

*All Louie can think about is food – but Captain Blackheart and his fearsome band of pirates are more interested in looting, plundering and shouting “Arrr!” a lot. Until one day the whole crew is stranded on a tropical island with nothing to eat. . .*

Cooking is a great activity to share with children. Just be mindful of any allergies that children may have and avoid recipes that contain those foods.

- When you are cooking together, talk to children about the recipe, it is great opportunity for them to see reading as a practical activity.

### READ

#### BEFORE READING

The children may not be familiar with some of the food that Louie finds on the island. Visit the supermarket or fruit and vegetable shop for vanilla beans, a coconut, peppercorns, hot chillies and a mango for the children to explore.

#### AFTER READING

Where Does Food Come From?

This book is a great way of showing children that food does not come from the shop.

Try growing some vegetables together in pots or create a small garden.

A trip to a farm or a farmers market is another way to help children understand that food is grown not just bought.

Make a fruit salad or have a shared fruit day. This is a great way to get picky eaters to try new foods.

### SING

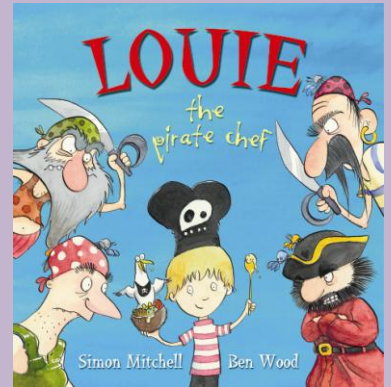
Sing some songs about food:

- *Pat A Cake*
- *Five Currant Buns*
- *This Is The Way. . .*  
(sung to the tune of Frere Jacques)

This is the way we beat the eggs  
Beat the eggs, beat the eggs  
This is the way we beat the eggs  
When we make a cake.

This is the way we measure the sugar...

This is the way we sift the flour... etc



#### Notes

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## PLAY

Cooking is a fun and easy theme to incorporate into dramatic play areas.

- Turn the home corner into a kitchen by adding some plastic kitchen utensils, an apron and oven gloves, recipe books and an oven made from a large cardboard box.
- Create a cafe or restaurant. Children will love 'cooking' for you and their friends. Print out some menus from local restaurant websites and help the children make their own.  
Don't forget a telephone and diary for taking table bookings and a notepad for customer orders!
- Give children appropriate materials and encourage them to record their own recipes, menus, shopping lists etc...

## TROPICAL ISLAND KITCHEN

Some children love being outside. They prefer to run, climb and dig in the dirt than play inside so take imaginative play outside to them.

- Make an oven for the sandpit by cutting a door into a large box, sticking on some old lids for the knobs and paint or draw on the hotplates. Use the opportunity to clean out your kitchen cupboards and donate any unused pots, pans and plastic utensils to the Tropical Island Kitchen.
- If you have a sandpit this would be a great spot to put your kitchen. Otherwise you might want to consider giving the children a corner of the garden where they can dig and get messy making mud pies. Do you have a plant or bush that the children can pick the leaves or flowers off to add to their pretend cooking. (Be aware of plants that may be poisonous and children that may not be old enough to understand that this is pretend cooking and eating).

Try these other great books about cooking:

*Can We Lick The Spoon Now?*

Carol Goess and Tamsin Ainslie

*Maisy Makes Gingerbread*  
Lucy Cousins

*Carrot Soup*  
John Segal

*I Only Like Toast*  
Greg Knagge, Jo Fielder and Shane Devries

*Let's Eat!*  
Ana Zamorano and Julie Vivas

*Chocolate Mousse for Greedy Goose*  
Julia Donaldson and Nick Sharratt

*Ruby and Leonard and the Great Big Surprise*  
Judith Rossell

*Jasper McFlea will not Eat His Tea*  
Lee Fox and Mitch Vane

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