




Enrichment Learning Grids: Early Stage 1







Weeks 6 – 7

The Enrichment Learning Grids have been organised into topic areas and provide a range of activities for students to choose from. Students complete a variety of activities daily, with guided support from parents/carers. If you have access to a device, you can choose some of the online learning options. Parents/carers please supervise your child when working online. Additional support material can be found in the appendices, which are attached to this document.

<h2>ORAL LANGUAGE</h2> <p>Choose your activity below:</p>			
<p>Be the Storyteller</p> <p>Watch the video closely: 'Pip'</p> <p>https://www.youtube.com/watch?v=07d2dXHYb94&t=68s</p> <p>Watch it again with a family member.</p> <p>In your own words, tell them what you think is happening.</p> 	<p>CVC Rhyme</p> <p>Can you find two rhyming words in your CVC list?</p> <p>Make a list of all of the other words that rhyme with these two words.</p> <p>Appendix 1: CVC Words</p> 	<p>Sing Along</p> <p>Listen and sing along to the song:</p> <p>'This Old Man He Played One'</p> <p>https://www.youtube.com/watch?v=RKaxRYJ5AMY</p> <p>Can you remember all of the rhyming words? (one - thumb, two - shoe, three - knee etc.)</p>	<p>Fiction versus Non-Fiction</p> <p>Watch the video closely: 'Caterpillar Shoes'</p> <p>https://www.youtube.com/watch?v=tYa6OLQHRc</p> <p>Retell the story in your own words.</p> <p>Which parts of the story happen in real life? Which parts of the story do not?</p> <p>Watch it again with a family member and listen for the rhyming words. Pause the video when you hear them.</p>
<p>Mystery Neighbour</p> <p>A removal van has pulled up next door. Use your imagination to create an interesting story about the new neighbour.</p> <p>Tell your story to your parent/carer or sibling.</p>	<p>Word Tag!</p> <p>Choose a sound you have practised this week.</p> <p>With a partner, take turns saying words that begin with this sound.</p> <p>Whoever can think of the most words is the winner!</p>	<p>I Spy!</p> <p>Play I Spy with the family, using the sound that the word starts with.</p> <p>"I spy with my little eye, something beginning with the 'j' sound." (jug)</p>	<p>Syllable Hunt</p> <p>A syllable is a beat in a word.</p> <p>What items can you find that have 1, 2, 3 or more syllables?</p> <p>E.g. jump = 1 syllable baby (ba/by) = 2 syllables</p> 
<p>Phonics Alphabet!</p> <p>https://www.youtube.com/watch?v=9gsph3Q3fqo</p> <p>Sing along with the sounds you know.</p>	<p>Rhyme List</p> <p>Make a list of all of the '_ig' rhyming words you can think of e.g. big, wig.</p>	<p>Pretend Conversation</p> <p>Pretend that you are a salesperson. A family member or friend must come into your shop and pretend to buy something. Act out the conversation you would have with this person.</p> <p>Switch roles and repeat.</p>	<p>Nursery Rhymes!</p> <p>https://www.youtube.com/watch?v=se5XcrG4S8s</p> <p>Listen and sing along to nursery rhymes.</p>







READING

Choose your activity below:

<p style="text-align: center;">Raid Your Pantry!</p> <p>Pick a packaged food item (e.g. a pasta or cereal packet) and see how many words you are able to read to your parent/carer.</p> <p>You could write some of these words on a piece of paper.</p> 	<p style="text-align: center;">Memory Card Game</p> <p>Ask a parent/carer to help you write your heart words onto small squares of paper, twice. Place the cards face down; turn two cards over at a time; say the words and see if they are a match.</p> <p style="text-align: center;">Appendix 1: Heart Words</p>	<p style="text-align: center;">Character Chat</p> <p>Read one of your favourite books.</p> <p>After the story, imagine that one of the characters has arrived at your house.</p> <p><i>What questions would you like to ask them?</i></p> <p>Record your conversation.</p> 	<p style="text-align: center;">Book Review</p> <p>Record a book review for a book you have enjoyed reading.</p> <ul style="list-style-type: none"> • <i>What book did you read?</i> • <i>Who is the author/illustrator?</i> • <i>What was your favourite part?</i>
<p style="text-align: center;">Ending Change</p> <p>Read one of your favourite books.</p> <p>Change the ending of the story and draw a new illustration to match. Ask a parent/carer to notate your illustration to briefly explain your ending.</p> 	<p style="text-align: center;">Sentence Scramble</p> <p>Make up a sentence about your pet or a favourite animal. Ask a parent/carer to help write the sentence on a strip of paper. Cut the words of the sentence up into individual pieces.</p> <p>Scramble the pieces then see if you can rearrange it to make the sentence again. Read the sentence to your parent/carer.</p>	<p style="text-align: center;">Target Practice!</p> <p>Write your heart words onto a target and try to hit them with an object (ball, soft toy).</p> <p>Say the words as you throw the object.</p> <p style="text-align: center;">Appendix 1: Heart Words</p> 	<p style="text-align: center;">Be a Word Detective!</p> <p>How many of this week's heart words can you find in a book?</p> <p style="text-align: center;">Appendix 1: Heart Words</p>
<p style="text-align: center;">Bug Club</p> <p>https://www.activelearnprimary.com.au/login?c=0</p> <p>Log into Bug Club.</p> <p>Choose a book to read or press the button to have it read to you.</p> 	<p style="text-align: center;">Feelings and Emotions</p> <p>Look through your book collection. Think about the feelings and emotions of the characters.</p> <p>Find an example of different characters who are: kind, sad, scared or angry.</p> <p>Share these with your teacher.</p> 	<p style="text-align: center;">Decodable Texts</p> <p>Ask a grown up to help you download the Little Learners Love Literacy aps onto their device.</p> <p>Read a book at your stage (yellow, red, green, blue).</p> <p>Remember that it is important to read the book more than once to improve your fluency!</p> <p style="text-align: center;">Appendix 2: Little Learners Love Literacy App Instructions</p>	<p style="text-align: center;">Make a Connection</p> <p>Choose a book to read.</p> <p><i>What does this book remind you of in your own life?</i></p> <p><i>What connection did you make to the book?</i></p> <p>Draw your connection and have your parent/carer write your words.</p>






DRAWING and WRITING








Choose your activity below:

<p>Time Travel</p> <p>Using your imagination, paint or draw a time travel machine to transport you back to the dinosaurs. Explain all the parts of your machine to your parent/carer and label the machine together.</p> 	<p>Advertise it!</p> <p>Imagine you have outgrown your first bike. Create an advertisement to convince another family that they should buy your bike. Include detail about your favourite parts of the bike and why it's the best!</p>	<p>Breakfast Recipe</p> <p>Record step-by-step instructions for making the meal you had for breakfast this morning. Draw a series of pictures or record the steps required on Seesaw.</p> 	<p>What do I See?</p> <p>Go outside. Use your senses to draw:</p> <ul style="list-style-type: none"> ● something you can see ● something you can hear ● something you can smell ● something you can feel <p>Ask your parent/carer to help label your drawings.</p> 
<p>Design a New Front Cover</p> <p>Choose a book you have read. Use coloured pencils or watercolour paints to design a new front cover picture for the book.</p>	<p>Sensory Writing</p> <p>Practise writing some of your high frequency words in a tray of rice, sand, salt, dirt or shaving cream.</p> <p>Appendix 1: Heart Words</p> 	<p>Black and White</p> <p>Find four things in your house that are black and four things that are white. Draw and label them.</p>	<p>Make a list</p> <p>Imagine you are going for a trip to the snow with your family. Draw the items you would need to take. Have a go at writing the words.</p>
<p>Letter formation</p> <p>Watch the clip and practise writing each letter correctly.</p> <p>https://www.youtube.com/watch?v=DlojiV3yszA&feature=youtu.be&fbclid=IwAR26O7YTWvCoilFup2i8K2QJEIM-Sho0eEpQH5cL5dH300jIhRCvO8yrz8</p>	<p>CVC Words</p> <p>Use magazines/newspapers and cut out letters to make your CVC words.</p> <p>Appendix 1: CVC Words</p> 	<p>Drawing Descriptions</p> <p>Draw your favourite character from a book you have read. Ask a parent/carer to help you label your drawing with key words to describe your character.</p> 	<p>CVC Machine 2</p> <p>Watch the video. Look at the word ending '_en'. Use the letters p, t, m, h to write 4 rhyming '_en' words e.g. pen, ten etc.</p> <p>https://www.youtube.com/watch?v=zluS2L6yhFc&t=61s</p>

MATHEMATICS

Choose your activity below:

<p>Month of the Year</p> <p><i>What month is it now?</i></p> <p><i>What month comes next?</i></p> <p>Say the months of the year, starting at January.</p> <p>Use the song below to help if you need.</p> <p>https://www.youtube.com/watch?v=Fe9bnYRzFvk</p> 	<p>Volume & Capacity</p> <p>Can you find two different shaped containers that hold the same amount of water?</p> <p>Fill one container, then pour this water into the second container.</p> <p><i>Did it overflow or did you need more water to fill the container?</i></p> <p><i>Was it the right amount of water?</i></p>	<p>Obstacle Course</p> <p>Take your teddy bear on its own bear hunt. Make sure that on your hunt your teddy bear goes over something, under something and through something.</p> <p>Take a video of your teddy completing the obstacle course.</p> 	<p>Area</p> <p>Fold an A4 piece of paper in half.</p> <p>Cover the area with counters.</p> <p>Count how many were needed and write your answer.</p> <p>Repeat with playing cards & compare your answer.</p> 
<p>2D Shape Construction</p> <p>Using scrap paper, cut out triangles, squares, rectangles, hexagons and circles. Use these shapes to create a picture. Glue this picture into your work book.</p> <p>Appendix 3: 2D Shapes</p> 	<p>3D Object Sort</p> <p>Find objects in your home that look the same as a cone, cube, cylinder and sphere.</p> <p><i>Which objects can roll? Which objects can stack on top of one another? Which objects can slide?</i></p> <p>Appendix 3: 3D Objects</p> 	<p>Number Find</p> <p>With your parent/carer, look in your food cupboard.</p> <p><i>Can you see any numbers?</i></p> <p>Draw a picture of the object that had the numbers on them and record the number e.g. coffee jar, cake mix etc.</p>	<p>Lightest to Heaviest</p> <p>Safely, collect 10 items from around the garden.</p> <p>Select two items and hold one in each hand to determine their weight.</p> <p>Place the items in order from lightest to heaviest.</p> 
<p>Number Formation</p> <p>Watch the clip and practise writing your numbers correctly.</p> <p>https://www.youtube.com/watch?v=VlfQhHQAUCY</p>	<p>Comparing Lengths</p> <p>Count how many hand lengths the dining table is.</p> <p>Count how many hand lengths your desk is.</p> <p><i>Which one is longer?</i></p>	<p>King of the Dice</p> <p>Take it in turns to roll a dice with a partner. Race to see who is able to call out the number on the dice first. Keep a tally of your wins.</p>	<p>Counting to Twenty</p> <p>Watch the clip and practise counting to twenty, backwards.</p> <p>https://www.youtube.com/watch?v=srPktd4k_O8</p>

SCIENCE & TECHNOLOGY Choose your activity below:	HISTORY/GEOGRAPHY Choose your activity below:	CREATIVE ARTS Choose your activity below:	PDHPE Choose your activity below:
<p align="center">Bush Habitat</p> <p>Watch the clip to learn about the animals you might see in the Australian Bush.</p> <p>https://www.youtube.com/watch?v=zsO_XLmInIM</p> <p>Cut out the Australian Bush animals and glue them onto the picture where they live. Use the song for clues.</p> <p>What do the crocodile and frog need to live? In your exercise book, draw a picture of a place in the bush where the crocodile and frog might live together.</p> <p align="center">Appendix 4: Bush Habitats</p> 	<p align="center">Family is Important</p> <p>Watch the read-aloud of 'Tom Tom' by Rosemary Sullivan and Dee Huxley.</p> <p>https://www.youtube.com/watch?v=wpcJBJxBo</p> <ul style="list-style-type: none"> • Who are the people in Tom Tom's family? • What do the people in Tom Tom's family do? • How is this the same or different from your family? <p align="center">'My family is important to me because...'</p> <p>Complete this sentence to explain what family means to you.</p> 	<p align="center">Song: New MacDonald's Farm Night and Day</p> <p>https://www.youtube.com/watch?v=hfUok7H1QkM</p> <p>Sing and perform the actions to this catchy tune about night and day.</p> <p align="center"><i>Can you make up your own actions to the song?</i></p> 	<p align="center">Making Decisions</p> <p>With a parent/carer's help, make a list of all the decisions you had to make this morning e.g. wake up, have a shower, get dressed, eat breakfast etc.</p> <p align="center">Separate these decisions into 'decisions I made on my own / decisions I had help with.'</p> <p>Discuss why when making some decisions (and completing some activities), we might need some help from an adult or a friend.</p>
<p align="center">Nature Collage</p> <p>In the Australian bush there are lots of materials that can be used to make tools or create art.</p> <p>Watch the clip of this person making a collage with materials she has found in the bush. Listen as she tells us about how her people used these materials traditionally.</p> <p>https://www.youtube.com/watch?v=mO1sDmBxJM0</p> <p>Make your own nature collage using materials you can find in your local area. Be careful not to damage any plants or animals whilst you are collecting your materials</p> <p align="center">Appendix 5: Nature Collage</p> 	<p align="center">How Can Stories of the Past be Told and Shared?</p> <p>Find a photograph of your family and answer the following questions:</p> <ul style="list-style-type: none"> • Where was the photo taken? • When was the photo taken? • How old were you in the photo? • What were you all doing the day the photo was taken? • How do you know about the photo? • Why do people take photos? 	<p align="center">Wombat Drawing</p> <p>Follow the instructions in the video to draw a wombat. When you have finished drawing, colour the wombat with coloured pencil and create a watercolour background.</p> <p>https://www.youtube.com/watch?v=V7mQm5dolwE</p> 	<p align="center">Physical Education (PE) Focus</p> <p>Mrs Morison wants you to continue to develop your PE skills.</p> <p align="center">Have fun!</p> <p align="center">Appendix 6: PE Activity</p> 

MINDFULNESS & POSITIVITY

Choose your activity below:

<p>Kindness</p> <p>Do an act of kindness and record it. <i>Will you write it, draw a picture or take a photo?</i></p> 	<p>Triangle Breathing</p> <p>Practise your special breathing. Appendix 7: Breathing</p>	<p>Gratitude</p> <p><i>Have you started your Gratitude Jar?</i></p> <p>Each day write or draw something you are grateful for and place it in your Gratitude Jar.</p> 	<p>Square Breathing</p> <p>Practise your special breathing. Appendix 7: Breathing</p>
<p>Heart Breathing</p> <p>Practise your special breathing. Appendix 7: Breathing</p>	<p>Goal Setting</p> <p><i>What would you like to get better at?</i></p> <p>Write/draw at least 2 things. <i>What will help you achieve this goal?</i></p> <p>Write/draw the steps you can take to achieve this goal.</p>	<p>Wave Breath</p> <p>Practise your special breathing. Appendix 7: Breathing</p>	<p>Challenges</p> <p>Think of something which has been challenging for you. <i>How did you get through it?</i></p> <p><i>What is something nice you could say to someone who is going through a challenge?</i></p>
<p>Peaceful Kids</p> <p>Try a meditation that you haven't tried before.</p> <p>Draw or write how you are feeling <i>before</i> the meditation, then how you feel <i>after</i> the meditation.</p> <p>https://www.peacefulkids.com.au/meditations1.html</p>	<p>Be a Good Sport</p> <p>Play a game with a member of your household. Think about how you can be a good sport and encourage each other.</p> <p><i>What can you say to the other person if they win? Or you win?</i></p>	<p>Values</p> <p><i>Respect, Responsibility & Excellence</i> are our school values.</p> <p><i>Are you practising our values at home?</i></p> <p>Record it: write/draw/picture/video</p>	<p>Special Person</p> <p>Think of someone in your life that is special to you.</p> <p><i>Create a card or make a piece of artwork for them, showing them that you appreciate having them in your life.</i></p>



HANDS ON LEARNING

Choose your activity below:

<p>Make Some Yummy Pikelets Cook some pikelets with your family. <i>How many pikelets did you make?</i> <i>How will you share them equally with your family members?</i></p> <p>Appendix 8: Recipe</p>	<p>Nature Treasure Box Hunt Use an egg carton to sort and collect some natural treasures. <i>What can you find?</i> Describe your treasures.</p>  	<p>Indoor Scavenger Hunt</p> <ul style="list-style-type: none"> • Find something that is red • Find something rough • Find 3 things that have wheels • Find something orange • Find something that is very soft • Find a key • Find something round 	<p>Construction Time Construct something using Lego, blocks or something similar. Sketch your design. Describe your creation to someone at home.</p>
<p>Design a Game <i>Can you make your own board game to play with your family?</i> <i>Does your game need a dice or counters?</i> <i>What are the rules of the game?</i></p>	<p>What's For Tea? Work together to choose what to cook for tea. Look over the recipe, gather what you need, talk through the steps.</p>	<p>Shadows Go outside on a sunny morning. Place some toys on the ground near a piece of paper. <i>Can you trace their shadows?</i></p>  	<p>Family Portrait Draw or paint a portrait of someone from your family.</p>
<p>Make a Paper Plane <i>Can you design your own?</i> <i>How far does it fly?</i> Find some extra ideas on this YouTube link: https://www.youtube.com/watch?v=54noZe-0B1c</p>	<p>Musical Instrument Design and make a musical instrument.</p>  	<p>Treasure Map Hide a toy in your backyard. Design a treasure map to where you hid the toy. Have someone at home see if they can follow your treasure map.</p>	<p>Your Bedroom Draw a picture of your bedroom.</p>

BRAIN BREAKS

Choose your activity below:

<p>Look for the Good</p> <p>Go for a walk - with someone else. Walk where it's safe. Walk for at least 10 minutes. As you are walking when you see something that is 'good' tell your walking buddy and tell them why you think it is good.</p> <p>Some examples might be <i>funny animals, busy insects, lovely flowers, beautiful buildings, smiling people.</i></p>	<p>A Note of Thanks</p> <p>Think about someone you are thankful for. Write them a little note to say why you are thankful. Decorate it and present to the person.</p>	<p>Soak up some sunshine</p> <p>Go outside and just have some time for you while you enjoy a little sunshine!</p>	<p>Colouring In</p> <p>Take some time to colour in a picture. If you can't find a picture to colour - draw your own picture and colour it.</p>
<p>Joking Around</p> <p>Here's a couple of jokes to make you smile. Read them, giggle and share them. If you know some other jokes share them too!</p> <p><i>Why do fish live in saltwater? Because pepper makes them sneeze! What did zero say to eight? Nice belt!</i></p>	<p>Animal Walks</p> <p>Can you move like an animal? How many different animal walks can you do? e.g. <i>a penguin, a snake, a frog...</i></p>	<p>Jigsaw</p> <p>Do a jigsaw with a family member.</p> <p><i>What is the best way to start?</i> (straight pieces first)</p> <p>Photograph your puzzle.</p> 	<p>Finger Spelling</p> <p>Use the link below to learn how to fingerspell. Can you spell your name? Video yourself spelling hello.</p>  <p>https://www.signlanguageforum.com/auslan/fingerspelling/alphabet/</p>
<p>Go Noodle!</p> <p>https://www.gonoodle.com</p>	<p>Just Dance</p> <p>Search 'Just Dance' on YouTube and select a suitable song/dance to move to.</p>	<p>Darebee</p> <p>Mr Grumpy or Cardio Fix</p> <p>https://darebee.com/</p>	<p>Cosmic Kids Yoga</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p>

Appendix 1

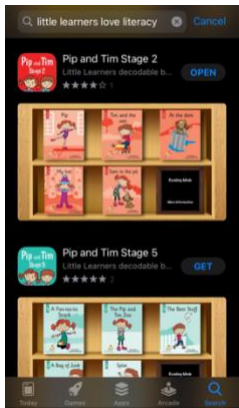
CVC Words / High Frequency Words

Week 6	
CVC List	Heart Words
mat	my was
sat	the he
Sam	I she
fit	

Week 7	
CVC List	Heart Words
cap	we are
tip	do her
map	to see
cat	

Appendix 2

Little Learners Love Literacy App Instructions



1. In the Apple App Store or the Google Play Store, search 'Little Learners Love Literacy'

You will need to download a separate App for each set of books.

2. Open the coloured app that corresponds with your child's reading level.

The books increase in difficulty starting from Yellow, Red, Green, Blue.

Students should not be accessing texts beyond blue level (Stage 4).

3. Once the app is open, You can choose from the texts in this level. Students are encouraged to read each text multiple times.

Students should have a go at reading the text independently before using the read aloud feature.

4. To turn the read aloud feature on or off, select the black square in the bottom right of the library.

Select the middle option to turn the read aloud feature off. This option will also allow students to tap a word they are having difficulty with and have it read to them.

5. Students can use their sound knowledge and blending skills to decode each book.

After each read, students should Use the revision page at the bottom of the book to practice their sound and Heart Word knowledge.

Appendix 3

2D Shapes



Circle



Square



Triangle



Quadrilateral



Trapezium



Rectangle



Rhombus



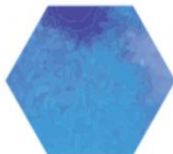
Oval



Parallelogram



Pentagon

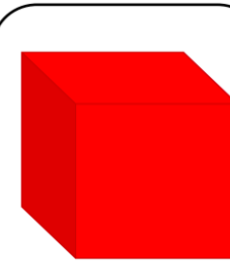


Hexagon



Octagon

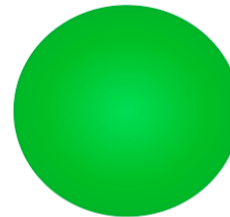
3D Objects



Cube



Cylinder



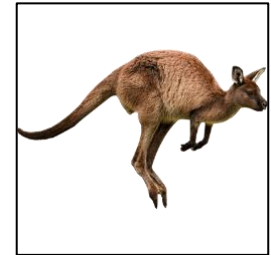
Sphere



Cone

When sorting the 3D objects be sure to describe the different surfaces as **curved** and **flat** to explain why they are able to roll.

Appendix 4 Bush Habitats

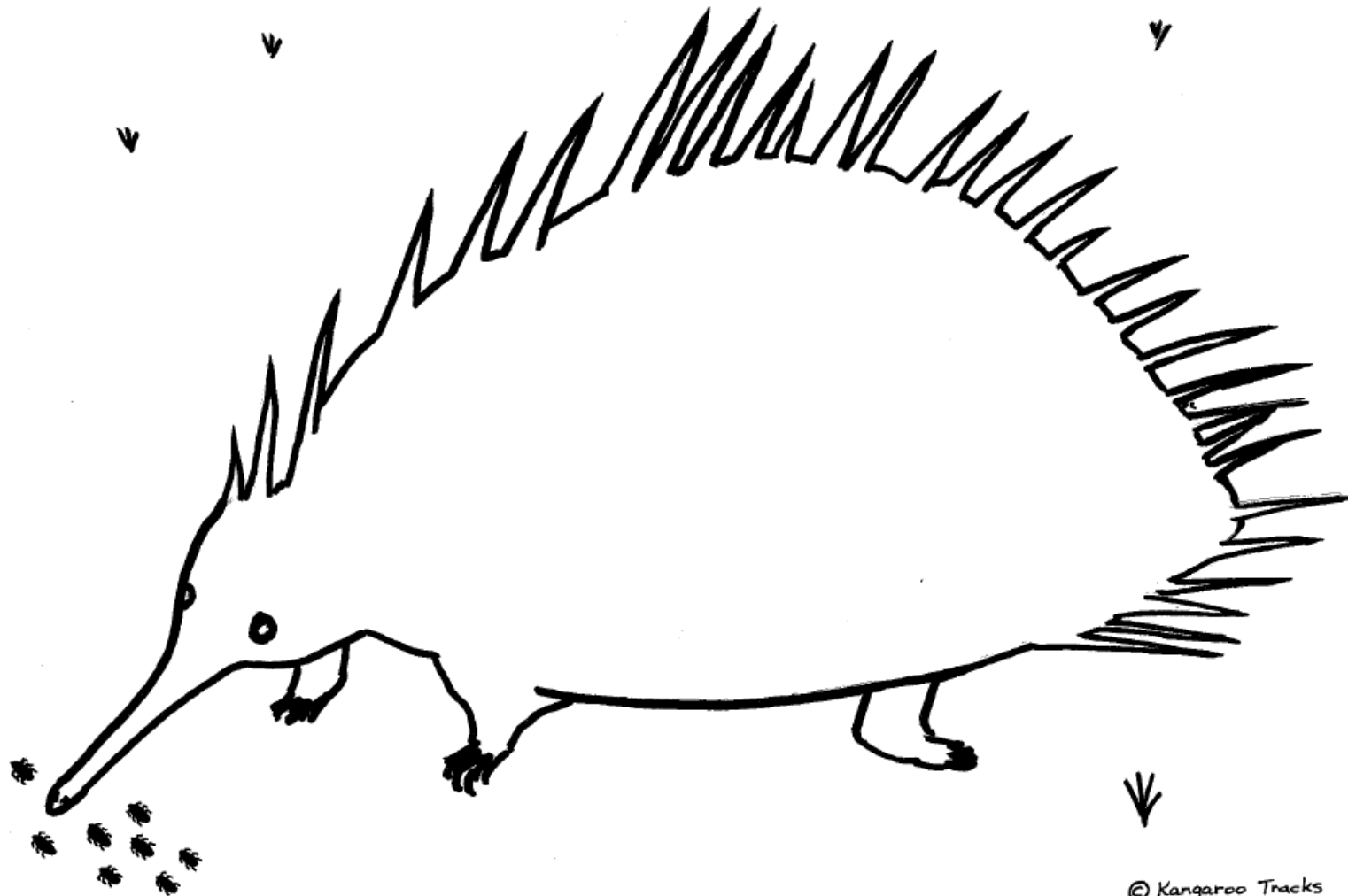


Appendix 5 Nature Animals



To complete Collage:

1. Collect natural materials from your backyard to make an echidna.
2. You could use sticks, leaves, rocks, flowers etc.
3. Once you have made your echidna, take a photo and return all your natural materials to where you found them.



Appendix 6 PE Activity

GET MOVING

Using the PE MOVEMENT chart (next page) select **one** activity from each column (warm up, move, cool down) and perform each for approximately 1½ minutes each.

IMPROVE YOUR SKILL 1. – STRIKING A BALLOON/LIGHT BALL– using your hand

You will need a balloon, light ball, or improvised ball – such as rolled up socks, paper or even aluminium foil.

1. Keep the balloon/ball up for 1 minute (continuously tap the balloon/ball to keep it in the air)
If the ball hits the ground, perform 5 jumping jacks and try again.
2. Tap the balloon/ball into the air as you walk from one end of an area to another.
3. Repeat but change the way you move – jog, skip, side step etc.
4. Find an object to use as a mini barrier/net. Tap the balloon/ball upwards over the barrier and then attempt to move to the other side and tap it back – like a solo game of tennis.
How many times can you tap the balloon/ball to yourself across the barrier?

IMPROVE YOUR SKILL 2. – STRIKING A BALL – using your hand

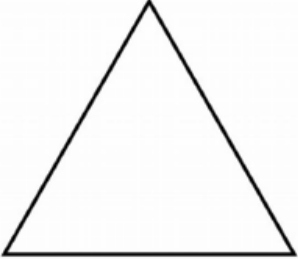







You will need a tennis ball, or similar item.

1. Hit the ball in the air 10 times
2. Hit the ball against a wall (make sure you get permission – or use an outside wall if possible) 10 times. Can you catch it in between hits?
3. Hit the ball against a wall, trying to hit a target. (stick a piece of paper or a chalk dot – get permission first.)
4. Hit the ball into the air 3 times in a row – without it hitting the ground.
5. Hit the ball against the wall 3 times in a row – without catching it, or having it hit the ground.
6. CHALLENGE – Can you hit the ball against the wall, followed by into the air, then back at the wall etc – without it hitting the ground? How many can you do in a row?

WARM - UP	MOVE	COOL DOWN
 <p>ARM CIRCLES</p>	 <p>FROG JUMPS</p>	 <p>BUTTERFLY STRETCH</p>
 <p>JUMPING JACKS</p>	 <p>BUTT KICKS</p>	 <p>ARM ACROSS BODY</p>
 <p>STRETCH TALL</p>	 <p>SIT UPS</p>	 <p>CHILD'S POSE</p>
 <p>BASKETBALL SHOOTING ACTION</p>	 <p>SQUATS</p>	 <p>QUAD STRETCH</p>
 <p>MARCH ON THE SPOT</p>	 <p>MOUNTAIN CLIMBERS</p>	 <p>SIDE STRETCHES</p>
 <p>DANCE ON THE SPOT</p>	 <p>JOG ON THE SPOT</p>	 <p>TOE TOUCHES</p>

Appendix 7

Breathing

Triangle Breathing	Square Breathing	Heart Breathing	Wave Breath
<p>As you breathe in, trace up one side of an imaginary triangle and as you breathe out you can trace down and across the other two sides of the triangle.</p>	<p>As you breathe in, trace up one side of an imaginary square and across the top of the square. As you breathe out, trace down the other side of the square and across the bottom. You can try this in the air or on the back of your hand.</p>	<p>Trace around an imaginary love heart as you breathe in and out.</p>	<p>As you breathe in, lift your hands up in front of you and then as you breathe out, roll your hands over like a wave and down and make a 'shhh' sound.</p>
			
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COOKING DEMONSTRATION NOTES

Pikelets

Preparation time: 5 minutes **Freezing:** suitable **Makes:** 16

Shopping list

- self raising wholemeal flour
- self raising flour
- milk
- sugar
- egg
- margarine
- plain or vanilla yoghurt
- banana

Ingredients

- ½ cup wholemeal self raising flour
- ½ cup self raising flour
- ¼ cup milk
- 1 egg
- 1 tablespoon sugar
- margarine

Steps

- 1 Sift flour into a bowl.
- 2 Stir in egg, sugar and milk.
- 3 Heat fry pan and lightly grease with margarine.
- 4 Drop spoonfuls of mixture into fry pan.
- 5 When bubbles appear, turn over and lightly brown the other side.
- 6 Serve with a dollop of natural yoghurt and slices of banana.

Equipment

- measuring cups and spoons
- sifter
- mixing bowl
- fry pan
- wooden spoon
- spatula

How to modify recipe

- For sweet pikelets add some pureed, grated or mashed fruit, such as apple, pear or banana to the mixture prior to cooking.
- For savoury pikelets add some grated zucchini and carrot, or cheese and ham to the mixture prior to cooking.

Healthy eating messages

- Making your own pikelets, muffins and pancakes can be a great way of including more fruit, vegetable and wholegrains into your child's diet.
- Making your own pikelets, muffins and pancakes can be a healthier and cheaper alternative to buying packaged snack foods.
- Use up to half wholemeal flour in pikelet, muffin and pancake recipes to increase fibre content.



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