

Remember what's important!
Be together, play together, talk
together.

A challenge a day
Week 17

2nd November 2020

Pumpkin risotto

BBC good food recipes



We've adapted this Italian squash rice-pot recipe so it's a breeze for kids to make - just follow our step-by-step prep and cooking guide

Ingredients

- 1 small pumpkin or butternut squash- after peeling and scraping out the seeds, you need about 400g/14oz
- 1 tbsp olive oil, plus a drizzle for the pumpkin
- 2 garlic cloves
- 8 spring onions
- 25g butter
- Butter
- 200g risotto rice
- Risotto rice
- 2 tsp ground cumin
- 1l hot vegetable stock, plus extra splash if needed
- 50g grated parmesan (or vegetarian alternative)
- small handful coriander, roughly chopped

Method

1. Heat oven to 180C/160C fan/ gas 4. Chop up the pumpkin or squash into 1.5cm cubes (kids- ask for help if it's slippery). Put it on a baking tray, drizzle over some oil, then roast for 30 mins.
2. While the pumpkin is roasting, you can make the risotto. Put the garlic in a sandwich bag, then bash lightly with a rolling pin until it's crushed.
3. Cut up the spring onions with your scissors.
4. Heat 1 tbsp oil with the butter in your pan over a medium heat – not too hot. Add the spring onions and garlic. Once the onions are soft but not getting brown, add the rice and cumin. Stir well to coat in the buttery mix for about 1 min.
5. Now add half a cup of the stock, and stir every now and then until it has all disappeared into the rice. Carry on adding and stirring in a large splash of stock at a time, until you have used up all the stock – this will take about 20 mins.
6. Check the rice is cooked. If it isn't, add a splash more stock, and carry on cooking for a bit. Once the rice is soft enough to eat, gently stir in the grated cheese, chopped coriander and roasted pumpkin.

Recipe Tip

You can adapt this recipe to suit the age of your children. If they are young, you will need to chop up the pumpkin for them. If they're a little older, make sure you always supervise them while they are using a sharp knife, especially if cutting something tricky like pumpkin or butternut squash.

Recipe Tip

Equipment you need

☐ Sharp knife and chopping board (for older children or your adult helper) ☐ Baking tray ☐ Sandwich bag and rolling pin ☐ Scissors ☐ Deep frying pan ☐ Kettle for the stock ☐ Measuring jug ☐ Wooden spoon, teaspoon, tablespoon ☐ Grater ☐ Weighing scales

Recipe Tip

Before you start

Wash your hands, tie back long hair and put on an apron.

<https://www.bbcgoodfood.com/recipes/pumpkin-risotto>

Encourage your child to take part in some of the preparation and most definitely the eating.

Tongue Twisters

- Tongue twisters and word games are an important part of learning to speak well. You can have fun teaching your child different tongue twisters.
- Here are some for you to try
 - I scream. I scream, you scream, let's all scream for ice cream.
 - Peter Piper, where's the peck of pickled peppers that Peter Piper picked?
 - Red lorry, yellow lorry, red lorry, yellow lorry.
 - She sells seashells on the seashore.
 - Bubble bobble, bubble bobble, bubble bobble.
- Try to say them together. Which ones are the most fun? Take turns and see who can say it the most times without going wrong. Try saying them as fast as you can. You can even make up some of your own. Who can say the most without making any mistakes? Who can say them the clearest?
- If they're finding the tongue twisters too hard, encourage them to slow down and say each word clearly first. Speaking clearly so others can understand you is an important skill for children to learn as they grow up. This activity helps your child think about how words are pronounced, how some words rhyme, and how to say funny or difficult words.
- Good to know: This activity is stretching and strengthening the muscles children need to speak.
- More games to support children's literacy can be found here thanks to The National Literacy Trust https://wordsforlife.org.uk/?mc_cid=638b8f3a85&mc_eid=50b927a09f

Common birds to spot in London



Magpie



Robin



Great Tit



Jay



Wren



Starling





Nature Crafts Bird Feeder

Materials

Lard, bird seed, pine cones, string, bowl. Plastic gloves and aprons are all advisable

Step 1

Gather as many pine cones as you want to make bird feeders. Mix together the lard and bird seed in a bowl and squish them together with your hands

Step 2

Tie the string to the top of the pine cone, leaving a long tail to tie it onto a tree or bird-feeding station

Step 3

Squash the mixture around the pine cone, making sure it sinks into all the nooks and crannies of the cone.

Step 4

Tie the cone to a tree and wait patiently until the birds begin to trust their gift from you.

Forest School Adventure – Naomi Walmsley & Dan Westall



Image: RSPB

Step 1

Thread the string through the hole in the apple.

Step 2

Make an 'X' with the sticks and tie them to the string so the apple sits on top.

Step 3

Make a pattern by pushing the seeds into the apple, then it's ready to hang up!

<https://www.bbc.co.uk/cbeebies/makes/bird-feeder>

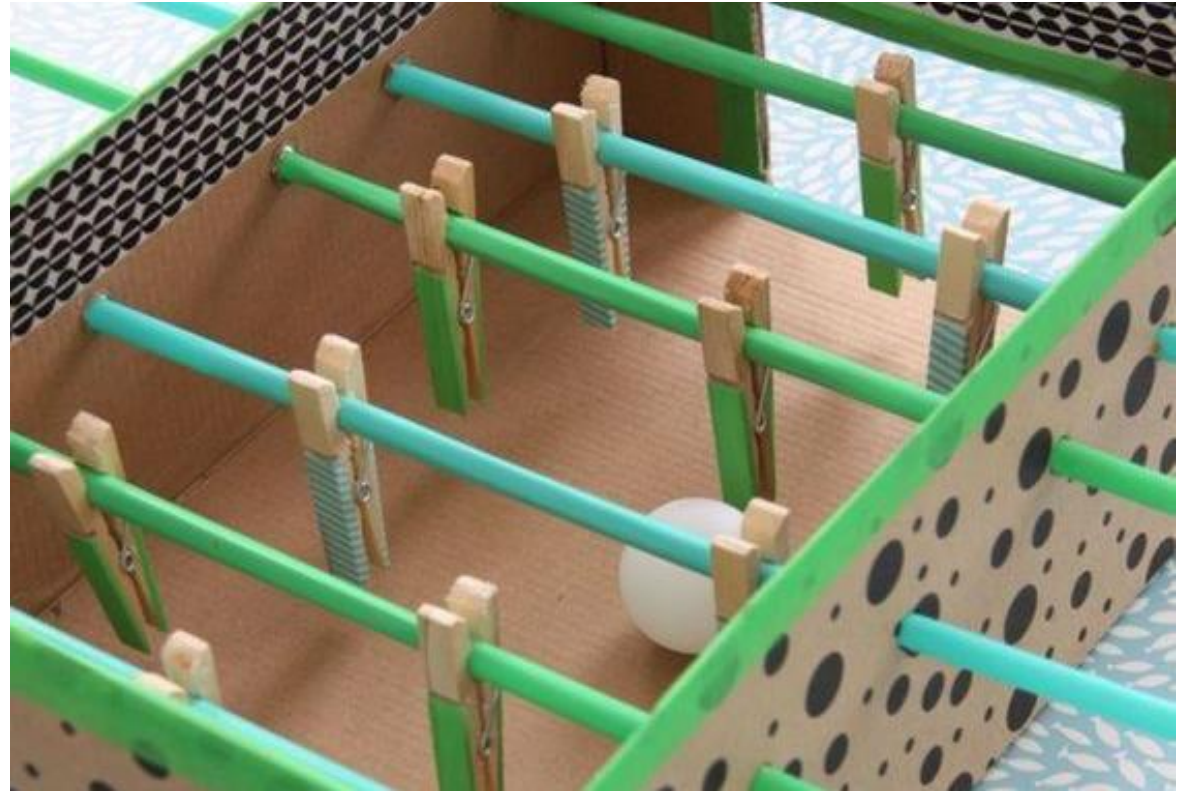


Make your own binoculars out of cardboard inner tubes and Sellotape



Encourage your child to get spotting through their 'lenses' and talk about what they can see whether out and about or just from your window.

<https://shopping.rspb.org.uk/window-feeders/window-bird-feeder.html>



Football anyone.....