

# Put kids into little chefs

Cookery lessons are returning to schools after they were found to help teach kids to eat healthily. Children's cookery expert Christine Bailey shows how to get your kids started in the kitchen, whatever their age. **By Tanith Carey**



**Aged 4**

**What your four-year-old can do now:**

- Mash up avocado with the back of a fork
- Pour juice into the blender
- Switch on blender

**So they can make...**

## Pineapple & avocado smoothie

**Serves: 2**  
How long does it take? Five minutes

**What you need:**

- Two cups fresh pineapple juice
- One avocado
- 2 tsp honey

**How to make:**

Ask your little one to scoop out the flesh from a ripe avocado, then show them how to mash it with a fork. Put pineapple and honey in a liquidiser or food processor, and let them switch it on.

Or you can let your child hold the jug while you use a hand-held blender.

**Aged 5**

**What your 5-year-old can do now:**

- Sift flour and baking powder
- Stir with a wooden spoon
- Whisk up eggs with a fork
- Spoon mixture into moulds

**So they can make...**

## Oat muffins

**Serves 4**

**How long does it take?** 15 minutes to prepare and 20 minutes to cook

**What you need:**

- 150g self-raising wholemeal flour
- 1/2 tsp baking powder
- 60g rolled oats
- 1 tsp fresh thyme
- 2 eggs, beaten
- 150ml milk or soy milk



**How to make:**

Preheat the oven to 220C/425F/gas mark 7. Ask your child to sift the flour and baking powder into a bowl and add the oats and thyme.

Then see if they can beat in the eggs and milk into a batter and spoon the mix into four greased muffin moulds. Bake for 15 minutes until golden brown.

**Aged 6**

**What your six-year-old can do now:**

- Read numbers as you help them weigh ingredients
- Use a measuring spoon for liquids
- Stir the mixture in a bowl
- Spoon on to a baking tray

**So they can make...**

## Fruit and seed clusters

**Serves 4 to 6**

**How long does it take?** Five minutes to prepare and 35 minutes to cook

**What you need:**

- 3 cups porridge oats
- 60g flaked almonds
- 60g pecans, roughly chopped
- 60g sunflower seeds
- 60g pumpkin seeds
- 4 tsp sesame seeds
- 3 tsp light olive oil
- 1 cup apple juice
- 75g chopped dried apricots
- 75g dried mixed berries or cherries



**How to make:**

Preheat the oven to 180C/350F/gas mark 4. Measure the ingredients and get your child to put the oats, nuts and seeds into a large mixing bowl together. Next, ask your youngsters to mix and squeeze the oil, apple juice and dry ingredients.

Also get them to squeeze the mixture into clusters. Bake for 20 to 30 minutes until crisp and then serve with milk as a healthy cereal.

**Aged 8**

**What your eight-year-old can do now:**

- Crush garlic with a blunt knife or use a garlic press
- Learn to cut an onion with a knife
- Grate cheese
- Stir mixture in the frying pan under supervision
- Put together tacos

**So they can make...**

## Mexican bean tacos

**Serves 4**

**How long does it take?** Ten minutes to make and six minutes to cook

**What you need:**

- 1 red onion, chopped
- 1 garlic clove, crushed
- 1 small courgette, diced
- 1 tsp cajun seasoning
- 1 x 400g can kidney or mixed beans, drained and rinsed



- 3 tomatoes, deseeded and diced
- 8 corn taco shells
- 1 avocado, diced
- 2 tbsp chopped coriander
- 100g grated cheese

**How to make:**

Heat the oil in a frying pan and add the onion, garlic, courgette and cajun seasoning. Stir for three or four minutes

until tender. Let your child add the beans and tomatoes and heat gently for another two minutes. Warm the taco shells according to the pack instructions.

Ask your child to mix the avocado and coriander into the bean mix.

Finally, let them spoon into the taco shells and top with the grated cheese.

**Aged 9**

**What your nine-year-old can do now:**

- Cut up fish with scissors or a knife
- Measure out ingredients
- Juice oranges
- Thread kebabs
- Grill with supervision

**So they can make...**

## Fish kebabs & pineapple

**Serves 4**

**How long does it take?** 30 minutes to marinade, 15 minutes to put the kebabs together and six minutes to cook

**What you need:**

- 300g fresh tuna steak, cut into chunks, or other fish



- 1 red pepper, cut into chunks
- 8 wooden skewers
- Pineapple chunks

**For marinade**

- Juice of two oranges
- 2 tsp honey
- 2 tsp soy sauce
- 1 tbsp olive oil

**How to make:**

Soak the wooden skewers in

water so they don't burn under the grill. Get your child to mix all the marinade ingredients together and pour over the tuna. Cover and chill for 30 minutes.

Then get them to thread the tuna pieces, pepper and pineapple on the skewers.

Grill the kebabs for two to three minutes basting with leftover marinade as they cook.

**Aged 7**

**What your seven-year-old can do:**

- Separate and peel the garlic cloves
- Use a serrated knife to chop up soft veg
- Use a hand-held blender to puree soup
- Use scissors to chop basil leaves



**So they can make...**

## Tomato & roast garlic soup

**Serves 4**

**How long does it take:** Ten minutes to prepare and 35 minutes to cook

**What you need:**

- 1 head of garlic
- 2 tbsp olive oil
- 450g tomatoes cut into quarters
- 400g borlotti beans, without salt, drained

- 900ml vegetable stock
- 1 tsp lemon juice
- Handful of basil leaves, chopped

**How to make:**

Preheat the oven to 200C/400F/gas mark 6. Ask your child to peel the garlic cloves. Then they can put them in a roasting tin, drizzle with oil and bake them for 15 minutes. Add the sliced tomatoes and bake for another 10-15 minutes. Put the tomato, garlic, beans and stock in a blender and puree until smooth. Return to the pan and add the lemon juice and basil and warm through. Add a splash of pesto.



100 100 RECIPES



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