

# Cooking at home



**HOLIDAY  
CLUB**



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In these uncertain times, as a parent you have the added stress of keeping your children busy, entertained and connected with friends and family, all while maintaining social distancing and staying home to slow the spread of COVID-19. We have done some additional research to collate some great recipes that suit younger as well as older children.

You are not required to “home school” your child while everyone is at home. However, there are some fun things you could do that are educational at the same time.

In this booklet, you will find recipes that can help children learn some cooking skills.

Who doesn't like food and fun at the same time?

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# Breakfast Time

## Fun Brekky Eggs on Toast

Get creative and whip up some eggs in toasts with cookie cutters you have available in your kitchen!

### You will need:

- Bread
- Butter
- Cookie cutter or a glass

### Instructions :

1. Place bread onto a board and lightly spread both sides with butter or margarine. Using a cookie cutter, cut a fun shape out of the center of each slice of bread.
2. Heat oil in a large non-stick frying pan. Add the bread and cut-out shapes and cook for 2-3 minutes or until golden. Turn bread and crack an egg into the center of each slice. Cook for 3-4 minutes until egg yolk is almost set. Sprinkle with cheese and heat until just melting.
3. Serve each with matching cut-out shapes.

Source: <https://www.australianeggs.org.au/recipes-and-cooking/fun-brekky-eggs-in-toast/>



## Banana Smoothie

A deliciously healthy way to start the day!

### You will need:

- 1 Banana
- 1 Cup Milk
- 1/2 Teaspoon Vanilla
- 1 to 3 Ice Cubes

### Instructions :

1. Take out your blender and pour in a cup of milk.
2. Peel the banana, break it in half, and add it to the blender.
3. Add 1/2 teaspoon vanilla and the ice cubes.
4. Blend for about 20 seconds.
5. Pour into a glass and enjoy.

Source: <https://www.food.com/recipe/banana-smoothie-for-kids-204780>



# Lunch Time

## Spinach Stuffed Shells

Have a picky eater who will not touch veggies? Try this recipe for Spinach Stuffed Shells and get kids to stuff the shells with the mixture.

### You will need:

- 20 shells
- 4 cups spinach
- 2 cloves garlic
- 2 tablespoons olive oil
- 2 cups ricotta cheese
- 2 cups mozzarella
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon Italian seasoning
- 1 1/2 cups marinara sauce



### Instructions :

1. Preheat oven to 350 degrees.
2. Cook pasta shells in boiling water for 6-7 minutes only as we want the shells to remain firm. Remove, drain and set aside.
3. Heat olive oil in saute pan and cook garlic and 4 cups of packed spinach (remove large stems) for a few minutes until the spinach starts to wilt.
4. Add the spinach and garlic mixture to a large bowl containing the ricotta cheese, 1 cup of the mozzarella, salt, pepper, and Italian seasoning. Mix until well combined.
5. Stuff the shells with the cheese and spinach mixture.
6. Spread 1/2 cup marinara sauce on the bottom of a 9x13 casserole dish. Add stuffed shells so you have four rows of five shells.
7. Top shells with remaining 1 cup of mozzarella and remaining 1 cup of marinara sauce.
8. Bake at 350 degrees for 30 minutes.

Source: <https://www.messforless.net/spinach-stuffed-shells/>



**Never leave a child unattended in the kitchen. Limit the child to tasks that are safe and age-appropriate.**

# Lunch Time

## Roasted Turkey and Basil Cream Cheese Pinwheel Sandwiches

These colourful pinwheels can be made in the morning and kept chilled for an easy lunch. For little kids: Let them wash and spin-dry the lettuce. For big kids: Let them layer the ingredients and roll up the sandwiches.

### You will need:

- 1 large head romaine lettuce
- 4 ounces whipped cream cheese
- 1 cup baby spinach leaves, loosely packed
- 8 large fresh basil leaves
- 4 tortillas
- 8 slices oven-roasted deli turkey
- 1 whole roasted pepper from a jar
- 1 cup shredded carrots
- Salt and pepper



### Instructions :

1. Pull the largest four romaine leaves from the outside of the bunch and wash and dry carefully, trying not to tear the leaves. Cut the leaves at the base where they were connected to the root; the pieces should be about 9-inches long. Using a vegetable peeler, shave the center rib so the leaves roll up more easily. Set aside.
2. Combine the cream cheese, spinach and basil in a food processor and puree until smooth. Season with 1/4 teaspoon kosher salt and a few grinds of pepper.
3. Lay one of the tortillas on a clean work surface and add one of the romaine leaves to fit neatly on top. Place 2 slices of turkey next to each other, covering the lettuce. Spread 2 tablespoons of the cream cheese mixture over the surface of the turkey and line up a quarter of the roasted pepper strips along one edge. Line up 1/4 cup of the shredded carrot just above the peppers.
4. Roll up the wrap tightly starting from the edge with the peppers and carrots, so the wrap holds together with the peppers and carrots in the middle. Place the wrap seam-side down.
5. Repeat with the remaining tortillas, vegetables, turkey and cream cheese spread. Cut the wraps into 1-inch pieces, then pierce each segment with a toothpick or skewer from the outside of the tortilla through the seam on the bottom

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/kids-can-make-roasted-turkey-and-basil-cream-cheese-pinwheel-sandwiches-3362682>

# Snack Time

## Watermelon and Yoghurt Pops

These fruity pops make perfect anytime snacks.

### You will need:

- 1/4 Watermelon
- Vanilla Yoghurt to serve
- Fruit (such as pomegranate seeds and chopped mango, peach, blueberry, raspberry, kiwifruit and strawberry), to serve.

### Instructions :

1. Line a baking tray with baking paper. Cut the watermelon into wedges. Insert ice block sticks. Place on the lined tray.
2. Freeze for 1 hour
3. Spoon yoghurt over the watermelon on the tray. Sprinkle with fruit. Freeze until firm.



Source: <https://www.taste.com.au/recipes/watermelon-yoghurt-pops-recipe/1x5xrjmi?r=recipes/kidssnacks&c=45b4e68b-8f7b-4fdd-82d2-1d42877042ac/Kids%20snacks>

## Crunchy Apple Boats

These Crunchy Apple Boats are super easy to make and they are sure to bring a smile to the face of any apple fan.

### You will need:

- Apples – each apple makes two boats
- Your favourite spread – peanut or honey
- Puffed rice or Rice Bubbles
- Cheese
- Toothpicks

### Instructions :

1. Cut the apple in half, removing the core.
2. Spread the top with peanut butter.
3. Sprinkle with puffed rice or Rice Bubbles.
4. Cut a sail for your apple boat from a thick slice of cheese and attach with a toothpick.

Enjoy!

Source: <https://childhood101.com/simple-kids-snack-ideas-crunchy-apple-boats/>



# Cooking Activities

## A few more ideas

[Delish.com](#) has posted 18 recipes that can help your kids learn in the kitchen. Here are a few of their ideas and you can get the educational recipes from [Delish.com](#).

### Popcorn chicken

“If your kids think chicken nuggets come out of a box, teach them the food's real roots. Show them the chopping, breading, and baking steps—and get the result on the table in less than an hour.”

### Alphabet pizza

“Let your little ones identify all the letters in their names, then help you cut them out of pizza dough. The rest of the steps are all kid-friendly, too: adding sauce, cheese, and toppings.”

### Tomato butter spaghetti

“This one is sure to be enjoyed equally by both adults and children. It's the simplest marinara sauce imaginable and kids will relish being a part of the process. Let them tear basil leaves and sprinkle parmesan. Older children can also be put on pasta duty, where they'll learn how to boil water and (safely) drop the noodles into the pot.”



### Earth Day cookies

“These cute little cookies are an excellent vehicle to lead to important discussions about other cultures, countries, and the environment. (Earth Day is April 22, by the way!)”

### Chicken Parma-saurus

“Utilize chicken nuggets that you already have on hand and gussy them up. (Do we hear a lesson about recycling in there somewhere...) Chicken parm is ideal comfort food, and this recipe is simple, flavorful, and allows the kids to do lots of fun tasks: topping with mozzarella, sprinkling with basil, and more.”



### Cookie Monster popcorn

This one looks really yummy – the recipe calls for popcorn, mini Chips Ahoy, mini Oreos and white chocolate – yes!

### Taco cups

“This recipe is great because the kids can work on the tortilla ‘cups’ while the adults cook the ground beef. The children can learn about the spices in the taco seasoning, as well as help to sprinkle the cheddar and lettuce (and drizzle the sour cream).”

Source: [https://www.delish.com/cooking/g31710916/kids-educational-recipes/?utm\\_source=twitter&utm\\_campaign=socialflowTWDEL&src=socialflowTW&utm\\_medium=social-media&slide=1](https://www.delish.com/cooking/g31710916/kids-educational-recipes/?utm_source=twitter&utm_campaign=socialflowTWDEL&src=socialflowTW&utm_medium=social-media&slide=1)

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