

COOKING

Cooking supports children's learning across many domains, including numeracy skills such as measurement and counting. Enhancing thinking and language skills, following a sequence, and experiencing cause and effect.

EXPERIENCE

CHOCOLATE NO-BAKE COOKIES

METHOD

- Start by toasting the shredded coconut on a pan for 5-10 minutes until the coconut is light golden brown.
- Let the toasted coconut cool down on the tray.
- Add the chocolate chips to a microwave-safe bowl and melt in 30-40 seconds increments until the chocolate melts.
- Add cooled coconut and melted chocolate into a large bowl and toss to combine.
- Use a spoon to scoop about 2-3 teaspoons of the coconut chocolate mixture on a piece of baking paper or cleaned tray and shape the mixture the way you like.
- Place the "cookies" in the fridge for at least 2 hours.

AGE GROUP
2-5
YEARS

TIPS

Including your child in cooking

- Keep an eye out as you toast your coconut as it can easily go from toasted to burnt.
- You can add other ingredients such as almonds or oatmeal for a healthier choice.
- Children can add fruits such as berries, bananas etc to give a little freshness and colour to their cold and crunchy cookies.
- Store in the fridge, let Cookies sit for 5-10 minutes before eating.
- Encourage children to contribute to the process allowing them to stir, scoop the mixture and shaping the cookies.

RESOURCES

RESOURCES

- 1.5 cups of unsweetened shredded coconut
- $\frac{3}{4}$ cup of chocolate chips