

HE Ideas for home

Practical cooking Try lots of different recipes. Many can be accessed online through websites such as BBC good food. Cupcakes are always a good place to start.

Encourage your child to help you prepare all meals. Pupils can help with almost all activities but may need some support with chopping and peeling such as hand over hand. Get your child to help with the washing and drying too.

Healthy eating. Use this time to focus on eating lots of healthy foods. You could try a new fruit or veg each week.

Food play, getting foods and playing with them. Allowing children to play without the pressure of trying food can give them confidence in the future to try them. You could use vegetables with paint to create art work.

Collect food magazines and cut out all your favourite foods. Make a collage of them and stick it down.