

## Edible Painting

Puree different coloured fruits and vegetables and place on a tray for your child to make marks with either a clean/sterile brush or just wash their hands and they can use their fingers.



Our Babies home learning topic this week is all about:

# Healthy Eating

Here are some suggested activities for you to carry out at home. Feel free to add or make changes to suit your child's needs. We would love to find out how you get on, please email photos to [oakengates.admin@taw.org.uk](mailto:oakengates.admin@taw.org.uk) or upload them to your parent zone app



## Food Pictures/Patterns

Make your child's food fun and interesting (and will encourage them to eat healthy foods) by making pictures, patterns and arrangements.

Let us know what different patterns and pictures you make by emailing or uploading your picture to parent zone.



## Fruit and Vegetable Printing

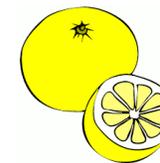
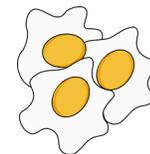
Cut big chunky fruits and vegetables in half and dip into paint, print onto paper to make patterns and pictures.

Observe all the different patterns they make e.g. the circles of an onion and more.





# Healthy Recipes



## Carrot & swede purée

### Ingredients:

- 2 large carrots (about 200g), peeled and cut into chunks
- ¼ swede (about 200g), peeled and cut into chunks
- Baby's milk

### Method:

- Put the carrots and swede into a steamer over simmering water and cook for about 20 mins until tender.
- Blitz to a purée in a food processor with a splash of milk (or water from the saucepan) to create a smooth texture. You may need to scrape the sides of the bowl a few times while blitzing to get a smooth consistency throughout.
- Serve one portion and divide the rest between small containers or ice cube trays and freeze.

## Easy fish pie recipe

### Ingredients:

- 1kg potatoes, peeled and halved
- 400ml milk, plus a splash
- 25g butter, plus a knob
- 25g plain flour
- 4 spring onions, finely sliced
- 1 x pack fish fillets (cod, salmon, smoked haddock etc., weight around 320g-400g depending on pack size)
- ½ a 25g pack or a small bunch chives, finely snipped
- handful frozen sweetcorn
- handful frozen petits pois
- handful grated cheddar

### Method:

- Heat the oven to 200C/fan 180C /gas mark 6.
- Put 1kg potatoes, peeled and halved, in a saucepan and pour over enough water to cover them. Bring to the boil and then simmer until tender.
- When cooked, drain thoroughly and mash with a splash of milk and a knob of butter. Season with ground black pepper.

- Put 25g butter, 25g plain flour and 4 finely sliced spring onions in another pan and heat gently until the butter has melted, stirring regularly. Cook for 1 -2 mins.
- Gradually whisk in 400ml milk. Bring to the boil, stirring to avoid any lumps and sticking at the bottom of the pan. Cook for 3 – 4 minutes until thickened.
- Take off the heat and stir in 320g-400g mixed fish, a small bunch of finely snipped chives, handful of sweetcorn and handful of petits pois. Spoon into an ovenproof dish or 6- 8 oven proof pots
- Spoon the potato on top and sprinkle with a handful of grated cheddar cheese.
- Pop in the oven for 20 - 25 mins or until golden and bubbling at the edges. Alternatively, cover and freeze the pie or mini pies for another time.