

Activities for kids

Ducky and Yummy **4+**



DANICA'S JAM BISCUITS

Hi, I'm Danica and I come from Germany. My recipe is for little biscuits with jam in the middle, which I started baking with my Mama and my sister every December when I was a child. We didn't have cookie cutters for them, so each year we hunted for round things to use instead.

If you don't have cookie cutters, use things like a glass and a bottle top...

...but it's easier to use round cookie cutters, if you have them.

INGREDIENTS

- 200g (7oz) plain flour
- 1 tablespoon of milk
- 50g (2oz) caster sugar
- 1 teaspoon of vanilla extract
- 1 lemon
- 125g (4½oz) butter
- 4 tablespoons of jam
- a little icing sugar, for dusting (optional)

You will also need a large round cutter (around 5cm or 2in across), a small round cutter (around 2cm or ¾in across) and two baking trays.

**MAKES
AROUND
20**

TIP

Before you start, leave the butter at room temperature for 30 minutes.

- 1** Shake the flour through a sieve into a big bowl.

Then add the milk, sugar and vanilla.



- 2** Grate the zest from the outside of half the lemon.

Put the zest in the bowl.



- 3** Cut the butter into little pieces and put them in the bowl.



- 4** Use your hands to squash and mix everything into a lump of dough.



- 5** Put in a bowl with a plate on top. Refrigerate for one hour.



- 6** Heat the oven to 180°C (160°C for fan ovens) or gas mark 4. Line the trays.



See page 7 for help.

- 7** Sprinkle a surface and rolling pin with flour. Roll out the dough until it's half as thick as a pencil.



- 8** Cut out lots of large circles. Use the small cutter to cut holes in the middle of half the circles.

Put the shapes on the trays.

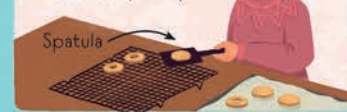


- 9** Squeeze the scraps together, roll out again and cut more shapes in the same way.

Bake for 10-12 minutes, until golden-brown at the edges.



- 10** Lift the biscuits onto a cooling rack and leave to cool completely.



- 11** Spread jam over the whole circles, and then top with the cut-out circles.

Sieve over a little icing sugar if you like.



VARIATIONS

To make this recipe gluten-free, use gluten-free flour.

To make it dairy-free or vegan, use plant-based 'milk' and plant-based 'butter' from a block.

You can use any flavour of jam you like. Smooth jams work better.



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The secrets of taste

If you have a cold and your nose feels blocked, you might notice that the things you eat taste strange. On these pages, you can investigate why this happens – and what else affects your SENSE of taste.



Test your nose

You'll need two small pieces of apple...



- 1 Eat one piece while pinching your nose shut.



- 2 Let go of your nose before eating the next piece.

Does the taste change?

What's going on?

Your mouth can only detect simple tastes, such as sweet and sour. For complicated flavours, you need your sense of smell, too...

Chewing food releases chemicals.

They move from the back of your mouth, up into your nose where you smell them.



Now confuse it...

- 1 Fold up a piece of kitchen paper into a wad.
- 2 Drip a few drops of vanilla extract onto the wad.
- 3 Hold it near your nose while you eat another small piece of apple.



What flavour can you taste?

The chemicals CAN'T reach your nose when it's pinched or blocked.

I'm a vanilla pod!

Vanilla chemicals are very strong. They go into your nose and overpower the apple in your mouth.



Do you taste with your eyes?

Test a group of people to see how much they rely on what they see when they eat. Set up the experiment beforehand – and keep what you've done secret.

- 1 Put some vanilla yogurt into three bowls. Add food dyes to turn each one a different colour.
- 2 Write words for flavours onto eight strips of paper.
- 3 Now ask the group to taste each bowl of yogurt and pick the strip that describes its flavour.



Blackcurrant

Banana

Mango

Vanilla

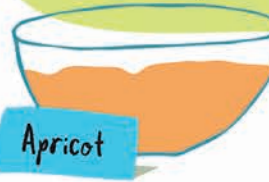


This must be raspberry.

Are you sure?

How many people are tricked by this experiment?

Do you think anyone chooses flavours based on the way the bowls of yogurt look?



That's because your brain makes decisions about the way food should taste – EVEN BEFORE you eat it.



FOOD

Which two children need to swap bowls so everyone can have what they like to eat?



I like pasta.

Freya



I love tomato soup.

Leo



Ice cream is so yummy.

Elijah



Read the shopping list below and look at the picture. What is missing from the picture? Draw a line under the word.

sandwich
bananas
chocolate
oranges
fish
cookies
apples

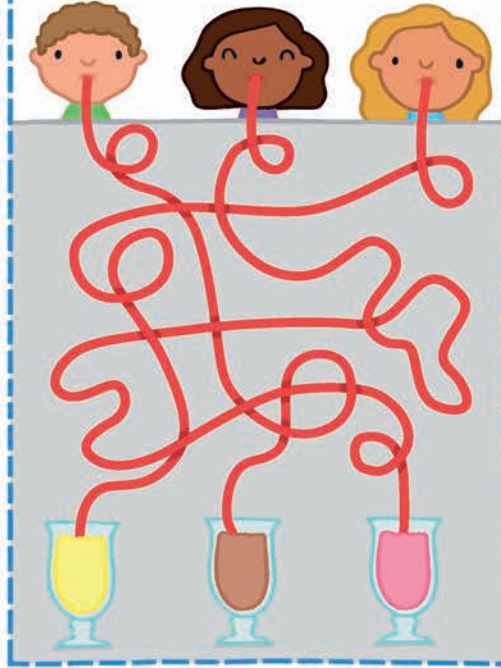


Who is drinking the banana milkshake?

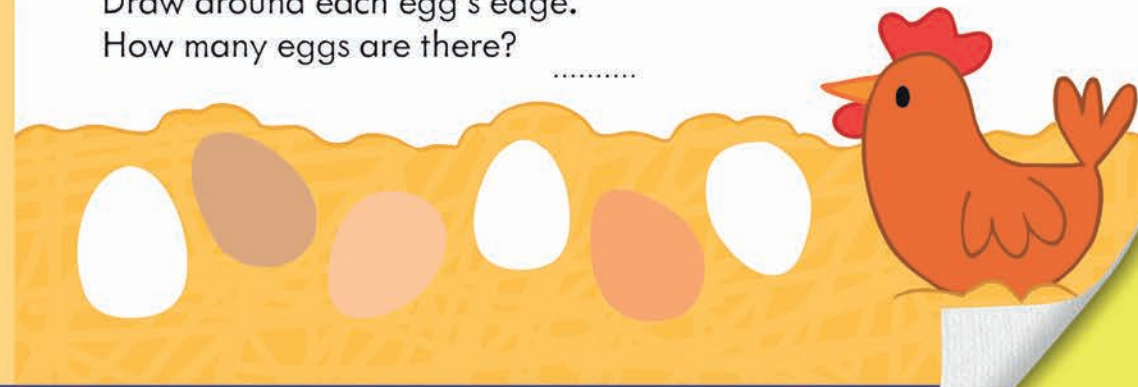
Tom

Anna

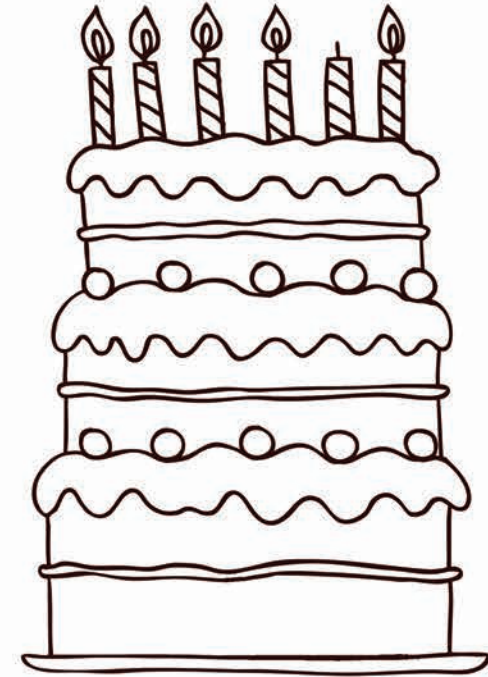
Lottie



Draw around each egg's edge. How many eggs are there?



Colour this yummy cake.



Draw a flame on the candle that has been blown out.



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Answers
Leo and Elijah need to swap bowls.
The oranges are missing.
Lottie is drinking the banana milkshake.
There are 6 eggs.



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