

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Activity: Baking muffins

Baking is a fun and engaging activity for young children, especially when they get to eat what they've made.

Muffins are an easy option, convenient to eat, a great way to hide a vegetable or two as well as serve up a range of nutrients.

Learning aims

- Fine motor skills – mixing, grating, pouring, etc
- Maths concepts – counting, measuring, sequencing
- Healthy eating habits
- Following instructions.



Resources

- 1 very ripe banana (with lots of brown spots, which indicate its ripeness)
- 1 medium courgette
- 120 ml (½ cup) milk
- 2 eggs
- 1 tsp vanilla extract
- 60g (¼ cup) unsalted butter
- 180g (1 ½ cups) of flour
- 50g (¼ cup) brown sugar
- 1 cup of fresh or frozen blueberries
- 2 tsp baking powder
- 1 tsp cinnamon (optional)
- Recipe (on paper, printed or written, on a screen etc)
- Kitchen scales or measuring cups (¼, ½, 1)
- Bowl, wooden spoon, metal spoon, teaspoon, grater
- Muffin tray/cases.

The recipe can be adapted to accommodate dairy or gluten-free alternatives.

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Activity outline

1. Discuss the activity with the children and find out who has previously baked or cooked
2. Explain what they will make today. Show the ingredients and check that children know what they are and ask if they've eaten them before
3. Wash hands, explaining why we do this before handling food
4. Place all the ingredients within easy reach of the children. Offer children a taste of some of the ingredients and ask their opinions about them
5. Show the recipe and discuss quantities of each ingredient
6. Demonstrate how to measure the ingredients using the scales or measuring cups
7. Demonstrate how to grate the courgette safely. Squeeze them well to ensure the water is removed so the batter doesn't get too wet. The children may enjoy the sensation of doing this with their hands. Ask them to describe how it feels and smells
8. The children can break up the banana with their hands. Discuss texture and smell, encouraging the children to use descriptive language e.g. squishy
9. Add the grated courgette, milk, butter and vanilla extract
10. Stir gently with a wooden spoon
11. Add the flour, sugar, baking powder and cinnamon (if using) and stir gently to combine
12. Discuss the changes at each stage e.g. colour, texture, aromas
13. Stir in the blueberries
14. Pour the mixture into the muffin tray or cases
15. Bake at 200°C for 20–25 minutes until golden brown or a skewer comes out clean
16. Allow the muffins to cool for a few minutes and then transfer to a wire tray to cool completely. Discuss the changes with the children
17. Sit together to eat and enjoy the muffins. Alternatively, store them in an airtight container in the fridge for later.

Extension ideas

- Grow your own courgettes or other vegetables to use in other recipes
- Compile a nursery recipe book with pictures/photos (share with parents and ask for contributions to your healthy recipe book).

NDNA products to support you with this activity

- [Level 2 Food Safety and Hygiene – online course](#)