



Northcott Life Skills

Every two weeks we will create learning activities to access at home around Lifeskills. Pupils can choose from the activities below, or they can create their own and share their projects with their teacher or on twitter. We will be putting regular video updates on the schools website to give you some ideas to get you started. The investigations have been designed to be fun and hands-on, so give it a go! This week we will be looking at how to make pancakes and where our food comes from

Fruity Pancakes

Our food is grown all over the world, during lock down it has been difficult at times to find fresh fruit and vegetables. Have you had to change the foods you eat because of the lock down?

Your challenge is to make some fruity pancakes using different fruits from around the world. You do not need to use the fruits in the recipe, you can choose your own.

Recipe



50g of fruit, e.g. strawberries,
Raspberries, banana
125g self - raising flour
1 x 12g sugar
1 egg
180ml of semi - skimmed milk
Spray oil

Equipment

Chopping board, knife, sieve,
whisk, bowl, spoon, frying pan and
Fish slice.

Safety first

Wash your hands.
Ask an adult to help you.
Be sensible when using the hob.
Remember pans are hot!

Method



Chop the fruit into small chunks.
Sift the flour into a bowl and add
the sugar.
Whisk the egg and milk together.
Add the fruit.
Heat the frying pan and add a little
Spray oil.
Pour in 2 x 15ml spoons of mixture
For each pancake.
Cook for 2 minutes until golden in
colour and then turn over.
Cook for 1 minute.
Serve straight away.

Challenges!



1. Find out an interesting fact about each one of the ingredients you have used.
2. Create a map showing where each of your ingredients were grown.
3. Create a savoury pancake recipe, cook it and then ask your family which pancake they enjoyed the most.

Remember to check out the videos on the schools website. Looking forward to seeing your creations.

Send your pictures, or video to school via the school email:

northcott4parents@hotmail.com

or upload onto Twitter and tag @Northcottschool

