

Seasonal Activities

What are the seasons?

Instructions for caregivers:

Explain to the children that we will be talking about seasons, and that there are four seasons in the year. There is a PowerPoint to support this. The children can sort the images into the seasons.

Alternative ways to use this activity:

- Independent learning, paired work or collaborative learning in groups to sort the cards.
- Working one on one or in small groups with a caregiver as an assessment of understanding

Resources: PowerPoint presentation and seasonal card sort

Cooking Activity

We have suggested this recipe as it is straightforward, delicious and healthy. If you pre-slice the leeks and pre-grate the cheese then the children will be able to get involved with measuring, mixing and counting, as well as the eating at the end!

Leek and Cheese Muffins

Makes 10

Ingredients:

- 225g self-raising flour
- 1 leek, finely sliced
- Freshly ground black pepper
- 100g half fat cheddar, grated
- 175ml semi-skimmed milk
- 1 egg
- 50ml olive oil
- 10 cherry tomatoes

Method:

1. Preheat the oven to 200C/400F/Gas 6.
2. In a mixing bowl, combine the flour, leek, freshly ground black pepper and cheddar and mix well.
3. In a separate bowl, mix together the milk, egg and olive oil. Add this mixture to the dry ingredients and mix well.
4. Grease ten muffin moulds and half-fill each with the mix.
5. Prick each cherry tomato - this stops them popping when they cook - and press one tomato into the top of each spoonful of mix.
6. Spoon the remaining mixture over each muffin to conceal the tomato. Cook for about 20 minutes until golden brown.