

# Individual Activity Lesson Plan

<b>Date:</b> Monday 18 <sup>th</sup> May 2020	
<b>Activity Title:</b> Making rock cakes	
<b>Learning Intention:</b> Make rock cakes to take to “space”	<b>Activity Overview:</b> make some “rock” cakes and talk about what happens to the ingredients when mixed/cooked
<b>Links to EYFS:</b> understanding of the world	
<b>Resources:</b> Scales, baking tray, parchment paper, small whisk/ fork, bowl, ingredients.	<b>Key vocabulary:</b> Weight, mix, how much, what next, what’s happened, well done, how long in the oven?

## ACTIVITY IMPLEMENTATION (including key question)

### Introduction:

Talk about the uncooked ingredients before they are mixed. E.g. where do the ingredients come from?

### Main Activity:

Making “rock” cakes you will need:

- 200g plain flour
- 100g Marg/butter (chilled)
- 125g raisins/sultanas
- 1 medium egg
- 75g soft light brown/caster sugar
- 2tps baking power
- 2tbsp milk if needed
- Icing sugar for moon dust



### Method:

- Mix the flour, sugar, baking powder (wooden spoon)
- Put your cooled butter/Marg into the bowl
- Use your fingertips to rub the ingredients together until it resembles breadcrumbs
- Add dried fruit and mix
- You can also add 1tsp cinnamon
- Whisk an egg in a separate bowl, mummy/daddy can help you.
- Slowly add the egg to the dry ingredients mix until it forms a stiff dough (add milk if needed)
- Break off pieces of your dough and place on a baking tray
- Cook in a pre-heated oven on 160c for 18-20 mins until golden
- Leave to cool and sprinkle with “moon dust” (icing sugar)
- Send some photos in of your cooked rock cakes, we know how much the children in Strawberry enjoy cooking and exploring new textures and tastes, we can’t wait to see how you all got on. Have Fun.

**Activity overview:** Talk about what is happening to the ingredients when mixed, how it’s changing what can they see happening? Take photos of the cooked “rock” cakes, Send some photos in of your cooked rock cakes, we know how much the children in Strawberry enjoy cooking and exploring new textures and tastes, we can’t wait to see how you all got on. Have Fun.

<b>Additional ways to support your child:</b> Look at where the ingredients come from?	<b>Extension:</b> Look at space books/pictures of moon rocks.
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