

Pathway 2 – Living Skills

This week we want you to carry on practicing all the skills you have been learning to do. What have you been practicing, what can you do by yourself now that you could not do before?

We have also added some yummy recipes for you to try. You could write out the ingredients and your own version of the recipe.



Magic Wand Fruit Kebabs

Ingredients

Pineapple

Apples

Strawberries

Bananas

Watermelon

Equipment

Chopping boards

Sharp knife (adult use only)

Child-safe knives

Star-shaped cookie cutters

Wooden kebab skewers
(blunt-ended if possible)

Method

1. Before the activity, prepare the wooden skewers by boiling them in hot water. This will stop them from splintering.
2. Wash your hands and put on an apron.
3. Next, wash the fruit.
4. Then, an adult should remove the skin from the pineapple, watermelon and apple (optional).
5. Cut the apple, pineapple and banana into chunks, and the strawberries into halves. Children can use child-safe knives to cut the soft fruit like the bananas, pineapple and strawberries.
6. Cut the watermelon into slices.
7. Use the cookie cutters to cut star shapes out of the slices of watermelon.
8. Lay out the fruit pieces and carefully place onto the skewers. Children should be closely supervised for this activity, as the skewers can be very sharp. Model how to push the fruit onto the skewers, without putting their hands behind the fruit where the skewer will come through it.
9. A star-shaped piece of watermelon can be the final piece of fruit placed onto the top of the skewer to finish the magic wand fruit kebab.



Crunchy Rainbow Pasta Salad

Pasta

one portion (smaller shapes such as Penne or Fusilli)

Dressing

(enough to coat the ingredients so the pasta salad is not too dry)

tomato pasta sauce

pesto mixed with a little yoghurt or soured cream

a drizzle of olive oil

a mixture of yoghurt or crème fraiche, mayonnaise and lemon juice

a bought French dressing or other similar salad dressing

Protein

(roughly as much as would fit in the palm of your hand)

cooked and cooled chicken, chopped
tinned tuna

chopped ham

a handful of cooked beans such as red kidney beans or pinto beans

cubes of cheese such as cheddar or mozzarella

Veggies

(enough to fill one to two tablespoons)

tinned sweetcorn

cooked and cooled peas

chopped pepper (any colour)

quartered cherry tomatoes

cubes of cucumber

chopped celery

chopped or grated raw carrot

This delicious, nutritious salad is so flexible that you can really use anything you happen to have in the fridge or cupboard. Perfect for using up leftovers and a yummy change from sandwiches.

Method

To make the salad, you will need a portion of cooked and cooled pasta. Pasta shapes are easier to eat than spaghetti or other pasta in 'strand' form. You can cook this from scratch, make some extra for dinner the night before or even use up leftover pasta with sauce (tomato or pesto-based sauces are more appetizing when cold than creamy or meat-based sauces).

To this, add one or two items from each of the lists on the left and below.

Simply mix all your chosen ingredients together well and pack into a plastic, sealable container. Don't forget to include a fork or a spoon! Try making double to feed more people or to save some for the following day. The salad will keep for a couple of days in an airtight container in the fridge but you should wait to add the dressing until the last minute.

Flavourings and Other Lovely Stuff

a little salt and pepper

a sprinkle of toasted seeds such as pumpkin, sunflower or sesame (see disclaimer)

a few chopped herbs - try basil, parsley or chives





How to Make Lemonade

Ingredients

6 lemons

200g Fairtrade Sugar

1.5l of water

Method

1. Juice the lemons to make as much juice as you can. To make job easier, roll the lemons firmly on a work surface, pushing down with the heel of your hand before cutting in half and juicing.
2. Mix all the ingredients in a big jug and adjust the amounts until you have a flavour you are happy with. Continue stirring until all the sugar is dissolved.
3. Chill and serve with ice. Enjoy the taste of Fairtrade!





Yummy Oat Flapjacks

Ingredients

- 250g porridge oats
- 125g light brown sugar
- 125g butter
- 2-3 tbsp golden syrup

Method

1. Preheat oven to 200°C/180°C fan.
2. Put all the ingredients into a food processor and mix together well.
3. Grease a baking tray with butter and spoon on the oatly mixture.
4. Bake for approximately 15 minutes until golden brown.
5. Eat and enjoy!



Tip!

If you don't have golden syrup at home, replace it with honey instead!



Chocolate Brownies

Ingredients

350g melted chocolate or chocolate spread

2 eggs and 1 extra egg yolk

62g plain flour

Pinch of salt (optional)

Method

1. Preheat your oven to 180°C/160°C Fan.
2. Line a baking tin with baking paper.
3. Heat the chocolate or chocolate spread in a microwaveable bowl for 30 seconds at a time, stirring until it melts. Heating it slowly will keep it from burning.
4. Whisk together the melted chocolate and eggs until the mixture is smooth.
5. Fold the flour and salt into the mixture.
6. Pour the mixture into the baking tray and bake in the oven for 20-25 minutes, or until the mixture is no longer wobbly.
7. Allow the baking tray to cool before cutting the brownies into squares.





Simple Pizza

Ingredients

- 350g flour
- 2 $\frac{3}{4}$ tsp baking powder
- 1 tsp salt
- 1 tbsp oil
- 170ml water
- Additional toppings from your fridge or cupboard



How to Knead Dough:

Use your hands to spread the dough, fold it over, massage it and squeeze it.

Method

1. Preheat your oven to 200°C/180°C Fan. Clean your work surface carefully so that you can knead your dough on it later.
2. Mix together the flour, baking powder and salt.
3. Add in the oil and water and stir together until it makes a ball.
4. If the dough feels stiff (it should be soft but not sticky), add in more water - a splash at a time.
5. Sprinkle a thin layer of flour on your work surface. Knead the dough on the floured surface for 3-4 minutes.
6. Roll into 2 balls and then flatten them out. You can use a rolling pin or a clean, sturdy bottle for this.
7. Add toppings from your fridge onto the pizza dough.
8. Place on baking paper on a baking tray and cook for 15 minutes.



Soft and Chewy Cookies



Ingredients

110g butter
110g soft brown sugar
100g white sugar
1 egg
200g plain flour
 $\frac{1}{2}$ tsp baking powder
1 tsp vanilla extract
75g chocolate chips,
raisins or mini
marshmallows

Equipment

mixing bowl
whisk
dessert spoon
baking paper
baking tray

Method

1. Set the oven to 160°C.
2. Beat the butter and sugar together until creamy.
3. Beat in the egg and the vanilla.
4. Stir in the flour and baking powder and mix into a dough.
5. Fold in the chocolate chips, raisins or marshmallows.
6. Place the baking paper on to the baking tray.
7. Using the dessert spoon, spoon the cookie mixture on to the baking paper. Space the cookies out over the tray as they will spread in the oven.
8. Bake the cookies in the oven for about 15-20 minutes.



Vegtastic Smoothie

Ingredients

2 kiwis
2 bananas
30g spinach
125ml Greek yoghurt
500ml milk
150g frozen strawberries
Handful of raspberries

Equipment

Knife
Measuring jug
Blender
Drinking glasses

Serves 2-4 people

Method

For the first layer of the smoothie:

1. Carefully, peel and chop the kiwis and add them to the blender.
2. Peel the bananas and add one to the blender, along with the spinach.
3. Pour half of the milk and all of the Greek yoghurt into the blender and blend until smooth.
4. Fill each glass halfway.

For the second layer of the smoothie:

1. Add the strawberries and other banana to the blender.
2. Pour in the rest of the milk and blend the ingredients together until smooth.
3. Pour this into the top of your glasses.
4. Place a few raspberries on the top of each smoothie for decoration.



Recipe for:

Ingredients:



Equipment:



Description:

Instructions:

