



MAKING PANCAKES

Aim: This activity helps children develop:

- Moving and Handling: Pouring, mixing, and flipping pancakes.
- Physical Development: Improving fine motor skills and hand-eye coordination.
- Communication and Language: Following instructions and discussing the process.

Materials Needed:

- 200g plain flour
- 2 large eggs
- 300ml milk
- 1 tablespoon of oil
- Pinch of salt
- Mixing bowl
- Ladle
- Whisk or fork
- Frying pan
- Fillings of your choice (e.g., bananas, strawberries, jam, chocolate)

Preparation:

- First, wash your hands thoroughly before starting the activity.

Make the Batter:

- Put 200g of plain flour, 2 large eggs, 300ml of milk, 1 tablespoon of oil, and a pinch of salt into a mixing bowl.
- Mix everything together until you have a smooth batter.

Heat the Pan:

Ask an adult to add a small drop of oil to a small or medium frying pan and set it on medium heat.

Cook the Pancakes:

- When the pan is hot, use a ladle to scoop some batter and pour it into the pan.
- Cook the pancake for 1-2 minutes on each side until it is golden brown.
- Prepare the Fillings (Optional):
- While the pancakes are cooking, cut up some fillings such as bananas, strawberries, or any other fruit you like.
- You can also add jam or chocolate to the pancake once it's cooked.

Let's Get Cooking!

Once your pancakes are ready, you can enjoy them with your favorite fillings. Here are some fun questions and activities to engage with while cooking:

Questions to Explore:

- What ingredients did we use to make the batter?
- How do we know when the pancake is ready to be flipped?
- What fillings do you want to add to your pancake?

SAFETY FIRST: ALWAYS SUPERVISE YOUNG CHILDREN WHEN THEY ARE NEAR HOT SURFACES OR USING KNIVES.