

Children love to learn new things,
why not be their teacher and go on
the journey of learning how to cook
together...?



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Chrissy Cupcake
says, 'there is so
much to learn
about eating
healthy food...'

Learning how to cook

Chrissy Cupcake says,

'Learning about the food you eat is great fun. Eating good food helps to keep you healthy. When you eat junk food, you can feel sick and awful.

Healthy food allows you to play, have fun, learn your lessons when you are at school, and allows you to help mum and dad if they need a hand.

Natural, healthy food is grown in good, healthy soil. When vegetables and fruit grow in healthy soil, they pass on their goodness to you as you eat and enjoy your food. Animals that live on the land and when they also eat healthy grass and natural herbs that grow on the land, they too, pass on their goodness in the form of the meat you eat. When our oceans are clean, we catch the healthy fish, crabs and prawns who live in the oceans; these foods are good for your health, body, brain, and mind.

If the soil and the oceans are not healthy, our food will not be healthy and is not good to eat.

Cupcakes made from healthy ingredients are fun to make and eat. They are fun at birthday parties and for special times. Not all cupcakes have to be sweet, some can be made from savoury produce like herbs and different cheeses.

Before you start to cook, there are some things you need to know.

First, you need to think, how do you feel, are you in the mood to do some cooking today? The food you eat needs to be made with love, so if you are not in the mood to cook, please do not cook. When you cook your food, it should be done with love and care. When this is done, your food will not only taste better, but you will also love the learning you do.

Learning how to cook is for both boys and girls.'

Why is it so important to understand about the food you eat?



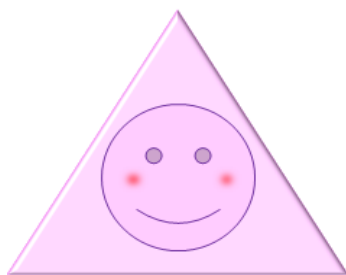
'...Preparing children to take responsibility for the food they eat is part of growing up. When children learn about the quality of their food and how the food, they eat, reflects on how they feel and play, children become interested in the role food plays in their lives. When they have eaten something that makes them feel sick, they try not to eat that same

food again. Some foods can taste good, but they may not be good to eat because it makes a child sick. Such food includes many take away food and drink meals bought at fast food chains, fast food outlets and other food convenience stores.

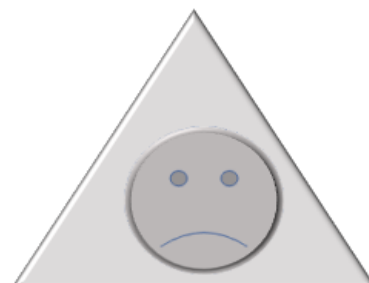
Molecules

'Food is made up of molecules. There are 4 food molecules. These molecules are: Fats, Protein, Carbohydrates and Alcohol.

Some molecules are made up of nasty food molecules in the form of food additives, while other food contain good food molecules which naturally develop in our food. Food molecules come in a similar shape but may vary in size. They resemble the shape of a triangle and are three-dimensional.



Good Food
Molecule



Nasty Food
Molecule

Understanding organic food

Chrissy Cupcake speaks about organic and non-organic food...

'Organic means, foods that are from the natural environment. It also means there are no form of additives, fertiliser, growth hormones, growth regulators, pesticides, herbicides, or synthetic chemicals used in the growing production, or production of the produce. The word Organic also identifies that the plant or plant materials are not genetically modified (GMO) or contain modified organisms.

Organic Butter - is made from cows that are free to eat in healthy pastures. They are happy and enjoy the natural green pasture, sunshine, and showers of rain. They don't eat from pastures that have fertilisers, pesticides, herbicides or any synthetic chemicals added to the pasture, therefore, their milk makes very good butter. Most butters, even organic, can contain some trans fat. Natural, small quantities of trans fat can come from plants and grass. However, some butters may have synthetic trans fat that does not come from the natural grass the cows have eaten.

Non-Organic Butter - many margarines are sold as tasting like butter or as good as butter. Margarine is made in a different process to organic butter. Many margarines have a range of different additives to make it look and taste like butter, but it is not butter. By reading the ingredient panel

Cupcakes

Basic honey and yogurt cupcakes

Ingredients

80g organic softened salted butter
1/3 cup organic honey
1 large organic egg
1 cup organic self raising flour
½ Tsp organic, non-aluminium baking powder
1 Tsp pure vanilla extract
½ cup organic yogurt.

Preparation Time

15 minutes.

Cooking Time

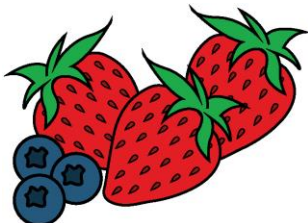
40 minutes or until golden brown.

Oven temperature

Heat oven to 160° before putting the cupcakes into the oven to cook.

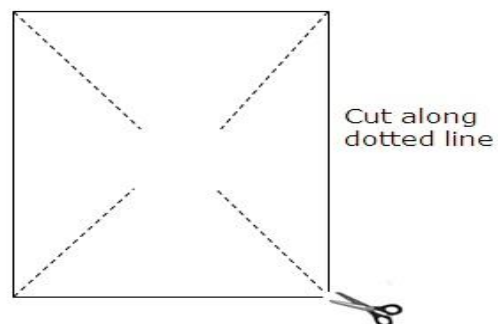
Tips

Chrissy Cupcake uses pre-cut paper cupcake cases to avoid using printed or inked cases. If you are thinking of having cupcakes for a child's party, why not create a case that is different and pretty.



Cupcake Method

- Beat butter and honey until creamed (if you have an electric beater it's far easier to use than doing this by hand)
- Add egg and beat into butter and honey mixture
- Add the vanilla extract
- When the butter, honey, egg, and vanilla are creamed, slowly add the flour, milk, and baking powder
- To keep the mixture light, it is crucial to add the flour slowly
- Beat until the mixture looks a light cream in colour
- Spoon into the cupcake cases and bake.



Cut brown, unbleached paper into the required size to fit the shape of the cupcake case in the pan you are using.



Mixing butter, honey, and egg together.