

THE FOOD EXPLORERS

Welcome to
Hutchison @ Home,
our first family
activity sheet.

We would like to bring some inspiration from our kitchens into your homes and provide your family with some food for thought over the festive period. Why not share what you get up to with us on Twitter using #Hutchison@home, we'd love to see what you get up to.

Where is your Christmas dinner from?

All food that we eat comes from plants or animals. For example, meat & milk from animals, wheat to make flour, bread and pasta is a plant.

Have a Merry
CHRISTMAS

Fun Facts

About Your Christmas Dinner

- Around 10 million turkeys are eaten every year for Christmas Day in the UK
- Back in Medieval Times, the preferred poultry was actually PEACOCK!
- On Christmas Day in Japan, many people eat fast food such as fried chicken for dinner!

Cooking With Children

Why not try one of our favourite recipes from our school kitchens at home this Christmas.

Expect some mess but lots of fun as well! And remember to let us know how you get on by sharing your pictures on Twitter using #Hutchison@home.

Let's make Christmas ShortBREAD Biscuits!



Ingredients

- 250g Margarine or butter
- 375g plain flour
- 125g caster sugar
- 5ml vanilla essence

For the decoration:

- Your choice of coloured fondant
- Coloured icing pens
- A selection of sweets to decorate (optional)

Method:

1. Heat the oven to 190C/170C fan/gas 5.
2. Mix all the ingredients together to form a soft dough. On a lightly floured surface, roll out the dough to a thickness of around 0.5cm
3. Use a small Christmas shaped cutter to cut out your biscuits (you could choose gingerbread man, stars, Christmas trees). Re-roll the trimmings and repeat.
4. Transfer the biscuits to two lined baking trays and bake for 8-14 mins until the edges turn lightly golden in colour. Leave to cool.
5. To decorate, roll out your chosen coloured fondant on a surface lightly dusted with icing sugar. Use the same cutter to cut out the icing. Use a little of the icing pens to stick the fondant onto the biscuits.
6. For that extra ounce of fun for Christmas, why not decorate with some sweets. Something we can't do for school lunches. For example, you could use smarties or jelly beans for baubles on the tree or eyes and buttons on gingerbread. Let your children get creative!