

Homemade soup

Expand children's communication and language, literacy and understanding the world knowledge with our homemade soup activity.

Resources

Traditionally, soups were made using regional and seasonal food products but now the world is your oyster! Your ingredients will depend on exactly which type of soup you want to make but here is a list of resources you will need:

- Weighing scales
- Knives and peelers - Decide on help and supervision levels here
- Pan, water, spoon
- Stock cubes and the ingredients you have decided upon
- Blender - Consider safety issues and whether you want a broth or blended soup
- Bread
- Bowls and spoons for eating your soup!



Activity outline

- Begin by asking the children about their favourite soup or food
- You could also use this as a chance to talk about healthy eating and why we can't make soup from sweets (or anything else that the children might suggest that is unsuitable) - You could also discuss seasonal products that they could use and bring some in to demonstrate what they are and discuss them
- Research soup recipes with the children, incorporating the most favourite ingredients you have talked about
- Risk assess the activity, including the supervision of the children whilst you are handling hot food/pans etc and also be mindful of allergies and food intolerances
- Have fun by making the soup! - Follow your recipe, making sure all food is well cooked
- Blend your soup into your chosen consistency in the blender
- Once cooled, enjoy your creation!

Extending the activity

- Perhaps you could try your own recipe?
- Make pasta sauces in a similar way
- Ask parents to share their favourite recipes with you
- Share any successful recipes with parents to try at home.

Working with babies?

- It is especially important to work in partnership with parents when babies are weaning
- Do you have a weaning coordinator who can discuss weaning and risk assessments for weaning with parents? - Some parents may ask for your advice on how to wean their baby or want to follow the baby-led weaning approach
- Do you have the appropriate information to share with and support parents?