



COOKING -ROLLING BISCUITS

Materials you need:

- An easy biscuit/cookie recipe. [This one is very simple](#) with easy steps for the children to join in and help. It makes a lot, so you can freeze half the dough for another day of rolling practice!
- The ingredients listed in your chosen recipe
- Measuring cups and spoons
- Bowls
- Sequence cards of how to make the biscuits (photos of each step of the recipe glued onto card squares then laminated – optional if you have the time)
- Mixing spoons

Setup for play:

- Set up all materials on an easily accessible table.
- Make the biscuits as a group and help the children first name all the ingredients, then to follow directions on the sequence recipe cards.
- Encourage independent thinking and actions – measure, pour and mix.
- Line trays with some spray or baking paper, place biscuit mix in middle of table or bench and show children how to pinch off a little of the dough and work their hands in a way that rolls the dough into balls.
- Place on trays, flatten with a knife and cook per recipe instructions.
- You might like to decorate with icing or funny faces when cold to add to the fun!

What are they learning with this activity?

As the children make, roll and bake their biscuits they are learning to:

- Use hand/eye coordination skills and increase their spatial awareness
- Develop new vocabulary and language skills
- Recognise symbols and how things can represent other things
- Strengthen fine motor muscles, visual motor integration and control
- Gain confidence
- Manipulate equipment and real-life tools with increasing competence
- Measure, experiment with volume and capacity.
- Listen to and follow directions
- Recognise and follow sequences and visual cues.
- Work together in a group with others
- Recognise their individual achievements and successes – show pride in their work
- Recognise the contributions they make to shared projects and experiences
- Show increasing independence and competence
- Explore, infer, predict and problem solve

Extending the play:

- Do a similar activity using clay as the medium. Show the children how to make small pinch pots.
- Bake some small bread rolls – they require pinching and rolling larger amounts of dough!
- Pack your biscuits into a 'picnic' for afternoon tea. Encourage the children to pack the basket for you – what do we need?

