

COOKING FOR KIDS

Getting kids interested in cooking from an early age sets them up for life, and a new recipe book from Letterland, the independent phonics publisher, sets them right on track

The Letterland Cookbook: an alphabet of recipes is designed with younger children in mind. Bursting with colour and packed full of photographs and illustrations, it teaches them basic cookery while at the same time developing their listening, speaking and literacy skills.

The 26 simple recipes (see sample below) are clearly presented step-by-step, and children will love following the advice of the friendly and familiar Letterland characters. Lists of foods beginning with each target letter are included to help to expand their vocabulary. There is also information on healthy eating, a glossary of cooking terms and educational games to play. Suitable for children aged 4 and up, the 48-page cookbook comes in a practical ring-binder format with wipe-clean pages, and costs £5.99 from all good bookshops.

For more information go to www.letterland.com

Shopping list

2 eggs
100ml vegetable oil
175g soft brown sugar
200g grated carrots
50g chopped walnuts
100g sultanas
½ tsp ground nutmeg
1 tsp ground cinnamon
225g self-raising flour
1 tsp baking powder

Clever Cat's Carrot Cake

Preparation time: 15 minutes

Cooking time: 30 minutes

Gently beat the eggs in a bowl. Then mix in the vegetable oil.

Grate the carrots and weigh out the other ingredients.

Now add the sugar, grated carrots, chopped walnuts, ground nutmeg and ground cinnamon to the egg mixture and stir together.

Fold in the flour and baking powder. Pour the mixture into a baking tin. A non-stick loaf tin is perfect.

Put it in a preheated oven at 200°C for about 30 minutes.

When the cake is looking golden brown and firm to touch, it is ready.