



Healthy Cookie Yum Yum Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Pens / Pencils
- ▶ Paper
- ▶ The cookie recipe

L.O:

- ▶ To try replacing some foods with healthy options.
- ▶ To understand the importance of a healthier diet.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – As a group discuss what healthy ingredients could replace some of the less healthy ingredients in some of their favourite snacks. As a precursor to making their cookies at home and to get the discussion going, you could suggest replacing chocolate chips with raisins or little cubes of dried mango.

MAIN TEACHING (10mins)

Tell the children that you are going to discuss the benefits of healthier eating over the summer holidays. Ask for volunteers to suggest why we should have a healthy diet.

Introduce the activity and tell them that we are going to be thinking about different cookie recipes that we can cook at home over the summer. But we are going to make them a healthy snack.

Ensure that the children know that it is ok to treat ourselves every now and then with our favourite foods. Ask the class to share what their favourite foods are?

Now highlight that we can still have our favourite foods, but make them a little healthier by substituting certain things. For example we can still enjoy a burger, but instead of normal chips have sweet potato fries.

Or instead of ice cream, we can try a fruit sorbet, which is great to eat in the hot weather.

- MAIN TASK - Healthy Cookie Yum Yum (15mins)

GUIDANCE – Tell the children that they must only bake the cookies while supervised by an adult who will help them collect and measure out the ingredients. Most importantly, we suggest the children do not operate any electrical kitchen appliances.

Split the children into pairs or threes and have them think up some healthier options to include in this cookie recipe for each other to try at home. Give each child a copy of the recipe (on the supplementary worksheet) and add in what they think will go well with cookies.

GUIDANCE – Some children may have dietary restrictions and may not be able to make these cookies. For those children you could suggest they design a healthy pizza that is suitable for them. (i.e gluten free, dairy free, vegetarian etc)



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Ingredients:

- ▶ 150g salted butter, softened
- ▶ 80g light brown sugar
- ▶ 80g granulated sugar
- ▶ 2 tsp vanilla extract
- ▶ 1 large egg
- ▶ 225g plain flour
- ▶ Half teaspoon bicarbonate of soda
- ▶ Half teaspoon salt
- ▶ 200g of... [ADD YOUR HEALTHY INGREDIENT HERE](#)

Method:

With an adult's help, preheat the oven to 190C/fan 170C/gas 5 and cover two baking trays with baking paper (preferably non-stick)

Put 150g softened salted butter, 80g light brown sugar and 80g granulated sugar into a bowl and whisk until creamy.

Mix in 2 teaspoons of vanilla extract and 1 large egg.

Using a sieve, sift 225g plain white flour, half a teaspoon bicarbonate of soda and a quarter teaspoon of salt into the bowl and mix it in with a wooden spoon.

The last thing is to add 200g of your ingredient. List out a few to include here and try them all to give to your friends and family.

Create little balls of the mixture, and place them on the baking tray leaving space in between as they will grow (You should be able to make about 30 cookies).

Wearing an oven glove and being very careful not to burn yourself, or get an adult to place the baking tray in the pre-heated oven for 8-10 minutes (use a timer to be sure). They will be ready when the edges are

a lovely brown, and the middle is still a bit squishy. Leave your cookies on the tray to cool down.

PLENARY (5mins)

GROUP DISCUSSION – Have the children discuss who they may want to share their cookies with and why.

DID YOU KNOW!

The word "cookie" comes from the Dutch "koekje," meaning little cake.



SUMMER



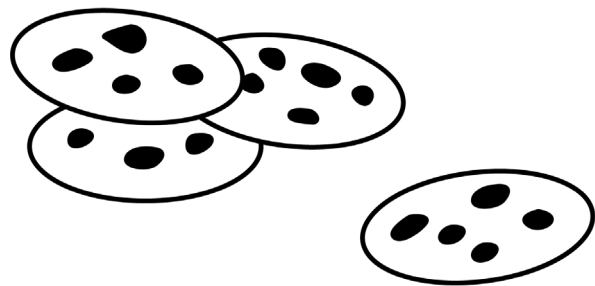
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CHILDREN'S SHEET

Make sure you have the help of an adult when working with kitchen appliances. When you do you can try making this cookie recipe. But why not think of some healthier ingredients to go into your own recipe, such as oats, raisins or nuts. We all deserve a treat sometimes, but we must remember to keep a healthy diet as well.

INGREDIENTS:

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- ▶ 80g light brown sugar
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- ▶ 2 tsp vanilla extract
- ▶ 1 large egg
- ▶ 225g plain flour
- ▶ Half teaspoon bicarbonate of soda
- ▶ Half teaspoon salt
- ▶ 200g of... **ADD YOUR HEALTHY INGREDIENT HERE**



METHOD:

- ▶ With an adult's help, preheat the oven to 190C/fan 170C/gas 5 and cover two baking trays with baking paper (preferably non-stick)
- ▶ Put 150g softened salted butter, 80g light brown sugar and 80g granulated sugar into a bowl and whisk until creamy.
- ▶ Mix in 2 teaspoons of vanilla extract and 1 large egg.
- ▶ Using a sieve, sift 225g plain white flour, half a teaspoon bicarbonate of soda and a quarter teaspoon of salt into the bowl and mix it in with a wooden spoon.
- ▶ The last thing is to add 200g of your ingredient. List out a few to include here and try them all to give to your friends and family.
- ▶ Create little balls of the mixture, and place them on the baking tray leaving space in between as they will grow (You should be able to make about 30 cookies).
- ▶ Wearing an oven glove and being very careful not to burn yourself, or get an adult to place the baking tray in the pre-heated oven for 8-10 minutes (use a timer to be sure). They will be ready when the edges are a lovely brown, and the middle is still a bit squishy.
Leave your cookies on the tray to cool down.