

## Session 4

### Scrummy scones



#### Session overview:

The aim of this session is for children to learn that scones can be eaten as a healthy snack and that different ingredients can be added to scones. The main activity, 'Have a go', involves the children learning how to make scones by rubbing-in, pressing and cutting-out.

Healthy eating message	Cooking focus
Scones can be eaten as a healthy snack.	Taste.  Rub-in.  Press.  Cut-out.  Add different ingredients.

#### Listen and respond

Prepare the ingredients and equipment in advance. What you will need is listed on the Scrummy scones recipe. You will also need a selection of ingredients which can be added to scones, e.g. grated cheese, sultanas, dried apricots, dried herbs. The ingredients and equipment will not be needed until the 'Have a go' activity.

Before the session, buy 2 different types of scone, e.g. savoury - cheese, sweet - sultana. Prepare 2 small, sample sized pieces of scone for each child. See 'Tempting children to taste food' guidance in the leader's guide.

Re-cap that in session 3 we were talking about healthy snacks and we were looking at dips with fruit and vegetable dippers. Explain that there are other healthy snacks we can eat such as scones.

Question the children:

- What is a scone?
- What does it look like?
- What does it taste like?

Explain to the children that you have got two different types of scone for them to try. Give all the children the first sample. Explain that they need to use their senses to try the scone. First ask them to tell you how it feels in their hand and then how it smells. Draw out descriptive vocabulary, e.g. soft, light, cheesy. Let the children taste the sample and discuss what it is like, e.g. what does it feel like in your mouth? What does it taste like? Repeat this with the second sample. Can the children taste the difference? Can they tell what different ingredients are in each? Explain that scones can have different ingredients such as cheese, sultanas, dried apricots or dried herbs.

### **Have a go**

Organise the children into groups of 4. Each group should work with an adult. Ensure the children are ready to cook, e.g. aprons on, hands washed. Preheat the oven so that it will be hot when the scones are ready to be cooked. Decide with the children what additional ingredient will be added to the mix, e.g. dried fruit, cheese. Work with the children to make the scone dough. Show them how to weigh and measure the ingredients. Let all the children have a go rubbing-in and helping make the dough. Divide the dough into 4. Show the children the rolling pin and what it does, but explain that they can use their hands to press the dough when making scones. Let each child shape, press and cut their dough. They should be able to make 2-3 scones each depending on the size of the cutters. If you do not have cutters, make a large scone and score it into 4 with a knife. Let the children watch you put the scones in the oven, wearing oven gloves. Explain that they need to cook. Explain that the oven is very hot and makes the food hot. The oven should only be used by adults. When the scones are ready, remove them from the oven, allow them to cool and then let the children eat them. Talk about what they are like and how they compare with the other scones they tried.

### **Consolidate**

Cut out and laminate the 'Equipment cards'. Go through the name and job of each piece of equipment. Place all the cards on the table and cover them with a light piece of material. Remove a card without showing the children. Uncover the cards and see if the children can name the piece of equipment which has been removed. You could give them clues based on the job the equipment does. Repeat this several times and then allow the children to take turns being the person who removes a card. You might find it easier to use 4 cards to play this game initially and then build up the number of cards used as the children improve.

### **At home**

Make a copy of the 'At home' sheet for each of the children. Explain to the children what the letter says and enthuse them about helping to prepare scones at home with their parent or carer.

### **Pre 3**

- Give children the opportunity to help rub-in or stir the mixture.
- Provide children with a little dough, allowing them to shape it.

# Scrummy scones



## Ingredients

250g self-raising flour  
40g butter or margarine  
125ml milk

## Equipment

Weighing scales, baking tray lined with grease proof paper, sieve, mixing bowl, measuring jug, palette knife, flour dredger, rolling pin (optional), small scone cutters, pastry brush, oven gloves and cooling rack.

## Method

1. Preheat the oven to 220°C or gas mark 7.
2. Weigh and measure the ingredients.
3. Sift the flour into the mixing bowl.
4. Using your fingertips, rub the butter or margarine into the flour until it resembles fine breadcrumbs.
5. Pour in the milk a bit at a time and mix it with the palette knife to make a soft dough. Save a little of the milk.
6. Place the dough on a lightly floured work surface and knead lightly.
7. Roll out the dough or press it into shape by hand, until it is 1.5cm thick.
8. Cut-out the scones using a cutter.
9. Place the scones onto the baking tray, brush with a little milk and bake for 12-15 minutes, until golden brown.
10. After baking, place the scones on a cooling rack.

## Handy hints

- To make fruit scones, stir in 75g of sultanas or chopped dried fruit before the milk.
- To make cheese scones, stir in 75g of grated cheese and 1x5ml spoon of mustard or mixed herbs before the milk.
- When rubbing the butter or margarine into the flour, lift your hands to help get air into the mixture. Shake the bowl to encourage large lumps to the surface.
- If you do not have scone cutters, allow the children to create their own shapes.

Makes 8-10

**Equipment cards**



**Weighing scales**



**Sieve**



**Mixing bowl**



**Scone cutters**



**Oven glove**



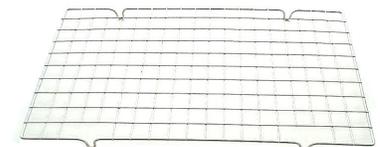
**Baking tray**



**Rolling pin**



**Measuring jug**



**Cooling rack**

**At home**

**Dear parent/carer**



**We have been learning that scones can be eaten as a healthy snack. We tried two different types of scone and then we made some of our own. We learnt that you can add different ingredients to scones, such as grated cheese or dried fruit.**

**This is the recipe we used. Have a go at making some scones with your child. Try adding different ingredients like, dried apricots, dried cherries or grated apple. You could have a tea party with other members of the family.**

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