

Term 4, Week 2

Experience 1



Lunch box snack – Vegemite Scrolls

Ingredients:

1 sheet puff pastry
Vegemite
Grated cheese

Let's do this:

Preheat oven to 180 degrees.
Semi defrost puff pastry.
Spread with a generous serve of vegemite (depending on taste).
Sprinkle grated cheese on top of vegemite spread.
Roll puff pastry lengthways.
Cut into desired slices and place on a greased tray
Bake in oven for 10 – 15 minutes or until golden brown.
Enjoy!

Why we love these...

They're easy to make and can be frozen making them ideal to throw into lunch boxes the night before on the day.

[Brydie shows us how to](#)

Change it up...

You might like to add other ingredients such as grated veggies like zucchini, carrot or onion.
Pizza scrolls: tomato paste, ham, chicken, veggies and cheese.

Term 4, Week 2

Experience 2



Chef Emalyn's Veggie Quiche

Ingredients:

Short crusty pastry (frozen section at supermarket)

Onions sliced or diced

Capsicum thinly sliced

Zucchini grated

Baby spinach

Cherry tomatoes, chopped in half

Grated tasty cheese

Eggs

Fresh cream

About “blind” baking:

Blind baking involves baking a pastry or pie crust without a filling. This method ensures the base hardens enough to hold the filling, and give is a nice crunchy consistency.

Why we love this...

This recipe was shared by one of our preschool community families. Food brings us together as a community to celebrate family, life and learning.

Watch this video...

[Em shows us how to](#)

For the lunch box...

Bonus, quiche can be served hot, warm or cold!

Term 4, Week 2

Experience 3



Eva with Sujeewa's Carrot Salad

Ingredients:

Carrots, grated
Apple, grated
Crushed walnuts
Olive Oil
Lemon juice
Salt and pepper (optional)

Is it just a myth?

Ever heard the saying that carrots can help you see in the dark? Turns out it's true. Carrots are high in vitamin A which is important for good vision. This super vitamin helps they eye convert light into a signal that is sent to the brain, making it easier to see in the dark.

Why we love this...

With only a handful of ingredients, this is something you can throw together at the last minute to accompany a meal, pop it in some bread or eat alone. Easy.

Watch this video...

[Eva shows us how to](#)

For the lunch box...

Allergy aware tip: skip the nuts and add sultanas instead.

Term 4, Week 2

Experience 4



Transport tally up

Sam and Levi share this fun experience that you can do at home, in your local area or even at the park. Tally marks and charts are a great way to introduce collation as an early numeracy skill to children.

Numeracy broadly includes understandings about numbers, patterns, measurement, spatial awareness, and data as well as mathematical thinking, reasoning, and counting.

Choose a few different types of transport that you want to count. On a blank piece of paper make 2 columns then list the different types down the side in the first row.

BONUS: This game is also a good time filler if you are stuck in a waiting room with restless little ones. What can you spy out the window? How many white cars will we see?

Learning outcomes

Learning to count is an important part of children's essential skills and whilst it is not expected that children aged 3-5 know how to "count" there are so many play based activities that can spark their interest in this area. When they reach school, having a basic understanding of collating help them go on to learn other maths concepts.

Watch this video...

[Sam and Levi show us how to](#)