

Homemade soup- Healthy eating



Expand children's communication and language, literacy and understanding the world knowledge with our home-made soup activity.

Resources

Traditionally soups were made using regional and seasonal food products, but now the world is your oyster! Your ingredients will depend on exactly which type of soup you want to make, but here is a list of resources you will need:

- Weighing scales
- Knives and peelers (you will have to decide on the help and supervision levels here)
- Pan, water, spoon
- Stock cubes and the ingredients you have decided upon
- Blender? Again you will have to decide on the safety aspect and whether you want a broth or blended soup
- Bread
- Bowls and spoons for eating your soup!

Activity outline

- Begin by asking the children about their favourite soup or food
- You could also use this as a chance to talk about healthy eating and why we can't make soup from sweets (or anything else that they children might suggest)
- Research soup recipes with the most favourite ingredients you have talked about
- Risk assess the activity, including the supervision of the children whilst you are handling hot food/pans etc and also be mindful of allergies and intolerances.

Extension ideas

- Perhaps you could try your own recipe using the most favourite foods/types of soup discussed?
- Make pasta sauces in a similar way
- Ask parents to share their favourite recipes with you
- Share any successful recipes with parents to try at home.

Working with babies?

It is especially important to work in partnership with parents when babies are weaning. Do you have a weaning coordinator who can discuss weaning and risk assessments for weaning with parents? Some parents may ask for your advice on how to wean their baby or want to follow the baby led weaning approach. Do you have appropriate information to share with and support parents?