



# Lets get busy: In the Kitchen

## Drinks



Learn to drink from an open cup.

Practise pouring water into your own cup, this can also be done in the bath.

Pour 1/2 a cup water from a small jug at the sink and then sit down and drink it .

Learn how much squash to add.

## Melted Chocolate



Mix melted chocolate with rice crispies, cornflakes or shredded wheat and spoon into cake cases. Decorate if required.

Rocky road: crushed biscuits, marshmallows/cranberry's and melted chocolate. (tip; chocolate melts at a cool temperature in the microwave, scalding is avoided) (tip; recipes in books or [www.bbcgoodfood.com](http://www.bbcgoodfood.com) cooking with kids).

## Fruit & Veg



A good place to start is tearing lettuce and herbs.

Enjoy washing fruit and vegetables (sink of float?)

Progress to cutting a banana with a plastic knife.

Move to cutting pear or cooked veg before progressing to apple or raw vegetables.

Grating carrot, apple and potato use plastic where possible.

Leave skins on if possible.

## Savoury food



Make veg batons and place on a plate. Serve with low fat cream cheese or humus to dip batons into.

Using toast or crackers spread with butter/cheese/jam or other.

Nachos are easy to make. Place tortilla chips in a bowl, sprinkle with grated cheese and sliced tomatoes and warm in the oven (tip; help younger children to use the oven).