



What did I learn today...?

Hello!

At childcare, your child is learning about foods and nutrition and how they are important for healthy living and a healthy body.

“Why...” is every child’s favourite question, and asking questions is one of the ways in which children learn about the world in which they live. The natural curiosity of a child leads to opportunities for learning in their everyday life. As a parent or caregiver, you have more chances than anyone else to teach your child by answering questions, playing with your child and by setting a healthy example for your child.

You can use everyday events as valuable learning times for your child. Keep it fun! Discover what they have learned at childcare and take time to talk to them about it. Below are some suggestions and resources for building on what your child has learned this week at childcare. These can be used during story time, play time, at mealtimes and when preparing food or cleaning up.

Please feel free to share resources you find helpful with other parents and caregivers as they could support the activity and extend your child’s learning environment.

Today I learnt about... BAKING BREAD

Optional At-home Activity:

1) Bake some damper at home with your child. Ensure food safety rules are followed and enjoy the damper with a meal with your family. A simple and quick recipe for damper is attached.

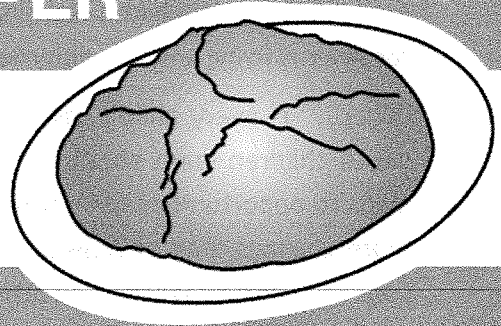
While preparing the damper, ask your child to predict what will happen at each stage of preparation and baking.

FRESH DAMPER

Preparation & cooking time:

45 minutes

Serves 4



Ingredients

- 450g (3 cups) self-raising flour
- 80g butter, chilled, cubed
- 185ml (3/4 cup) water

Method

1. Preheat oven to 200°C.
2. Line a baking tray with non-stick baking paper.
3. Place flour in a large bowl.
4. Use your fingertips to rub butter into flour until mixture resembles fine breadcrumbs.
5. Add water gradually to flour mixture and use a round-bladed knife in a cutting motion to mix until mixture just comes together.
6. Use your hands to bring mixture together.
7. Turn dough onto a lightly floured surface and knead gently for 1-2 minutes or until smooth.
8. Shape into an 18cm disc and place on tray.
9. Use a sharp knife dipped in flour to mark 8 wedges on top.
10. Dust damper dough with a little extra flour and bake in preheated oven for 30 minutes or until cooked through and sounds hollow when tapped on the base.
11. Transfer to a wire rack for 5 minutes to cool slightly.
12. Serve warm or at room temperature.