Create and Make Outdoor Bakes

Overview

This imagination-rich activity allows children to practice their motor skills while cooking up a storm in the outdoor kitchen.



Activities

Begin by inviting the children to explore the outdoor space and collect natural items. Using simple pretend recipe cards, encourage them to follow to create imaginative 'bakes'. Support children as they choose and assemble their creations, talking through what they are making. Allow freedom for role-play, experimentation, and collaboration; helping them to practice fine motor skills, sequencing, and creative thinking while they "cook" in the outdoor kitchen.

Equipment

- Recipe Cards
- Natural items (pinecones, sticks, stones, petals, mud, leaves,
- Tools for making (saucepans, whisks, wooden spoons, plates, measuring jugs).

Key Questions

Can you show me how you pick up the small pieces carefully?
Where could you go to find something you need?
Can you bring it back for your recipe?

The Benefits

Fine: children will work on finger strength including pincer grip, hand and wrist strength, preparing and serving the food.
Gross: this activity is an excellent one for shoulder girdle grip when mixing the ingredients together.

Progression in Learning

Infants – children can explore the tools and equipment practicing reaching and grasping.
Toddlers – practise making food in a mud kitchen using the same tools and natural items where safe, without following any recipe cards.