



7

Spoon a large tablespoon of the
mixture into each muffin tin case. Cook
in the oven for 15 minutes until golden.
Leave to cool for a minute before
removing from the tin.

**CAREFUL
IT'S HOT!**



Just for fun

FOOD FROM AROUND THE WORLD

Now you have learnt a bit more about where maple comes from, see if your children can identify where other ingredients originate from.

- | | |
|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Maple Syrup |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Pasta |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Rice |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Tea |

FOR MORE FUN, WHY NOT TRY

Try growing some food

Whether you have a garden or not, there's plenty of tasty things you can try to grow. Lettuce, tomatoes and chillies grow well both in and outdoors so why not plant a seed and watch it grow. The reward for your hard work will taste great!

Make some pancake art

Mix food dye with milk and some maple syrup to create edible paints for your child to decorate their own pancake – tasty and fun!

Colouring in

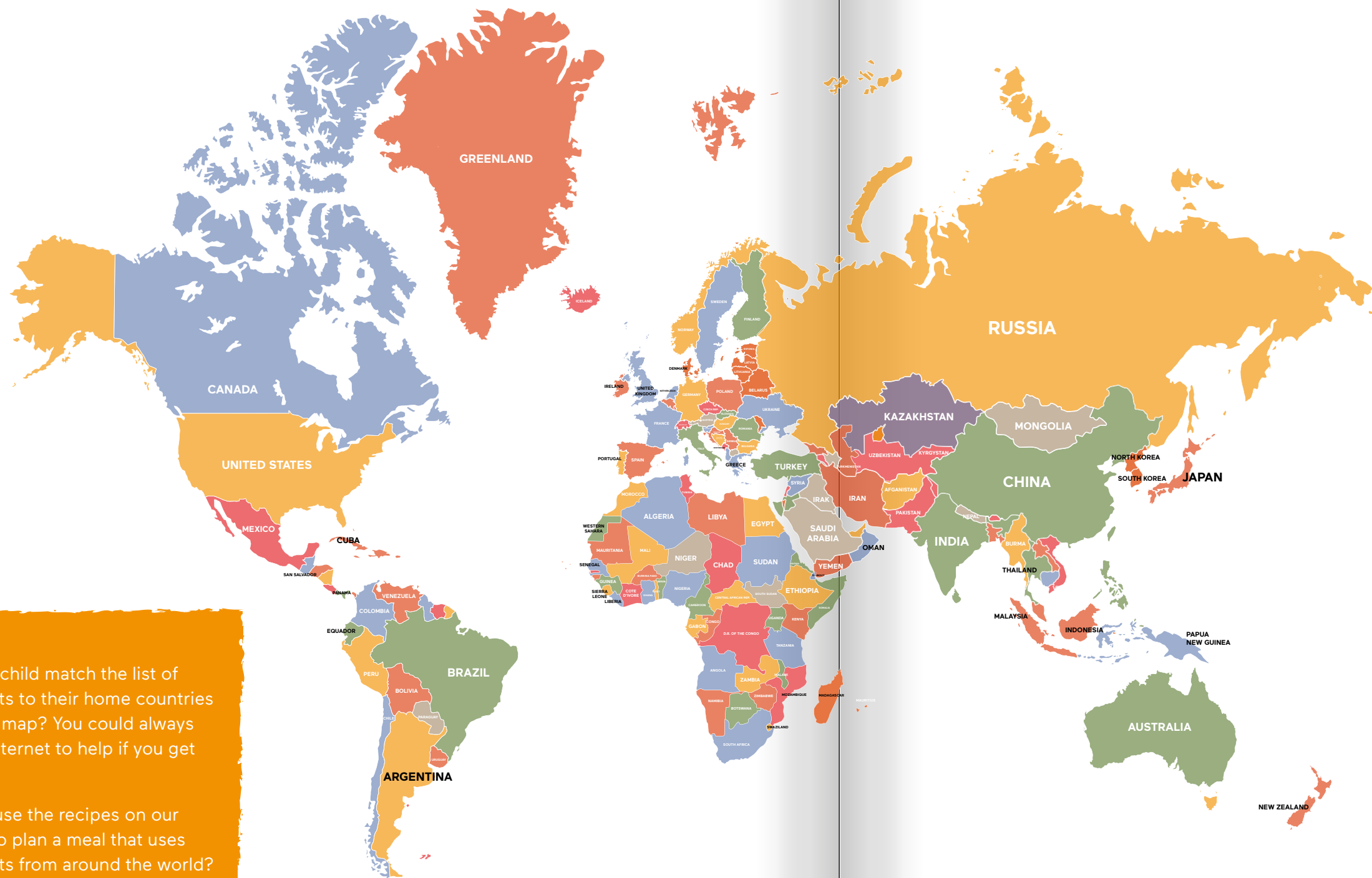
Why not print off some of our fun maple colouring in sheets? maplefromcanada.co.uk/education/kitchen-adventures

Shopping list

Set up a table full of ingredients in different quantities. Create shopping lists for your children and challenge them to find all the correct ingredients and quantities from the table.

Can your child match the list of ingredients to their home countries using the map? You could always use the internet to help if you get stuck.

Why not use the recipes on our website to plan a meal that uses ingredients from around the world?



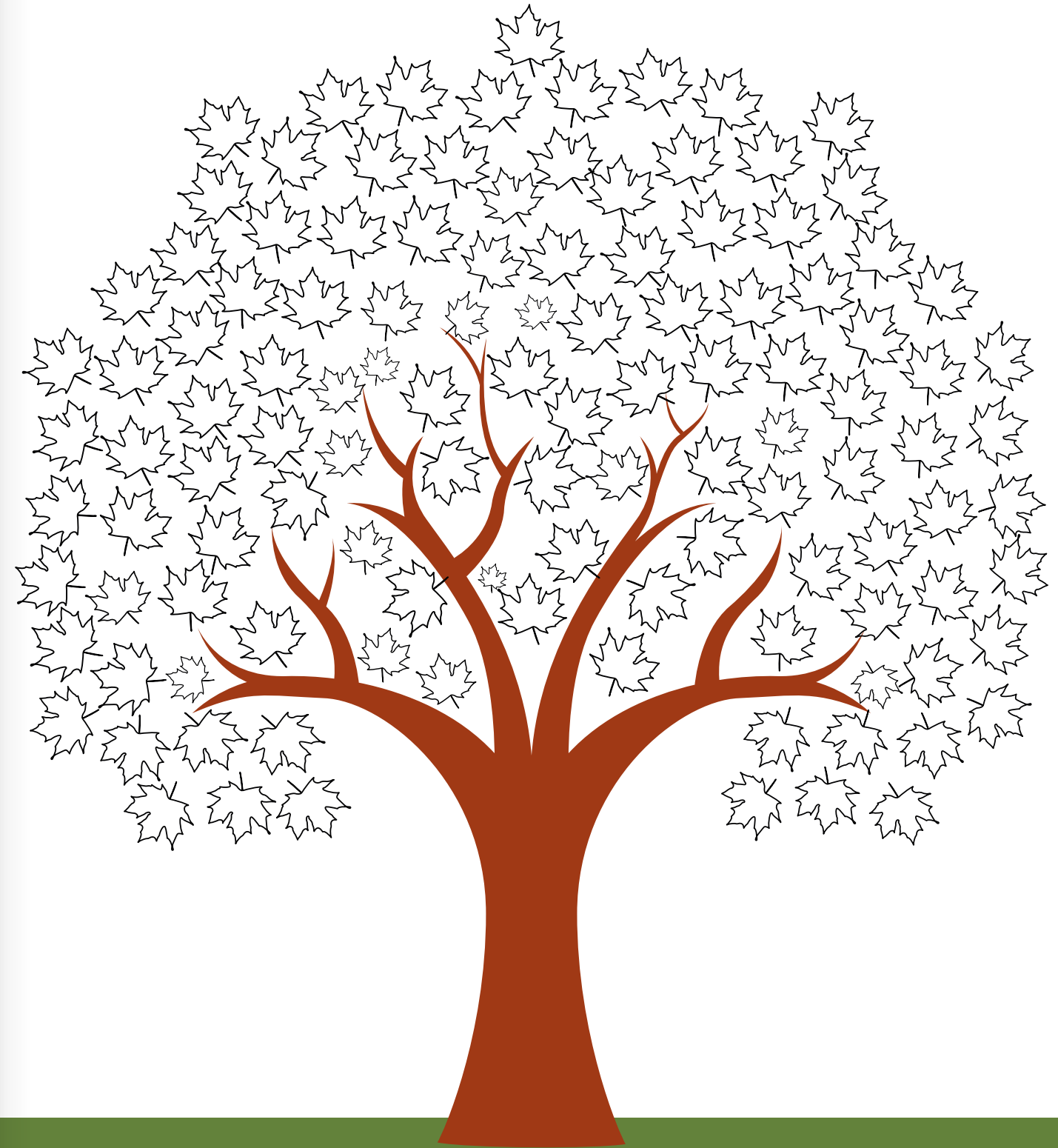
Just for fun

MAKE A MAPLE TREE

Now you know where maple comes from and have practised using it in recipes, why don't you have a go at creating your own maple tree.



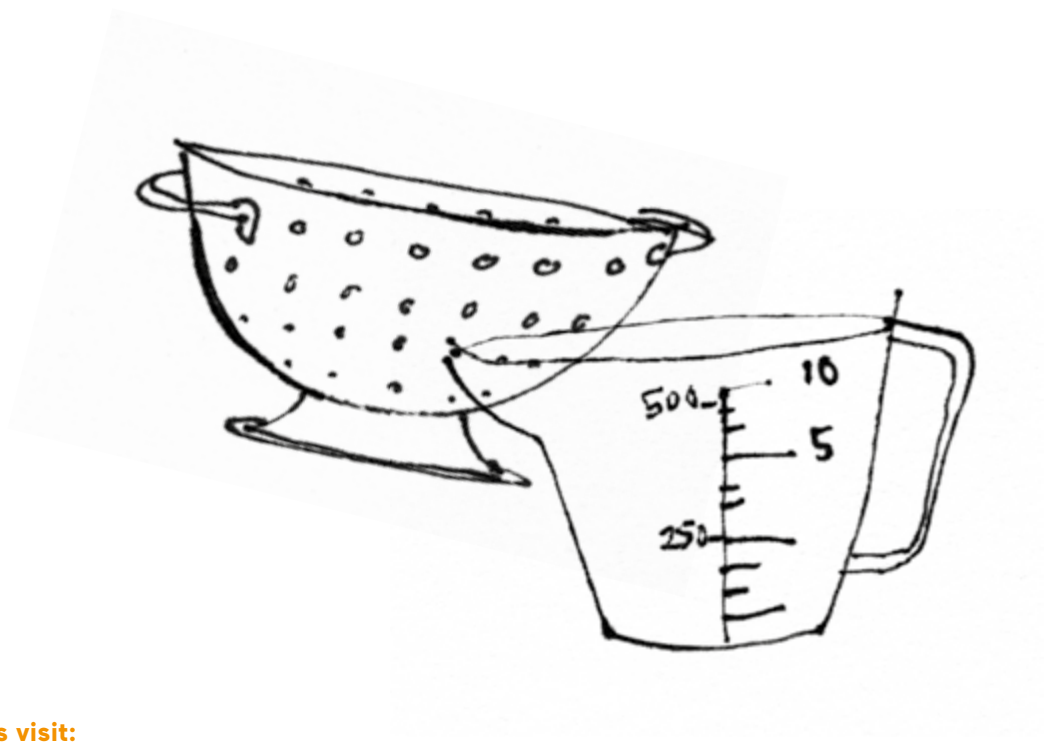
Draw maple leaves onto this tree



Colour the maple leaves

DISCOVER FOOD WITH MAPLE

A workbook for the
food-curious



Find us:



@maplecanadauk

For more tasty ideas visit:

W. maplefromcanada.co.uk

E. maple@weareliquid.com



Canada