



# Make & Taste for Tiny Tums Toolkit

Make & Taste has been developed for parents to use at home with their child, encouraging parent and child to see food as a fun activity that they can do together, learn and experiment with food and promotes healthy food choices.

**Staff working with parents can use this toolkit to have M & T sessions with parents** as standalone activities or can be integrated into parenting/play@home programmes, health days, parent evening, building relationships with parents either 1-1 or in small groups

M & T sessions are a useful tool;

- to engage (get to know) with parents
- as an opportunity to allow parents to interact with their child through food
- to create discussion about children's nutrition including Healthy Start scheme and vitamin D, (see information in pack)
- to identify parents who would benefit from further cooking skills.

**M & T resource booklet is most effective given to parents after they have attended a M & T session.**

## Evaluation

It is useful to have a baseline measure, then evaluate at the end session or sessions. Use pre and post evaluation provided with toolkit or use your own method.

- Single session evaluation – will measure the impact of the session e.g. enjoyment
- Multiple session – use pre and post evaluation, have parents made at home, increased how often they prepare food with child at home, has made a change at home, in their child's nutrition

## Key notes for running a M & T session

About 4-6 parents with their children.

- Refer to Make & Taste booklet
- Decide what you are making
- Complete a risk assessment
- Collect utensils and ingredients
- Set up your area, follow food hygiene procedures, lay out equipment for each parent and child.
- Have parents do a pre evaluation baseline.
- Run the activity
- Complete evaluations and record

### Equipment for each parent and child

- Chopping board or plate
- Small bowls
- Dinner knife
- Spoon
- Teaspoons
- Sandwich bags
- Mini rolling pin
- Paper cases

### Other equipment

- Peelers
- Sharp knife
- Large bowls 2-3
- Chopping boards
- Cutlery
- Paper plates
- Napkins

### Hygiene

- Anti bac spray
- Washing up liquid
- Jiffy cloths
- Paper towels
- Liquid hand soap
- Blue plasters

### Make

### Preparations

### Activity for parent & child

#### Cheese and Salsa Crunch

10 mins

Crispbread  
Cranberry or apricot  
wenslydale or cheddar  
Mild salsa (ready made)

Put crispbread into a large bowl.  
Cut cheese into chunks for each parent and child.

Parent help child to break the crisp bread  
Child to arrange on plate  
Child crumble cheese, either use Fingers or chop with a knife  
Top with the salsa



**CRUMBLING  
SCATTERING**

#### Crunchy fruit rocks

10 mins

2-3 types of fruit e.g.  
•Banana  
•Melon  
•Kiwi  
•Tinned peaches/pears  
Digestive biscuits

Cut fruit into chunks\* put in bowl softer fruit like banana/tinned peaches then the parent can help child to cut into pieces.  
For each 1 or 2 digestive biscuits and a Sandwich bag lay out cake cases 2 to 4 for each parent and child

\*Parent can help child to cut fruit into chunks  
Put biscuit in bag  
Use a wooden spoon or child size rolling pin to bash a digestive biscuit.  
add 4 pieces of fruit to bag and child to shake the bag  
tip contents into cake cases



**BASHING  
SHAKING**

#### Fruity

#### Pizza

15 mins






Pancakes  
Raspberries or strawberries (fresh, tinned, or frozen)  
Banana  
Pineapple or Satsuma Grapes  
Desiccated coconut





Otherwise:  
• Put raspberries/strawberries into a bowl  
• Slice the banana  
• Cut pineapple  
• Peel Satsuma or  
• Cut grapes in half  
• Put coconut into a bowl

Depending on time most of the preparation can be done by parent & child, if so give each a piece of fruit to cut.  
Give each parent and child 1-2 spoonfuls of raspberries or strawberries on a flat plate and mash with fork, spread mashed fruit onto pancake allow child to top with other pieces of fruit  
child can sprinkle coconut on top using a spoon



**MASHING  
TOPPING**

Make	Preparation	Activity for parent & child	
<b>Caterpillar one, two three</b> <b>15mins</b> Cucumber Soft cheese Raisins Lettuce leaves	Cut cucumber into chunks Soft cheese ( open tub) For younger children you can have cucumber and tomato ready sliced for each <ul style="list-style-type: none"> <li>• 3slices of cucumber</li> <li>• 3 slices of tomato</li> <li>• 3 raisins</li> </ul>	Parent can help child to slice cucumber, child can spread one slice of cucumber with soft cheese, use the raisins to make a face, arrange on plate start with slice of tomato, a small dob of soft cheese, a slice of cucumber not quite on top of each other, repeat until the last slice of cucumber with face on top. Use a 3 lettuce leaves to look like the caterpillar is eating them.	 <p><b>SLICING COUNTING</b></p>
<b>Tuna &amp; ricecake</b> Tuna fish (unsalted or drain excess salt) Sweetcorn Chopped red pepper (optional) Cream cheese or mayonnaise Rice cake	Place tuna, cream cheese, sweetcorn and chopped pepper into a bowl. Put rice cakes onto a serving plate	Child can mix all ingredients together with a fork or spoon and spread onto rice cakes	 <p><b>MIXING SPREADING</b></p>
<b>Fruity Crumble Tumbles</b> Fruit tinned in natural juice e.g. pears, peaches, pineapples Greek style natural yoghurt Cereals e.g. Krispies	Open tinned fruit drain and put in a bowl. Open yoghurt. Put cereal in bowl. Clear plastic tumblers	Parent to help child to cut fruit into small pieces Then help child to make layers of fruit, yoghurt and cereal	 <p><b>CHOPPING LAYERING</b></p>
<b>Salad tortilla wraps</b> <b>15 -20 mins</b> Mixed salad leaves Mild tomato salsa Cucumber Houmous (replace this with Cheese spread or cream cheese)	Preparation: Wash all vegetables. Slice the cucumber. Cut wraps in half.	Child can tear the lettuce into small pieces. Parent to help child spread wrap with houmous. Then spread or spoon with salsa. Lay on cucumber slices and lettuce. Help child to fold or roll into a wee parcel .	 <p><b>TEARING WRAPPING</b></p>
<b>Stuffed Pitta pockets</b> <b>15 -30 mins</b> Pitta pockets Carrots Cheddar cheese Apple	Have ready : grated carrot, grated apple grated cheese, Pitta pockets halved, (you may need to heat in a toaster or microwave to create the pocket opening)	Each parent and child can put a dessert spoon of apple, cheese and carrot into a small bowl. The child should be given a spoon to mix together Parent can support child to stuff mixture into pitta pockets	 <p><b>GRATING STUFFING</b></p>

Make	Preparation	Activity for parent & child	
<p><b>Salmon Boats</b>  <b>20mins</b>            Small tin salmon            Mayonnaise            Carrot            Fresh herbs            (chives and/or dill)            Baby gem            lettuce</p>	<p>Cut the end of the lettuce. Wash and peel carrot. Grate the carrot (if time permits or slightly older children let them grate the carrot with help). Open the salmon drain and put into a bowl (remove the back bone) (the salmon bones are edible). Open the mayo (if anyone has an egg allergy, replace with cream cheese)            Wash the herbs*</p>	<p>Parent and child to wash lettuce leaves (use a colander and dry with paper towel). Parent help child to cut the herbs with scissors            *Parent and child to take 2 spoons of salmon and 1 of mayo and mix till smooth.            Lay 2 or 3 lettuce leaves on plate.            Spoon salmon mixture on to lettuce.            Decorate with grated carrot and herbs.</p>	
<p><b>Roly Poly Pieces</b>  <b>15 minutes</b>            Thin sliced bread            (1 for each child)            Fillings: tuna &amp; mayonnaise, Cheese spread &amp; salsa            Mashed banana            Houmous</p>	<p>Cut crusts from bread            Choose a filling and have it ready ie mash the bananas, mix the tuna with mayo            Cut crusts from bread</p>	<p>Parent to help child to flatten the bread using a rolling pin            Child to spread filling onto bread            Parent to help child roll the bread            Parent can slice the roll into 4 pieces</p>	
<p><b>Fruit pancake Kebab</b>  <b>15minutes</b>            2 or 3 different fruits eg            Strawberries, melon, grapes, pineapple            Natural yoghurt or fromage frais            Pancakes</p>	<p>Wash and peel fruit where required. Chop larger fruit into chunks, put into a bowl            1-2 pancake for each parent and child,            2 cocktail sticks or 1 skewer for each parent and child. Open yoghurt.</p>	<p>Parent to support child to cut pancake into 4-6 pieces            Child can choose the fruit. Parent help child to thread pieces of pancake and fruit alternate until cocktail stick or skewer is full. The yoghurt can be drizzled over the top by child or a blob on the plate or in a wee tub to dip.</p>	
<p><b>Apple scones</b>  <b>45 mins</b>            See M &amp; T book for amounts for each child</p>	<p>Either lay ingredients out on table and parent can help child to measure out, or measure out the ingredients and put on a plate for each parent and child. Chop or grate the apple.            Put on oven at gas mark 6 or 200° C -follow the steps in Make &amp; Taste to make scones.            Put the scones into oven to bake until golden brown (10-15mins)</p>	<p>Parent to help child put the ingredients in the right order. Rubbing in sunflower spread and flour.            Stir in sugar and apple. Add milk, let the child use their hands to form a dough.            Child can make into scone shapes use cutters or roll into wee balls and flatten and place on tray.</p>	

**CUTTING**  
**FILLING**

**FILLING**  
**ROLLING**

**THREADING**  
**DRIZZLING**

**RUBBING**  
**SQUIDGING**