

Seasonal Activities

What are the seasons?

A literacy activity

Instructions for caregivers:

Explain to the children that we will be talking about seasons, and that there are four seasons in the year. There is a PowerPoint to support this. The children then complete their charts with words to describe the seasons.

Alternative ways to use this activity:

- Independent learning, paired work or collaborative learning in groups to complete the chart
- Development into a descriptive writing or poetry exercise

Resource: PowerPoint presentation

Cooking Activity

We have suggested this recipe as it is straightforward, delicious and healthy. There are plenty of additional recipes on our website at www.british-leeks.co.uk/recipes if you wish to challenge your pupils further or build on this lesson.

Leek & Cheese Savoury Flapjacks

Makes 12

Preparation time: 15 minutes

Cooking time: 30 minutes

Ingredients:

75g unsalted butter

1 leek, shredded

1 tomato, finely chopped

1/2 tsp smoked paprika

30g mixed seeds e.g sesame seeds, sunflower, pumpkin seeds

175g gluten-free oats or regular oats

1tbsp chopped parsley

200g grated cheddar cheese

3 eggs, beaten

Pinch of sea salt and black pepper

1. Preheat the oven to 190°C (Gas Mark 5 / 375°F).
2. Grease and line a baking dish either 20cm square or use individual mini square or loaf tins to make individual flapjacks.
3. Add the butter, leek, tomato and smoked paprika to a saute pan or frying pan. Place on a low heat and cook gently for 5 minutes until the leek has softened. Turn off the heat and allow the leek mixture to cool slightly.
4. Add the remaining ingredients and mix thoroughly.
5. Spoon the mixture into the prepared tin or individual tins and press firmly down with the back of a spoon.
6. Bake in the oven for 25 minutes until golden brown.
7. Allow to cool slightly. If using one larger tin lift the flapjack out onto a board and cut into pieces while warm. If using individual moulds allow the flapjacks to cool for 10 minutes before removing and cooling on a wire rack.
8. Delicious warm or cold.

Nutritional Analysis Per Flapjack

Calories 211kcal, fat 14.5g, saturates 7.6g, carbohydrates 10.8g, sugars 0.6g, fibre 1.8g, protein 8.3g, salt 0.4g