

Bake a Cake



Brain Break

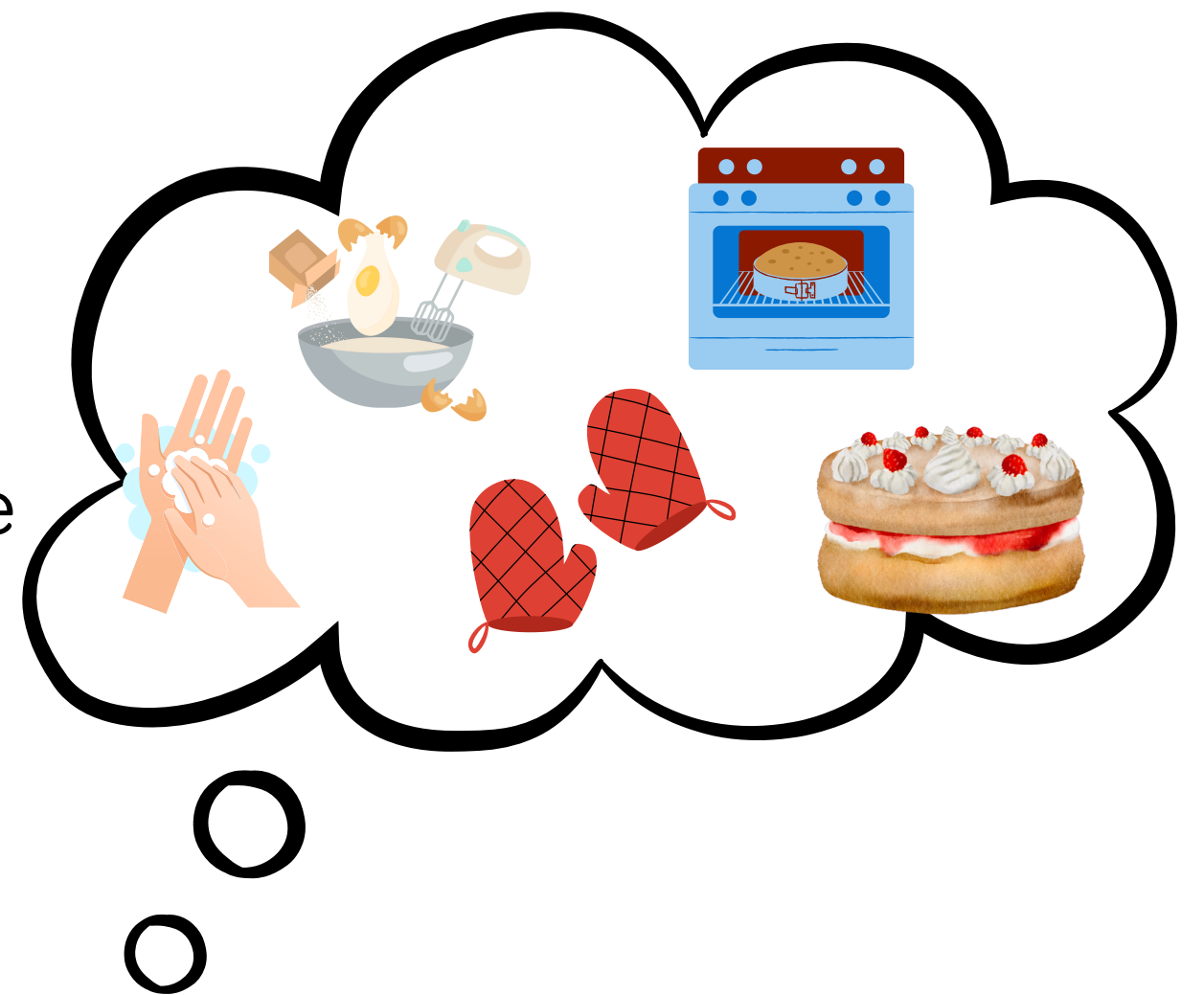
5 minutes

Instructions

Standing at their desks, the teacher acts out baking a cake and pupils follow. Discuss the steps involved and what comes first. Older students could opt to make something else such as pancakes or eggs on toast.

Health & Safety

- Ensure floors are clear of trip hazards
- Push in all chairs
- Ensure pupils leave stationary on the table
- Remind pupils of their own spatial awareness
- Give clear instructions.



Teacher Tips

This activity is suited to all ages. See activity sheet for more information.

- Imagine the classroom is a cooking class. Send pupils across the room to gather their imaginary equipment to make it more active.
- Use your desk and chair as an oven. Pull out the chair to place the cake tin on the seat then close the oven door by pushing the chair back in.
- While the cake is baking have the class close their eyes and imagine what the cake smells like

**Chest
Heart &
Stroke**

Bake a Cake



Standing at their desks, the teacher acts out baking a cake and the pupils follow. Discuss the steps involved and what order they come in.

Think about the following steps:

- Wash hands
- Gather equipment
- Find ingredients
- Preheat the oven
- Measure ingredients
- Mix ingredients
- Pour batter into cake tray
- Put cake in the oven
- Set a timer
- Put on oven gloves
- Remove cake and let it cool
- Decorate the cake



Foundation Example:

Ask about ingredients and equipment needed. Imitate pouring ingredients into bowl, stirring with a spoon, one way then another. Putting into the oven. Imagine using a piping bag to pipe a shape onto the cake.

KS1 Example:

Talk about different cake flavours and ingredients. Imitate stirring in both directions and cutting cake once its cooked. Link to current topic by choosing themed ingredients & decorations for the cake.

KS2 Example:

Make a cake or something else the class might like to pretend to make such as pancakes, eggs on toast etc. Discuss safety in the kitchen, e.g. take care around sharps, heat & flames.



