

# Rising 3s Activity Lesson Plan

<b>Date:</b> Monday 20 <sup>th</sup> April 2020	
<b>Activity Title:</b> Making Vegan/Dairy Free Fairy Cupcakes	
<b>Learning Intention:</b> <ul style="list-style-type: none"> <li>To measure ingredients and use tools to make fairy cupcakes.</li> </ul>	<b>Activity Overview:</b> Measure ingredients and follow instructions to make fairy cupcakes.
<b>Links to EYFS:</b> <b>Physical Development:</b> <ul style="list-style-type: none"> <li>Shows control in holding and using jugs to pour.</li> <li>May be beginning to show preference for dominant hand.</li> <li>Uses one-handed tools and equipment.</li> <li>Willing to try new food textures and tastes.</li> </ul> <b>Mathematics:</b> <ul style="list-style-type: none"> <li>Measuring ingredients.</li> </ul>	
<b>Ingredients:</b> <ul style="list-style-type: none"> <li>Self raising flour</li> <li>Soya milk</li> <li>Pinch of salt</li> <li>Sugar to your taste</li> <li>Rapeseed oil</li> <li>Vanilla extract</li> <li>Baking powder</li> <li>Cider vinegar</li> <li>Bicarbonate of soda</li> </ul> <b>Tools:</b> <ul style="list-style-type: none"> <li>Bowl</li> <li>Spoon</li> </ul>	<b>Key vocabulary:</b> Ingredients, stir, bowl, flour, smell, sticky, taste, messy.
<b>ACTIVITY IMPLEMENTATION (including key question)</b>	
<b>Introduction:</b> <ul style="list-style-type: none"> <li>Have a conversation with your child and explain to them that together you are going to do some yummy scrumptious vegan non dairy fairy cakes.</li> <li>Go through the list of the ingredients and have a discussion about their texture and whether they think it will be messy or sticky.</li> </ul> <b>Main Activity:</b> <ul style="list-style-type: none"> <li>Explain to your child that today, they will be measuring out a lot of key ingredients to make yummy fairy cakes.</li> <li>Encourage your child to help with the preparations, such as washing their hands, gathering the tools and ingredients.</li> <li>Let your child be independent and let them help you as much as they can. They can have a go at weighing the flour using the kitchen scales; use the spoon to transfer the ingredients into the bowl or pour soya milk from the jug.</li> </ul> <b>Vegan Dairy Free Fairy Cupcakes</b> <b>Preptime:</b> 15 minutes <b>Cook time:</b> 20 minutes <b>Serving:</b> 12 <b>Calories:</b> 195kcal	

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## Ingredients/ Measurements

Support your child using scales/measuring scoops for the ingredients:

200ml soya milk  
20ml cider vinegar  
200g self raising flour  
¼ tsp bicarbonate of soda  
¼ tsp salt  
200g caster sugar or to your taste  
80ml rapeseed oil  
2tsp vanilla extract  
¼ tsp baking powder

## Instructions:

- 1) Preheat the oven to 180C/350F.
- 2) Line the holes for 12 muffin tins or with paper case.
- 3) Stir in cider vinegar into soya milk and leave to stand for 10 minutes.
- 4) Sift the flour, baking powder, salt and bicarbonate of soda into a large bowl.
- 5) Stir in caster sugar.
- 6) Add vanilla extract and rapeseed oil to the mixture and whisk together.
- 7) Pour the liquid into dry ingredients and fold together gently until combined.
- 8) Pour batter evenly into cake cases and bake in preheated oven for 15-20 minutes until risen and golden brown.
- 9) Leave to cool on wire rack.
- 10) Spread on vegan or dairy free buttercream.
- 11) Sprinkles some raw oats on top; imagine they're snowflakes.



## How to make dairy free buttercream frosting for the fairy cakes

- 1) Use softend vegan or dairy free butter.
- 2) Use quality powder sugar and sift it before adding to the butter.
- 3) Mix together if your buttercream gets too thick simply add a little dairy free milk of your choice.
- 4) Serve and enjoy.

## Challenge:

Ask your child to close their eyes and guess some of the ingredients by smelling or tasting them.

### Additional ways to support your child:

Support your child by holding onto the spoon to fold in the ingredients gently and guide them. Encourage the development of fine motor skills by letting them pour, stir and scoop the ingredients for the cakes.

### Extension:

Discuss different things that you would like to bake and decorate together.