



'Bringing kids into the kitchen'

“Did you know”

The smallest of hands can be surprisingly good in the kitchen, and most kids love to cook, it's very hands on, it's messy and there is plenty of room for creativity, not to mention some achievement at the end.

If parents or guardians teach their children this life skill, then they will really be set up for life.



On average modern mothers estimate that they learnt 22 skills from their mums, and use seven of them a day, this is according to research carried out by Addis Housewares (Pemberton,2018).

Teaching children to cook is as important as to teaching them how to read and write, this sounds simple because it is simple. **Little BIG Cooks** wants to create a generation of children that is taught to understand that fruit and vegetables, or that beautifully cooked roast dinner, or bowl of fresh pasta, or a curry made from scratch are just as tasty and so much better for them than junk in a box (ping). It is vital we equip future generations with the skills and knowledge to make good nutritional, fresh home cooked choices, and for this to change, this begins with getting them involve in the kitchen and cooking.



Children who learn to cook aged 8 and below are 50% more likely to have a healthy diet later in life.

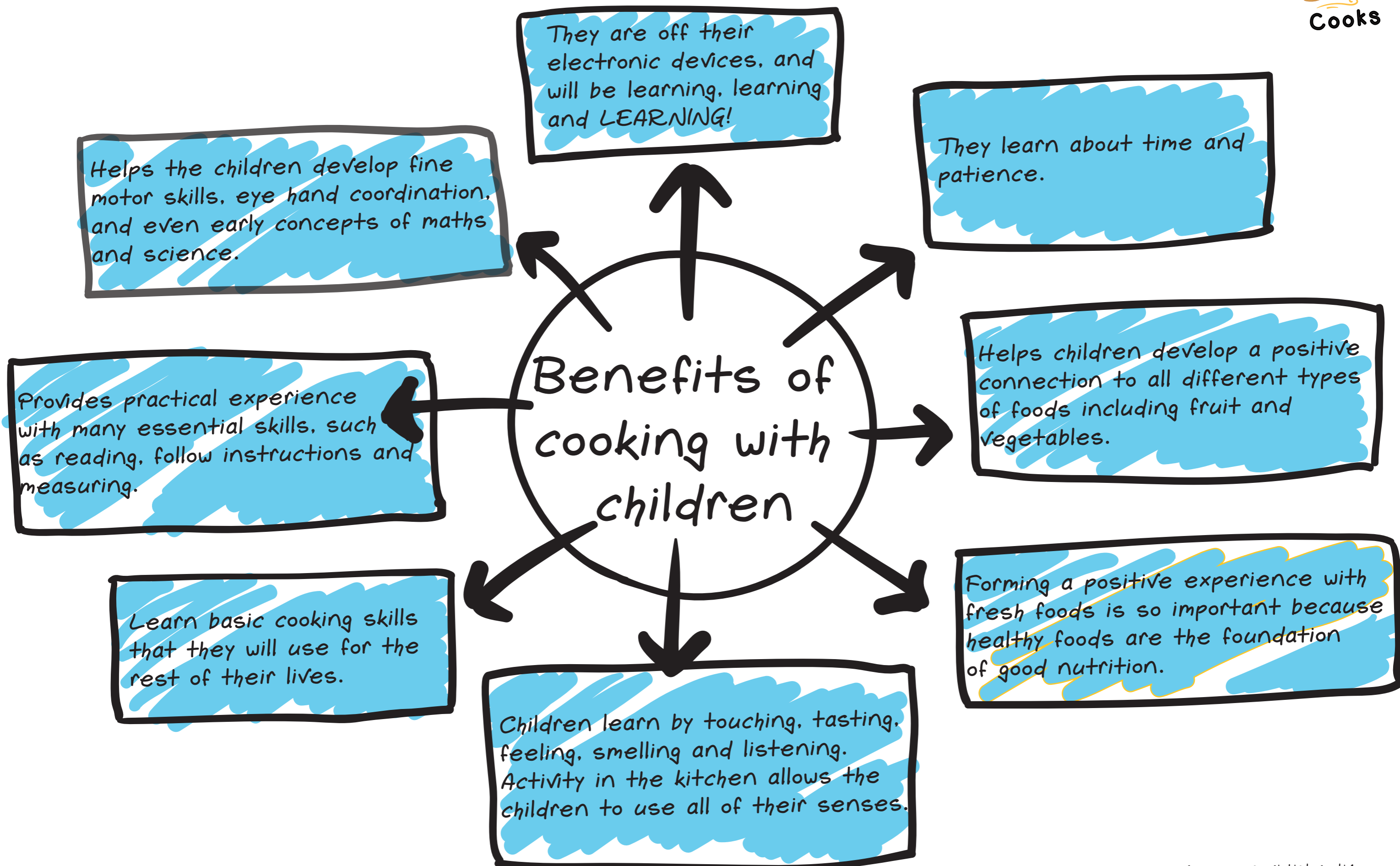
Research carried out by Pizza Express in partnership with The Childrens Food Trust charity in 2013.



'Also , cooking with your children is actually a great way for parents to bond with their children and build a relationship. It will also generate happy memories.'



Let me share this with you....



So, what is it Little BIG Cooks wants to do?



We know that good food has a way of bringing families together. We also know that families have that special meal that is not cooked like any other Mum, Dad or guardians, recipes that have been passed down to the parents or guardians from their own parents or guardians, these family recipes are a special part of a family history, and that's worth preserving. Or it may be the case that the children's parents or guardians have found their own recipe of success, that really is Mum, Dad or that special family member way doing it.

For example, Sarah's Mum might cook the family a tasty Turkey Lasagne from scratch, and she adds a variety of exciting and tasty ingredients, and to pack it up with crispy kale or spinach.

Also, in many communities there are many cultural diverse regions, and it'll definitely be exciting to understand their foods, and their traditions. We know how fresh ingredients play a massive part on their flavours.

The best part of all this is that we will get the children learning, the community engaging and not forgetting an important element to this, we are not only encouraging children to eat healthy, but we are ensuring that we increase that 50% of children who will have a more healthier food lifestyle.



Mock pages of inside the Little **BIG** Cooks 'Book'



PREP 10 MINS
COOK 25 MIN



EASY



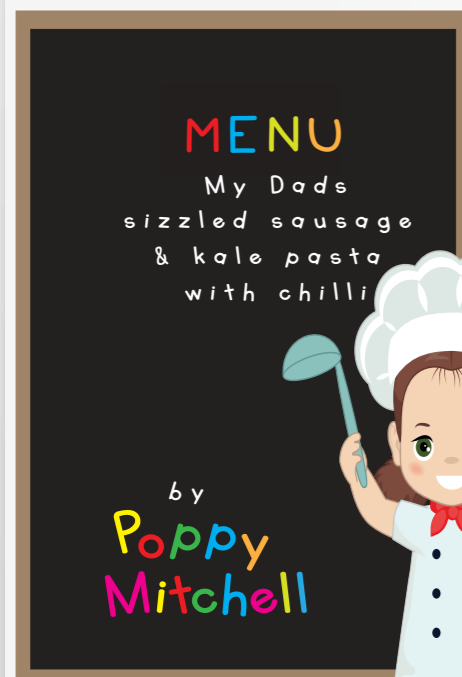
SERVES 4

Ingredients

3x tbsp olive oil
250g pork, chicken or quorn sausages,
skins removed, broken into pieces
2x tsp fennel seeds
3x garlic cloves, thinly sliced
1x large red chilli (or green), sliced
1x lemon zested and juiced
150g cherry tomatoes
400g short pasta, such as orecchiette,
farfalle or conchiglie
150g curly kale
75g grated parmesan

The how to bit

- 1 Bring a large saucepan of water to the boil. Meanwhile, heat 1 tsp oil in a large frying pan. Brown the sausage with the fennel seeds on a medium heat for 6-7 mins until golden, then set aside.
- 2 Heat the remaining oil in the same pan, add the garlic and chilli, and cook on a medium heat for 2 mins or until golden. Add the lemon juice and tomatoes, cook for 2 mins, then remove from the heat.
- 3 Boil the pasta following pack instructions until al dente. Add the kale for the final 2 mins of cooking. Drain, saving the cooking liquid, then put the pasta and kale back in the saucepan to keep warm. Add about 100ml cooking liquid to the tomatoes. Heat up, pour over the pasta and toss together with the sausage, lemon zest and half the Parmesan. Serve in bowls with the remaining Parmesan sprinkled over.



My dad wants you to know that his simple sausage and kale pasta dish is perfect for feeding all the family. You can even give it a modern twist by using orecchiette, it's sure to be a winner.

Smile please





PREP 10 MINS
COOK 40 MINS



EASY



SERVES 2 ADULTS +
2 CHILDREN

Ingredients

150g butternut squash, cut into chunks
300g penne (we used Napolina 50% white 50% wholemeal)
40g butter
1 small leek, finely sliced (about 50g)
25g flour
600ml milk
100g frozen peas
175g mature Cheddar cheese
(we used a vegetarian version)
1 slice day-old brown bread, blitzed into crumbs

The how to bit

- 1 Heat oven to 200C/fan 180C/gas 6. Put the butternut squash in a steamer over boiling water. Steam for around 15-20 mins or until tender. Drain and then blitz in a food processor until smooth.
- 2 Cook the pasta according to the pack instructions.
- 3 Heat the butter in a medium saucepan, add the leek and cook for 2 mins. Stir in the flour and cook for 1-2 mins more. Take the pan off the heat and gradually whisk in the milk. Return to the heat and bring to the boil, stirring all the time. Simmer for 5 mins. Stir in the peas and bring back to a simmer. Take the pan off the heat and stir in the butternut squash, then 125g cheese.
- 4 Stir the pasta into the sauce and transfer to an ovenproof dish. Sprinkle over the remaining cheese and the breadcrumbs. Bake for 20 mins or until golden and bubbling.

This is my favourite meal of the week. This was the first time I cooked this with my mom, and we hope that you love this 'mac n cheese' as much as we do. We always have garlic bread with this **mmmm**.

Harry & Laura



Little
BIG
Cooks

Smiles please





PREP: 15 MINS
COOK: 12 MINS



EASY



SERVES 2

Ingredients

100g each strong white and wholewheat flour

1 tsp or 7g sachet easy-blend dried yeast

125ml warm water

For the topping

200g can chopped tomato, juice drained

Handful of cherry tomatoes, halved

1 large courgette, thinly sliced using a peeler

25g mozzarella, torn into pieces

1 tsb capers in brine

8 green olives, roughly chopped

1 tsb olive oil

2 tsb chopped parsley, to serve

The how to bit

- Mix the flours and yeast with a pinch of salt in a food processor fitted with a dough blade. Pour in the water and mix to a soft dough, then work for 1 min. Remove the dough and roll out on a lightly floured surface to a round about 30cm across. Lift onto an oiled baking sheet.
- Spread the canned tomatoes over the dough to within 2cm of the edges. Arrange the cherry tomatoes and courgettes over the top, then scatter with the mozzarella. Mix the capers, olives and garlic, then scatter over the top. Drizzle evenly with the oil. Leave to rise for 20 mins. Heat oven to 240C/ fan 220C/gas 9 or the highest setting.
- Bake the pizza for 10-12 mins until crisp and golden around the edges. Scatter with the parsley to serve TIP: Serve with some sweet potato chips, oven cooked.

Jacob Says:

I love pizza and my mummy said this is a **superdooper** healthy one. This is because we have made this pizza with white and wholewheat flour. You can make any pizza you want really.

Enjoy x

BIG Smiles please



MENU
My Mummy's
superhealthy
pizza
'yum'

by
**Jacob
Tranter**



We love picture quizzes...

Please take a moment to look at the images and describe how you think the child is feeling, and which senses are they using?



Research carried out said...



I carried out some research to identify a qualitative investigation on the effect of parent-child cooking on the parent-child relationship.....

Cooking with my Dad made me **happy**.

Poppy Mitchell Aged 8

What i liked about cooking with my mum was **learning about cheese** and that its dairy. She also **let me eat some**.

Harry Vines Aged 6

I would love to make pizza again with my mum as it was **exciting**. I loved getting my **hands messy** with the dough.

Jacob Tranter Aged 8

Cooking with Poppy was something I had never done before. **I loved every moment of it, she even learnt** what a garlic clove was.

Carl (Poppys Dad)

Harry was so proud of the tea he made the family. To see his face and the look of **amazement that he created tea** from fresh ingredients. **Priceless moment.**

Laura (Harrys Mum)

