

A Recipe to Grow, Play & Learn

Snacks: Two-ingredient flatbread, pea and mint dip, and broad bean bruschetta

This resource provides activities for learning that link to healthy snack recipes for Early Years children.

This resource includes:

<p>The Story of Flour</p>	<p>Communication & Language: Listening, Attention & Understanding; Literacy: Comprehension; Mathematics: Number; Understanding the World: People, Culture & Communities / The Natural World</p>
<p>Growing and Podding Peas and Beans</p>	<p>Communication & Language: Listening, Attention & Understanding; Physical Development: Fine Motor Skills; Literacy: Comprehension; Mathematics: Number; Understanding the World: The Natural World</p>
<p>Making Bean Shakers</p>	<p>Physical Development: Fine Motor Skills; Expressive Arts & Design: Creating with Materials / Being Imaginative & Expressive</p>
<p>Recipe for Snacks: Flatbreads; Pea and Mint Dip; Broad bean Bruschetta</p>	<p>Communication & Language: Listening, Attention & Understanding; Personal, Social & Emotional Development: Managing Self; Physical Development: Fine Motor Skills; Understanding the World: The Natural World</p>



Literacy Links:

Oliver's Vegetables

by Vivian French

The Very Hungry Caterpillar

by Eric Carle

I Will Not Never Ever Eat a Tomato

by Lauren Child

Jack and the Beanstalk



The Story of Flour

Watch Harvesting Wheat - from 'Bee Bright' - Out and About on the Farm: Incredible Crops!

(The film lasts 9 minutes and 40 seconds).



Can the children remember the name of the machine that harvests (collects) the wheat when it is fully grown?



Running their hands through a bowl of wheat seeds is a great sensory activity for the children to connect to their food. A local farm may be willing to give you some, or you can buy small bags of wheat seeds online or from some wholefood shops.

Remember to always wash hands thoroughly after this activity!



The Story of Flour

Print out these picture cards and ask the children to order them to show the story of flour.



Word bank:

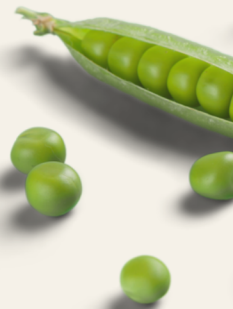
farmer, field, water, sunshine, combine
harvester, flour mill, grind seeds

Growing and Podding Peas and Beans

Podding fresh peas is a great activity for developing fine motor skills, and children can count how many peas in each pod as they go!

Fresh peas and beans in pods are quite expensive to buy, so frozen peas or broad beans provide a great alternative for your pea and mint dip and bruschetta recipe.

You might like to have a go at growing peas or broad beans, see growing instructions overleaf!



Seeds can be expensive. Try asking for donations from your setting's community, or buy a box of dried marrowfat peas (available in most supermarkets) - a box of 250g can cost as little as 70p.



Peas can be grown in containers. Go on a walk through the woods or local park to find sticks to support your pea plants!

Top Tip!

Soak your pea seeds overnight for quicker germination!



For all Garden Organic growing cards, visit our Learning and Skills Hub

Pea

Vegetable



 garden organic

Pea

Suggested varieties: *Sugar Pea Norli (mangetout); Ambassador, Cavalier, Waverex (shelling)*

Vegetable

PLANT



Regularly sow seed 3cm deep in pots and transplant, or sow in two lines in 10cm wide rows (seeds 5cm apart). Space rows of plants 60-90cm apart

GROW



Protect seedlings from birds. Water established plants from when flowering starts. Mulch to conserve moisture. Support plants with wire mesh, netting or twiggly sticks

EAT



Cut 'mangetout' when pods are still flat; 'shelling' types when peas are felt through the pod (eg round pea, wrinkled, and petit pois). Pick regularly for more pods

Growing guide

Give it a go...

Average time to harvest

10-14 weeks

Equipment needed

Twiggy sticks, mulch (eg compost)

Germination time

7-10 days

Average plant size

90cm tall, 30cm wide

Family group to grow with



















Legumes: beans, peas






Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C, fibre, folate

Spring Term			Summer Term				Autumn/Winter Term					
J	F	M	A	M	J	J	A	S	O	N	D	
												
												

 Sow indoors  Sow outdoors  Plant out/transplant  Harvest  Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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Bean, Broad

Vegetable



Bean, Broad

Suggested varieties: *Bunyards Exhibition, Express, The Sutton*

Vegetable

PLANT



Sow seed 2cm deep in pots or rows. Thin or transplant to 20x30cm apart. Sow every three weeks for a continuous crop. Choose sunny site

GROW



Water plants when the pods are swelling (if dry weather). Remove weeds and stake if needed. Pinch out shoot tips to deter black fly

EAT



Regularly cut pods when 8cm long for using whole. For 'shelling', wait for the seeds to start showing through the pod

Growing guide

Easy!

Average time to harvest

12-16 weeks (spring sown)

Equipment needed

Stakes, twine

Germination time

7-14 days

Average plant size

75cm tall, 30cm wide

Family group to grow with

Legumes: French beans, peas

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Fibre, vitamin C, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
	🌱	🌱	🌱	🌱					🌱	🌱	

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 🌱 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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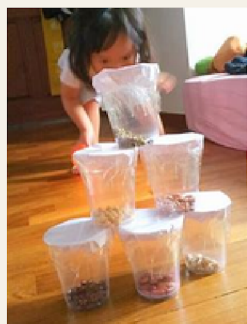
Making bean shakers

Using dried peas or beans, have a go at making a bean shaker!



Mix up three or four varieties of beans and peas and get the children to sort them into individual groups and name them. You could use a timer to see how long it takes them! Can they beat their time with each attempt? It is a great activity for dexterity and attention and is also therapeutic for those children who need a bit of focus time.

Once the beans and peas are 'sorted', ask the children to name the bean, its colour, order them from smallest to largest etc.



Re-use small, sturdy plastic bottles. Those with longer, thin necks are easier for children to hold, or empty cocoa containers make good shakers when held with two hands. Add different amounts of dried peas or beans, or even different kinds of dried beans to hear how they make different sounds.

Two-ingredient Flatbread

Ingredients (allergens in bold)

- **100g Greek yoghurt**
- **100g wholemeal or white self-raising flour**

Equipment:

- mixing bowl
- board
- non-stick frying pan

Method

1. Mix the flour and yoghurt in a bowl to form a dough.
2. Place on a floured board and cut into 4.
3. Roll each piece into a dough ball.
4. Flatten slightly using your fingers into a pitta or pancake shape.
5. In a non-stick frying pan, dry-fry for 5-10 minutes until cooked on each side.
6. Serve with your pea and mint dip and/or houmous.



Top Tip!

Don't forget that children under the age of 2 need full fat dairy produce in their diet. Over the age of 2, if they are growing well, reduced fat dairy produce is fine.

Pea and Mint Dip

Makes 8 servings

Ingredients (allergens in bold)

- 450g frozen peas – defrosted (or fresh garden peas - boiled until soft and cooled)
- 1/2 small red onion – peeled and finely chopped
- 1 garlic clove – peeled and crushed
- 1/2 fresh red chilli – de-seeded and finely chopped
- 1 teaspoon ground cumin
- 10 mint leaves – finely chopped
- **6 tablespoons reduced fat Greek yoghurt**
- 1 tablespoon olive oil
- freshly ground black pepper

Equipment:

- saucepan
- colander
- food processor
- vegetable knife
- chopping board
- mixing bowl
- teaspoon
- garlic crusher
- tablespoon
- serving dish

Method

1. Place the defrosted peas (or cooked and cooled peas) in a food processor with the yoghurt and purée until smooth.
2. Transfer them to a mixing bowl and combine with the chopped onion, chopped mint, crushed garlic, chopped chilli, olive oil, ground cumin and black pepper (to taste).
3. Transfer to a serving dish and chill.
4. Serve with vegetable sticks and flatbread.



Broad Bean Bruschetta

Makes 6-8 pieces

Ingredients (allergens in bold)

- 500g broad beans - podded
- 2-3 tablespoons olive oil
- zest of 1 lemon
- 10g fresh mint- torn
- 10g fresh basil - torn
- **1 small french stick or ciabatta - sliced**
- 1 clove of garlic

Method

1. Measure the olive oil into the clean screw-top jar. Add the lemon zest and torn herbs, Place the lid on the jar and shake it.
2. Heat the oven to 200oC/Gas 6. Rub the bread slices with the garlic clove.
3. Lightly oil the slices of bread and bake until golden brown. (These can be stored in an airtight container for a couple of days).
4. Cook the broad beans in boiling water for 2-3 minutes until just tender. Drain well, refresh in cold water and drain again.
5. Slip each bean out of its grey skin into a large bowl. Discard the skins. The beans should now be a bright emerald green.
6. Crush the beans with a fork. Stir in the remaining lemon flavoured oil and the herbs. Top the warm bread slices with the bean mixture.

Equipment:

- small clean screw-top jar
- tablespoon
- grater
- sharp knife
- bread knife
- pastry brush
- baking tray
- saucepan
- colander
- mixing bowl
- fork
- teaspoon

