

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: Fruity flapjacks

Make these delicious flapjacks and create a fun learning experience, as children watch the ingredients transform into tasty treats. Use the opportunity to talk about healthy eating habits, encouraging children to understand the benefits of choosing nutritious ingredients and enjoying them as part of a balanced diet.

Learning aims

- Understanding of healthy eating habits
- Vocabulary building
- Fine motor skill development through measuring, mixing the ingredients
- Confidence and enjoyment in making their own food.

Resources

Ingredients

2 cups oats
½ cup sugar or syrup
½ cup butter or margarine
½ cup chopped dried fruits (raisins, cranberries)
Sprinkle of cinnamon (optional)

Equipment

Mixing bowl
Wooden spoon, tablespoons
Measuring cups
Baking tray
Greaseproof paper

Activity outline

Preparation:

- Preheat the oven to 180°C (350°F)
- Line a baking tray with greaseproof paper.

Introduce the activity and discuss the ingredients:

- Gather the children around and show them the ingredients. Use simple and engaging language to explain why each one is important. For example, "These oats give us fibre which helps our food



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move through our bodies, keeping us healthy and strong", "The fruit is sweet and tasty and gives us vitamins, which help us grow big and strong"

- Provide a small sample of each ingredient for the children to explore. Encourage them to use their senses. For example, "How do the oats feel? Are they soft, rough, or something else?". Invite the children to share their thoughts, and expand on their vocabulary by introducing words like crumbly or soft
- Demonstrate how to measure the ingredients with measuring cups and spoons and encourage all the children to have a go and measure out the ingredients into separate bowls
- Encourage each child to take a few spoonfuls of the dry ingredients, add them to their own bowl and stir them together. If you're using cinnamon, sprinkle it in now
- Safely melt the butter, sugar/syrup together - if possible, let the children watch the process. This will captivate them, so encourage them to observe how the ingredients look before, during, and after melting. Introduce new vocabulary to describe what they see, such as solid, runny and bubbling. Ask open-ended questions like, "How does it look different now?"
- Carefully pour a little of the melted mixture into each child's bowl
- Encourage the children to stir the mixture gently, using phrases like, "Can you make big circles with your spoon?" As they stir, draw their attention to how the mixture is changing, "Look how the oats are getting sticky and shiny", "Can you feel how it's harder to stir now? What words can we use to describe it?". Celebrate the children's observations and responses, introducing new vocabulary if needed
- Invite the children to transfer the mixture with a spoon into the prepared baking tray and press it down with the back of the spoon
- Place the tray in the oven for 20 minutes
- Once baked and cooled, cut into small squares and enjoy.

Extension ideas

Create a sorting game with pictures or toy food, categorising them into 'everyday foods' (healthy) and 'sometimes foods' (unhealthy). Reinforce key messages about healthy eating by discussing why some foods are better for us to eat regularly and others are okay only in moderation.

NDNA products to support you with this activity

- Factsheet – [Healthy Eating: England](#)