

## Yum!



This week in the series *Yum* we enjoy the process of growing and eating nutritious, healthy foods. In each episode, our presenters pick an ingredient from the Play School garden and use it in a cooking activity.

The range of cooking activities displayed throughout the week extend children's knowledge of food sources and promote healthy eating, as well as providing them with fun, educational opportunities.

## Episode 1



### PRESENTERS

Emma Palmer – Jay Laga'aia

### PIANIST

Peter Dasent

### STORY

#### ***Slinky Malinki, Early Bird***

Author & illustrator: Lynley Dodd

Publisher: Puffin Books – Penguin Group (NZ)

### FILM

#### ***Milking Cows***

(Play School, ABC)

### IDEAS FOR LATER

- Visit a farm or buy some chickens for your backyard.
- Make a collage of healthy foods that you can eat at breakfast.
- What do you like to eat for breakfast? Toast, cereal, juice, fruit, eggs, milk? Gather some of your toys and sit them at the breakfast table. Pretend to serve them your favourite breakfast foods.

### SONGS

#### ***Everybody Likes Fruit and Vegetables***

Composer: Jay Mankita

Publisher: Dreams on Tape Music

#### ***The Black Cat***

Composers: Mary Britton-Miller & M.

Bartholomew

Publisher: Silver Burdett

#### ***I Jump Out of Bed in the Morning***

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### ***If You Want to Know How***

Composers: Peter Dasent & Sophie Emtage

Publisher: Origin/Control

#### ***Eggs***

Composer: Don Spencer

#### ***Super Supper March***

Composers: Theodor Geisel & Eugene Poddany

Publisher: A & C Black



## MAKE AND DO



### How to Make Sponge Placemats

You will need:

- Thick paints in various colours
- Shallow dishes to hold paints
- Cleaning sponges
- Calico, cut into 30 x 40 cm pieces

Cut the cleaning sponges into simple shapes, such as fruits and vegetables or animals.

Squeeze various colours of thick paint into the dishes and spread evenly.

Lay a calico piece on your workspace, preferably on newspaper or plastic sheeting to avoid mess.

Dip one side of a sponge shape into the paint and ensure the paint covers the sponge surface.

Place the sponge shape onto the calico, paint-side down, and press gently but firmly. Lift the sponge carefully to reveal the sponge print.

Repeat with the other shapes to create a colourful design. Use a variety of colours and shapes, as many as desired.

Hang the calico placemat to dry.

When the paint is thoroughly dry, your sponge placemat is ready to use!



### How to Make Egg Capsicum Flowers

You will need:

- 1 tablespoon olive oil
- 1 capsicum (we used a red capsicum)
- 2 to 3 eggs

Wash and dry the capsicum, then slice off the stem end and carefully remove the seeds.

Cut across the whole capsicum at approximately 2 ½ cm intervals to make ring shapes. These shapes resemble flowers. One medium capsicum should yield two or three slices.

Heat a frying pan and add the olive oil.

Place the capsicum shapes in the frying pan and begin to sauté.

Crack one egg into the centre of each capsicum flower.

Cook over a medium heat until the eggs are cooked through.

Egg flowers are ready to serve. Enjoy!

## Episode 2



### PRESENTERS

Teo Gebert – Zindzi Okenyo

### PIANIST

Peter Dasent

### TOLD STORY

#### *Old Mother Hubbard*

(A story told by the Play School team)

### FILM

#### *Canberra Ferris Wheel*

(Play School, ABC)

### IDEAS FOR LATER

- Grow some flowers in a pot and put them on your balcony or in your backyard.
- Drain an egg from its shell and use it in cooking. Paint or dye the egg shells for decorations.

### SONGS

#### *How Does Your Garden Grow?*

Composers: Peter Dasent & Sophie Emtage

Publisher: Origin/ABC Music Publishing/Control

#### *Pick a Bale of Cotton*

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### *Ring a Ring O' Roses*

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### *Horses on the Merry Go Round*

Composer: Penny Biggins

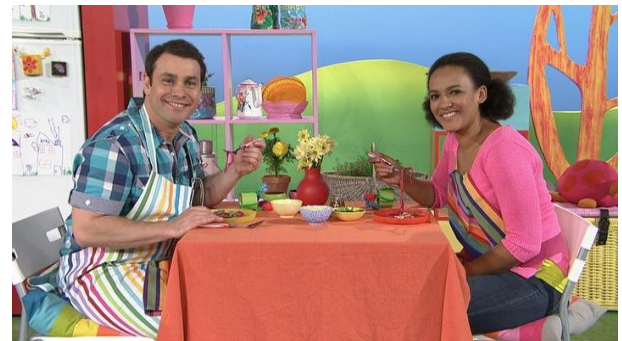
#### *Have You Seen Spaghetti?*

Composers: Don Spencer & Moira Cochrane

#### *How Are You Feeling?*

Composers: Peter Dasent & Sophie Emtage

Publisher: Origin/Control



## MAKE AND DO



### How to Make a Napkin Ring with Paper Roses

You will need:

- A cardboard cylinder
- Safety scissors
- Crepe paper
- A paintbrush
- Green pipe cleaners

Cut the cardboard cylinder into 6cm wide sections. These will be your napkin rings. You might like to paint them, or cover them in coloured fabric or paper.

Cut crepe paper into 5cm wide strips.

Wrap one strip of crepe paper around the handle of a paintbrush, to create a small roll. Slide the roll of crepe paper off the paintbrush.

Gather one end of the crepe paper roll together to create the petals of a rose.

Twist one end of a green pipe cleaner around the gathered petals to hold them in place. The rest of the pipe cleaner will be the stem.

Make a number of roses and wind their stems around your napkin rings.



### How to Make Purple Spaghetti

You will need:

- 2 cups semolina flour
- 3 large eggs
- 1 teaspoon salt
- ½ cup pureed beetroot, cooled
- A pasta machine or rolling pin
- Cheese and parsley for serving

Heap the flour in a mound on a clean workspace. Make a well in the centre.

Put the eggs, salt and beetroot puree into the well and mix together without disturbing the flour.

Gradually start incorporating the flour into the wet ingredients.

When the dough comes together, knead for about 10mins, until it becomes elastic.

Put the dough through a pasta machine several times to get the right thickness. You can also use a rolling pin to flatten the pasta by hand.

Put the flattened pasta through the machine to make spaghetti strands, or use a butter knife to cut into thin strips.

Cook in boiling water for approximately 5 minutes, until soft.

Serve with cheese and parsley.

## Episode 3



### PRESENTERS

Jay Laga'aia – Zindzi Okenyo

### PIANIST

Peter Dasent

### STORY

#### *I Love My Mum*

Author & illustrator: Anna Walker

Publisher: Scholastic Press

### FILM

#### *Johnny Cakes*

(Play School, ABC)

### IDEAS FOR LATER

- Make a fruit salad boat.
- Spray paint on an old sheet to make a curtain for a cubby house.



### SONGS

#### *Wet Washing*

Composer: Liz Olsen

Publisher: ABC Music Publishing

#### *A Tisket, a Tasket*

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### *It's So Nice to Have a Cuddle*

Composer: Sandy Tobias-Offenheim

Publisher: ABC Music Publishing

#### *Jelly on a Plate*

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### *All the Colours of the Rainbow*

Composers: Colin Buchanan & Keith Robert

Publisher: Rondor

#### *I'm a Little Teapot*

Composers: George H. Sanders & Clarence Z. Kelley

Publisher: Kelman Music Publishing

#### *Little White Duck*

Composers: Walt Borrows & Bernard Zaritsky

Publisher: Southern Music Publishing c/o Peer Music

#### *Two Little Apples*

Composers: M. Miller & Paula L. Zajan

Publisher: EMI Music

#### *Pat a Cake*

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### *One, Two, Three, Four, Five*

Composer: Traditional

Publisher: Origin/ABC Music Publishing

## MAKE AND DO



### How to Make a Colourful Tablecloth

You will need:

- A piece of calico, approx 2 metres x 2 metres (or large enough to cover your table)
- Approximately 6 different colours of water paint (we used red, yellow, purple, blue, green and orange)
- 6 spray bottles (1 spray bottle for each colour of paint)
- A funnel

Use a funnel to pour one colour of water paint into each spray bottle. Depending on consistency, you may need to add some water.

Hang the calico outside on a washing line or down on a covered workspace.

Spray the calico with different colours of paint. Some colours might combine to make new colours.

Leave to dry.

Use as a tablecloth on your table.



### How to Make a Fruit Rainbow

You will need:

- A selection of colourful fruit, such as bananas, strawberries, grapes, apples, mandarins and kiwi fruit, cut into bite-size pieces
- A serving tray or chopping board

Start by making a large rainbow arch with one type of fruit on a serving tray or chopping board.

Keep adding fruit in an arch shape until the rainbow arch is completely filled in.

Serve and enjoy.

## Episode 4



### PRESENTERS

Emma Palmer – Jay Laga'aia

### PIANIST

Peter Dasent

### TOLD STORY

#### **Humpty's Big Bright Lunch**

(A story told by the Play School team)

### FILM

#### **Sensory Garden**

(Play School, ABC)

### IDEAS FOR LATER

- Next time you go to a friends' place for dinner, try something new to eat.
- Draw some pictures of your favourite foods.
- Sand play - make a banksia family with banksias and twigs. Pretend to feed them sand-wiches, sand soup and sand shakes!

### SONGS

#### **The Mixing Song**

Composers: Peter Dasent & Arthur Baysting

Publisher: Origin

#### **Dig, Dig, Dig**

Composers: Julian Gough, Monica Trapaga & David Basden

Publisher: ABC Music Publishing

#### **Painting a Picture**

Composers: Peter Dasent & Garth Frost

Publisher: Origin

#### **Green, Green**

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### **This is the Way**

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### **Jelly on a Plate**

Composer: Traditional

Publisher: Origin/ABC Music Publishing





## MAKE AND DO



### How to Make a Drippy, Droppy, Blotchy, Splotchy Painting

You will need:

- A3 plain paper
- Different colours of watered down paint, poured into plastic containers
- A thick paintbrush
- Paper towel

Lay a piece of A3 paper onto a covered workspace.

Use watery paint and a brush to paint different colours and designs.

Hang the drippy painting out to dry. As the paint will drip and make a mess, you might like to hang it outside and lay some old newspaper down on the ground below it. As the paint runs, some of the colours might mix to form new colours.

Paint a picture on a piece of paper towel. This time, the runny paint will be absorbed by the paper towel and a colourful blotchy, splotchy painting will be made. Hang it up to dry.



### How to Make Raita Dip

You will need:

- 1 ¼ cups Greek yoghurt
- ¼ cup fresh mint, torn into small pieces
- 1 cucumber, peeled and grated
- 1 clove garlic, minced
- Pappadams

Combine yoghurt, mint, cucumber and garlic in a small bowl and mix well. Refrigerate until needed.

Prepare pappadams as per packet instructions.

Serve pappadams with chilled Raita dip.

## Episode 5



### PRESENTERS

Karen Pang – Teo Gebert

### PIANIST

Peter Dasent

### STORY

#### ***The Man from the Land of Fandango***

Author: Margaret Mahy

Illustrator: Polly Dunbar

Publisher: Frances Lincoln Limited

### FILM

#### ***Chinese Kindy Cultural Celebration***

(Play School, ABC)

### IDEAS FOR LATER

- Have a picnic in the park with your friends or toys.
- Go to a fruit and vegetable market and buy some fruit and vegetables that you haven't tried before.

### SONGS

#### ***Nicholas Ned***

Composer: Louise McBride

Publisher: Prentice Hall

#### ***Do You Plant Your Cabbages?***

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### ***Stir Up the Pudding***

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### ***Spots Are Great***

Composers: Peter Dasent & Mark Barnard

Publisher: Origin/Control

#### ***Munch on an Apple***

Composers: Peter Dasent & Sophie Emtage

Publisher: Origin/Control

#### ***Hip Hip Hooray***

Composers: Peter Dasent & Sophie Emtage

Publisher: Origin/Control



## MAKE AND DO



### How to Make Dim Sim Baskets

You will need:

- Paper plates
- Coloured pencils, crayons and/or markers for decorating
- Safety scissors
- Sticky tape
- A4 coloured cardboard cut into 2cm wide strips

Decorate the back of the paper plate. You might like to draw spots, stripes or swirls.

Cut a straight line to the centre of the paper plate.

Fold the paper plate inwards to form a cone shape and secure with tape.

Tape on a strip of coloured cardboard for a handle.



### How to Make Dim Sims

You will need:

- 1 cup chopped cabbage
- 1 carrot, diced
- ¼ cup chopped spring onions
- 1 cup sliced button mushrooms
- ½ cup water chestnuts
- 1 teaspoon sesame oil
- Wonton wrappers
- Soy sauce for dipping

Blend cabbage, carrot, spring onions, mushrooms, water chestnuts and sesame oil.

Lay out dim sim wrappers on your kitchen workspace.

Spoon approximately ½ tablespoon mixture into the middle of each wrapper.

Brush the edges of each wrapper with water.

To wrap each dim sim, bring the corners of each wrapper to meet and press together to tightly enclose the filling.

Line a bamboo steamer with a cabbage leaf to prevent the dim sims from sticking. Place dim sims in bamboo steamer.

Place basket over simmering water for approximately 8 minutes, or until dim sims have softened through.

Wait for the dim sims to cool slightly before eating. Serve with soy sauce for dipping.