

Essex Activ8te Recipe Staples

We've put together a shopping list of all the ingredients you will need for our recipes!

Potatoes	Eggs
Milk	Beans
Butter	Sweetcorn
Pesto/hummus	Bread
Crackers	Sliced ham/turkey
Cereal	Fresh vegetables
Tins of soup	Fresh fruit
Tins of tuna	Cheese
Part baked rolls	Jars of sauces such as curry
Macaroni	Fizzy pop
Tins of vegetables	Mini marshmallows
Dried fruit such as raisins	Ice cream cones
Gravy	Chocolate spread
Stuffing mix	Sprinkles



Ages 4-5:

Look for opportunities to work on your child's maths skills, when preparing a recipe such as fractions and percentages. You can also allow children to use carrot sticks, apple and cucumber slices to create patterns!

Ages 6-8:

Reading a recipe is a great way to practise literature and spelling during half term and holidays. They can assist with the preparation of the ingredients by pre-measuring them as they read the recipe.

Ages 9-11:

Watch them carefully as they complete the entire recipe by guiding them through if they need help.

Ages 12+:

Allow them to complete the entire recipe on their own, without your help, while you do a happy dance in the corner to your favourite tune!

