

0-5 Activity Sheet



Making Garden Stew

This is a great outdoor activity to do with your child that allows you to interact with nature and explore developing a recipe with your child. It encourages lots of conversation and exposes them to print which helps them to read and write later on in school. It can also get pretty messy so make sure you are wearing old clothes.

What you need:

- A piece of paper
- Items from your garden or from a walk in nature like sticks, leaves, stones, feathers, flowers, mud, dirt.
- A big bowl, spoons and bowls
- A picnic rug
- Some stuffed toys if you have any

How to:

1. Go for a walk in your garden or outside.
2. Grab your big bowl and collect items from the garden like stones, feathers, leaves, flowers or sticks (anything not harmful). *Talk with your child about what they are doing, it's a great chance for conversation.*
3. Take your items back to a table and lay them out. Grab your paper and pen and make a recipe card for your Garden Stew together. The adult can write the words and you could get your child to try and draw a picture. *There is lots of opportunity to talk with your child here about what a recipe is and what it is for.*
An example is on the next page.
4. Grab all your soft toys, picnic blanket, bowls and spoons and pretend to serve up your delicious garden stew.

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Garden Stew

Crash! Bang! Here's the one! I know something lots of fun.

Something we all can do, lets make garden stew.

You will need bowls and spoons- a ladle too. Let's make some garden stew.

Ingredients



Lots of water



3 cups of dirt



8 crunchy leaves



4 flowers



6 stones



1 cup sand

Method:

Grab a big bowl. Find and collect all your ingredients and add to your bowl. Find a stick to mix it through. Stir and stir.

Once mixed pour into small bowls and serve.