This learning experience is an example of how one service supports one of the learning goals in Aistear’s theme of Well-being.

Wednesday is our cookery day and the children love cooking and baking. We grow our own vegetables and fruit including carrots, onions, potatoes, lettuce, tomatoes, raspberries and strawberries. We regularly make soup using home-grown ingredients and home-made pizza is one of our specialities! On this occasion we were making wraps that we could eat at snack-time. We had a range of ingredients for the children to choose from including ham, grated cheese, chopped onion, tomatoes, peppers and lettuce. We also had tomato ketchup and mayonnaise.

We started off by making sure everyone had washed their hands and we worked in small groups. All the ingredients were laid out on plates and the children could take a wrap and choose whatever ingredients they liked.

Learning Experience: Making wraps

Setting: Lullabies and Laughter Creche, Ballcrehane, Aherlow, Co. Tipperary

Setting type: Full and part-time daycare

Age group: Young children

Theme: Well-being

Aim 2: Children will be as healthy and fit as they can be.

Learning goal 6: In partnership with the adult, children will make healthy choices and demonstrate positive attitudes to nutrition, hygiene, exercise, and routine.
We named the different foods and we talked about the sizes and colours of the ingredients. Some children looked for help in wrapping their ingredients while others were happy to do it themselves. Once the children had decided on their ingredients and made their individual wraps they went back to their seat and enjoyed their snack. Eating the wrap was an experience in itself – trying to get those little mouths around the big wraps!!

After snack-time we did a survey to see what was the most and least popular ingredient – the ham came out on top and the onions came out at the bottom. Many of the children were fascinated with the grated cheese so the following day we got a grater and those that were interested learned how to grate cheese for our grated cheese on toast.

The smell of freshly baked buns
This resource was developed through the Aistear in Action initiative.

www.ncca.ie/aisteartoolkit

Idea to extend the children’s learning

- Organise a small group learning experience on the story of how cheese is made.
- Place cookery books, weighing scales, note-books, pencils, aprons, baking tins in the home corner area.
- Add factual books on fruit and vegetables to the reading area.

This experience also links to:
- Well-being, Aim 1, Learning goal 4
- Exploring and Thinking, Aim 4, Learning goal 1
The play leader’s reflections

It was really great to see how independent the children had become over the last couple of months. They loved making their own wraps and were very helpful in the tidy up.

We find that the children really enjoy cooking and eating the fruit and vegetables that they have grown themselves.

A couple of the parents help out with the vegetable patch and the children love it when their parents come in with seeds or new plants.