

# Building Capable Bodies Cookbook

by Squiggle Kids

This Cookbook belongs to:

.....

There's lots of space on this page for drawing. Make your Cookbook unique with some lines, dots and squiggles. Then there will be no other one like it in the whole world!



# Parent notes



Hi parents!



Welcome to the Building Capable Bodies Cookbook by Squiggle Kids.

Inside are cooking activities for children from around 3 years and up.

There's also space to draw and some drawing activities so your child can make the Cookbook their own.

## Why kids in the kitchen?

Getting children involved in cooking activities can build children's skills and strength - even tasks like buttering and cutting toast build fine and gross motor skills and bilateral coordination. When children do these things it also builds confidence.

We encourage you to collaborate with your child on these activities - some activities need an adult **to watch**:  **Watch!** and others **to help**:  **Help!**

Collaborating with your child in the kitchen can also help them build social and language skills and provides a fun opportunity to learn about the world!

Cleaning up builds strength, skills and confidence too - so involve your child in the wiping, washing and drying too!

# Parent notes (continued)

## And why draw?

Drawing is a rich educational and expressive activity for children. It's why we love it so much!

Even squiggles (or scribbles) are part of the drawing journey, which eventually leads to writing.

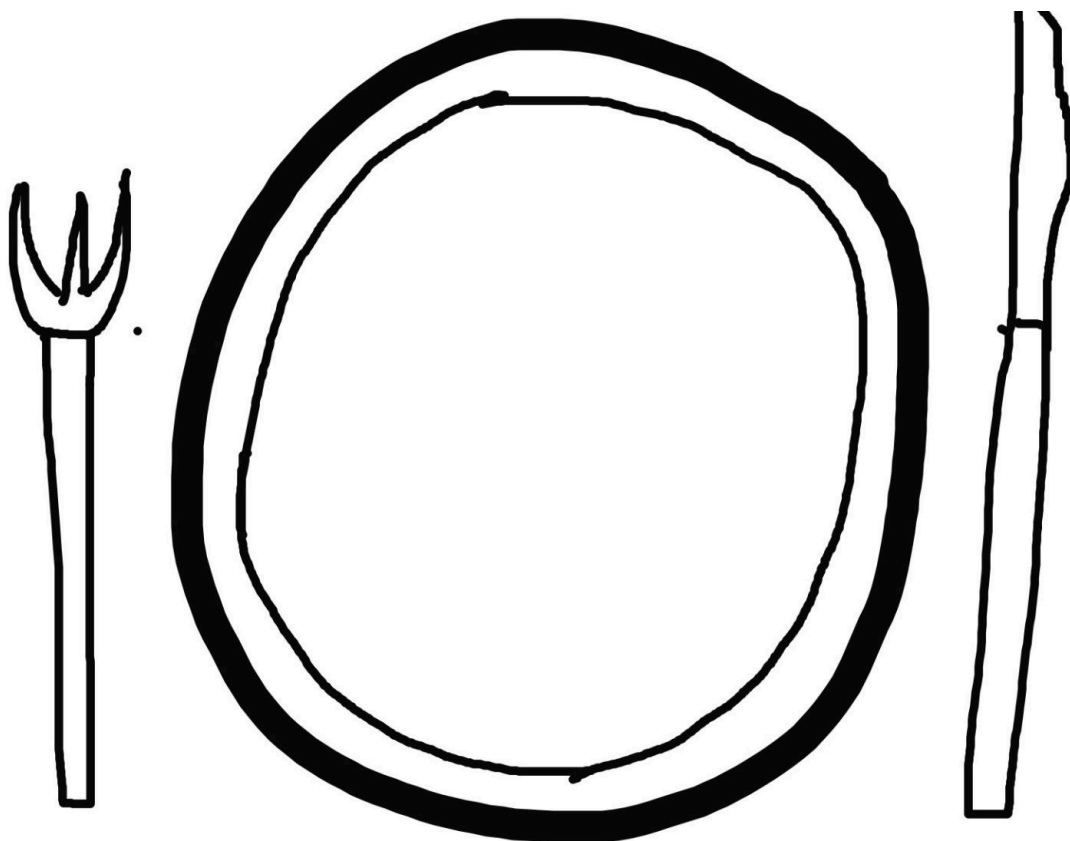
There's no right or wrong to the drawing activities in the Cookbook. We're much more interested in your child (and you!) putting crayon, texta or another drawing tool to paper, being playful, having fun, chatting and enjoying the experience together.

With squiggles and hugs from the Squiggle Kids team!

## DRAWING ACTIVITY:



Parents can you draw your favourite pasta (long squiggly spaghetti, perhaps?) and ask your child to add the topping (eg tomato, bacon, bolognese, cheese)?



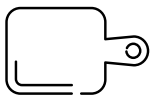
# Toastally Awesome Recipe



## WHAT YOU NEED:



Toaster



Cutting board

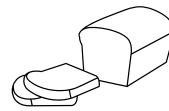


Butter knife



Plate

## INGREDIENTS:



Sliced bread






Butter



Spreads

## WHAT TO DO:

1. Open bread bag. Take out piece of bread.
2. Put bread in toaster.  Watch!
3. Press lever to start cooking.  Watch!
4. When toast pops, check if cooked. Then take out carefully.  Watch!
5. Open butter. Spread using butter knife.

# Toastally Awesome Recipe

## WHAT TO DO (CONT):

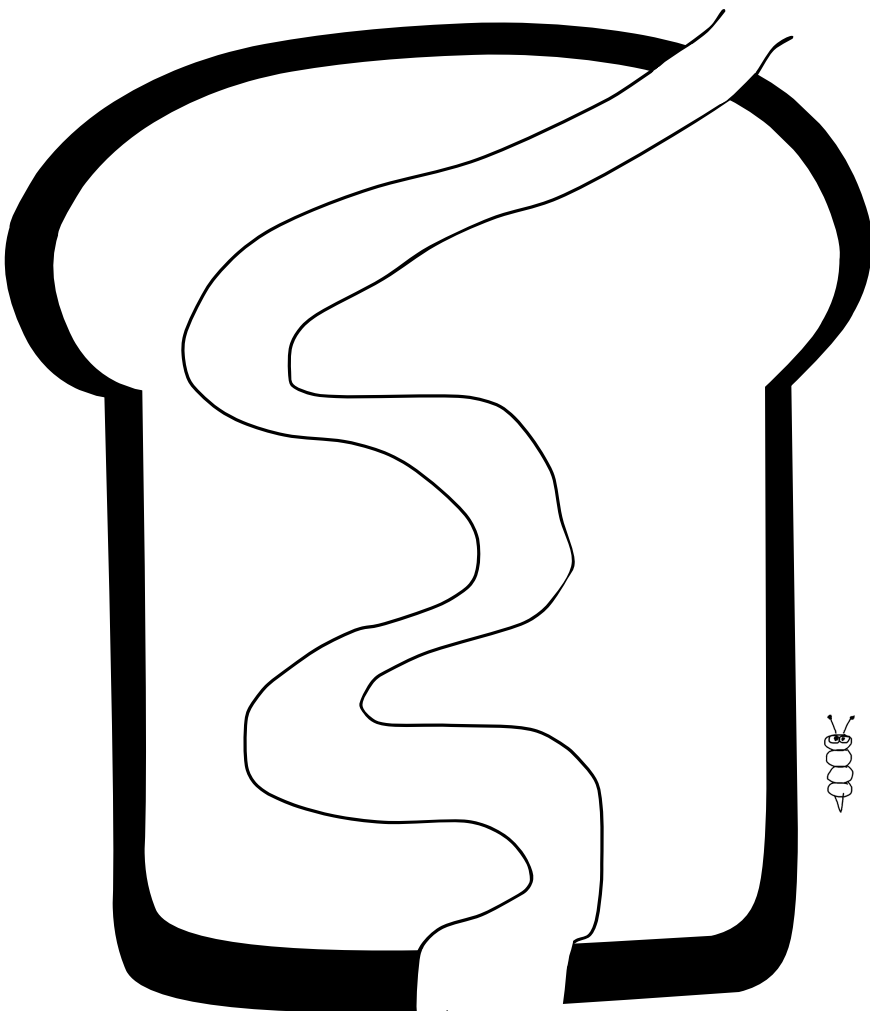
6. Open spread.  
Spread using butter knife.

7. Cut toast into triangles with butter knife. Enjoy :)

### HOT TIP!

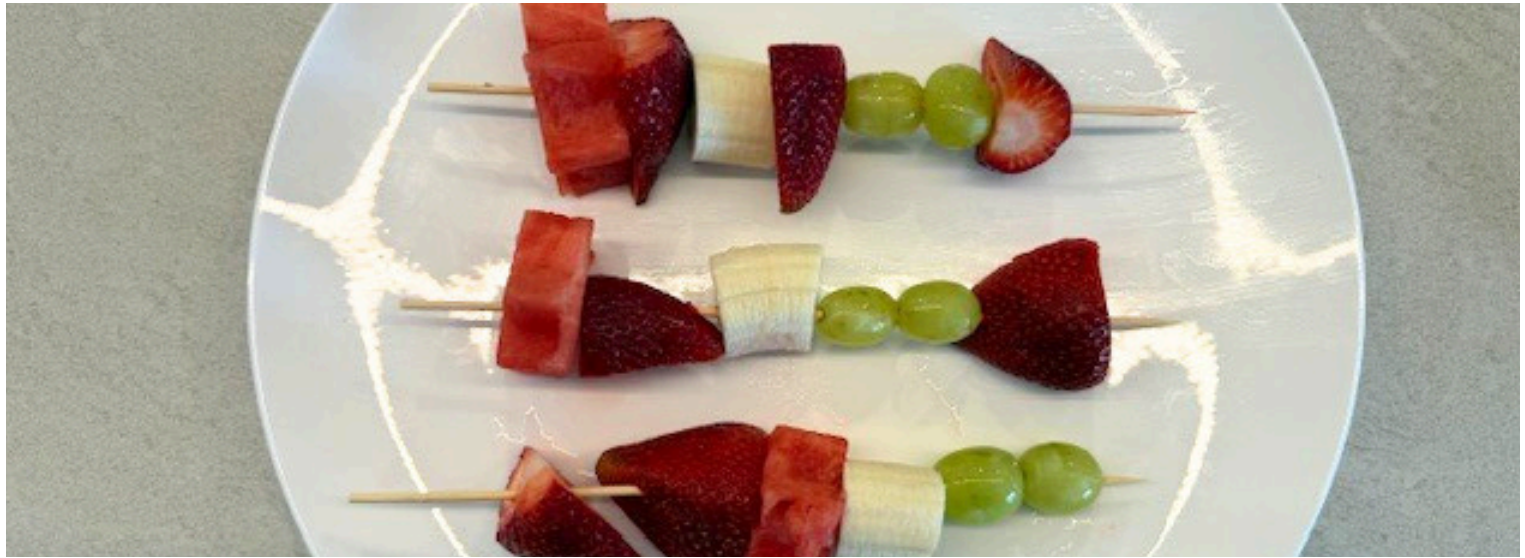
Opening and closing a bread bag may take a child a while and seem a bit boring, but twisting on and off the closer will help build strong fingers!

## DRAWING ACTIVITY:

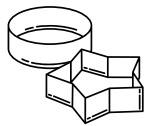


Can you make it from top to bottom through the toast maze? What is crawling through the maze? A worm? A snake? The butter monster? Draw your explorer!

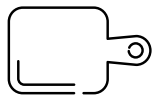
# Magic Fruit Wand Recipe



## WHAT YOU NEED:



Cookie cutter



Cutting board



Butter knife



Skewers

## INGREDIENTS:



Watermelon



Strawberries




Banana



Grapes

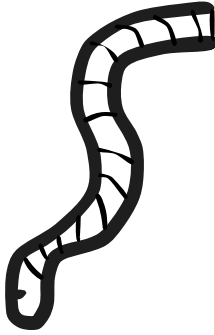
## WHAT TO DO:

1. Wash or peel fruit.
2. Cut strawberries in half. Slice banana. Slice watermelon.  Help!
3. Use cookie cutter to make shapes from watermelon.
4. Thread fruit on skewers in a fun order! Enjoy :)

# Magic Fruit Wand Recipe

## HOT TIP!

This recipe provides a great opportunity to talk with your child about washing fruit and composting scraps. Using a knife to cut fruit and using a cookie cutter is great for building your child's coordination and strength. Threading the fruit is tricky but builds fine motor skills too.



## DRAWING ACTIVITY:



Grab your cookie cutter and use it to trace around! What can the shape become?



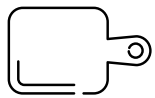
# Make-a-Face Animal Toast



## WHAT YOU NEED:



Toaster



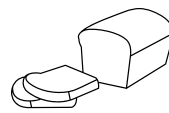
Cutting board



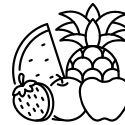
Knife



Plate



Sliced bread






Fruit x 3



Spreads

## WHAT TO DO:

1. Cut fruit into shapes (see above for shape ideas!)
2. Open bread bag. Take out piece of bread.
3. Put bread in toaster.  Watch!
4. Press lever to start cooking.  Watch!
5. When toast pops, check if cooked. Then take toast out carefully.  Watch!



# Make-a-Face Animal Toast

## WHAT TO DO (CONT):

5. Once toasted, add a spread using butter knife.

6. Arrange the fruit shapes on the toast to create your face. Don't forget the eyes!

5. Serve your face on a plate. Enjoy :)

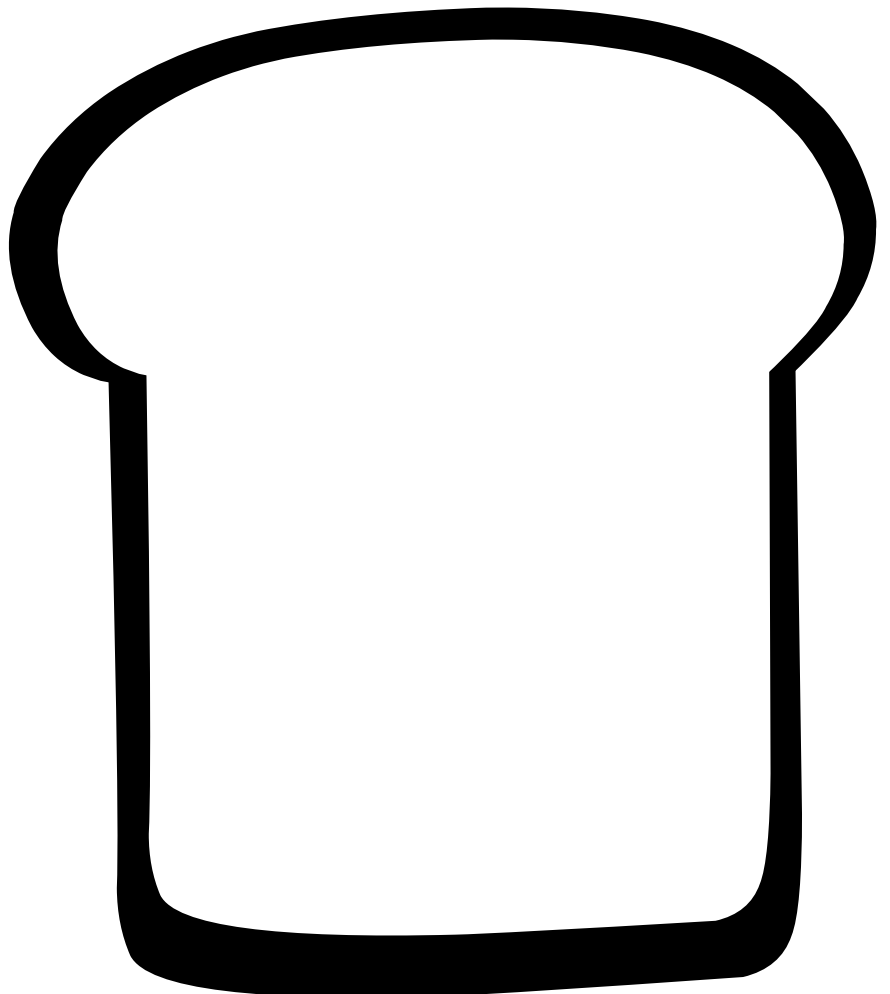
### HOT TIP!

Using a safe knife like a butter knife helps children develop balance and coordination while also providing a springboard for talking about being careful in the kitchen. Supervising them is key but let them take the lead!

## DRAWING ACTIVITY:



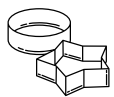
Design an Animal Toast face here before you cook your toast! Grab some more paper to make more. Can your adult helper make one too?



# Golden Goodie Biscuit Recipe



## WHAT YOU NEED:



Cookie cutter



2x bowls + spoons



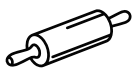
Measuring jug



Baking paper + tray



Sifter



Rolling pin

## INGREDIENTS:



Plain flour (1 cup)



Soft butter (100g)




Caster sugar (1/4 cup)



Vanilla extract  
(1/2 teaspoon)

## WHAT TO DO:


1. Preheat oven to 180°C.  Help!
2. Sift flour and sugar into bowl.
3. Mix butter and vanilla in separate bowl with spoon.
4. Gradually stir in flour. Use hands when dough gets too hard to mix.

# Golden Goodie Biscuit Recipe

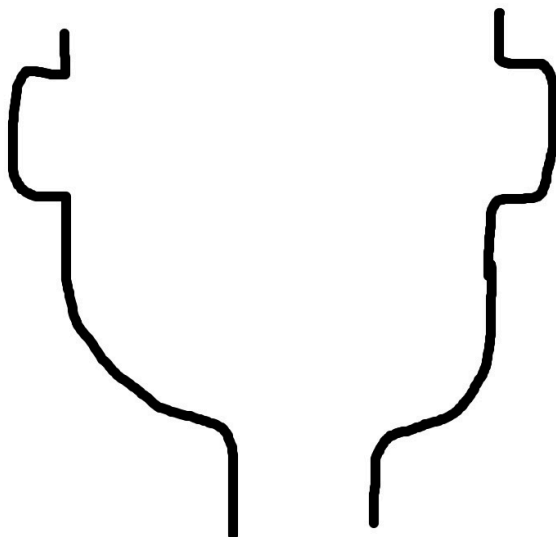
## HOT TIP!

Using a rolling pin on hard dough can be difficult but builds upper body strength. Using hands to mix the dough is a sensory experience and builds fine motor strength and coordination.

## WHAT TO DO (CONT):

5. Drop dough onto lightly floured surface and flatten using rolling pin.
6. Cut out shapes with cookie cutter and place onto baking tray.
7. Bake for 10-12 mins. Remove from oven. Cool. Enjoy :)  Help!

## DRAWING ACTIVITY:



Who is going to eat your biscuits? Draw them having a try!

# Thank You!

We hope you've enjoyed the Building Capable Bodies Cookbook by Squiggle Kids!

There are so many everyday activities young children can do at home to build skills, strength and confidence. Cooking is one! While little helpers can make a mess and slow busy adults down, getting them involved is worth it for all the learning and development!

If you enjoyed using the Cookbook and have any feedback or suggestions, please scan the QR code below :)

For more resources like this, head to the Squiggle Kids website to sign up to our regular newsletter and check out our shop <3

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RESOURCES**



**FEEDBACK:**



Please send us  
photos of your  
creations! We'd  
love to see :)

