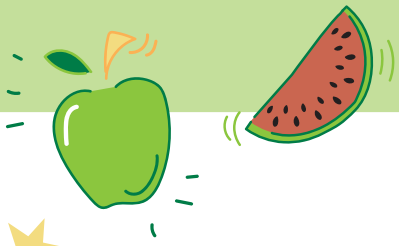
Delicious delights

A big part of Eid is celebrating with friends and family, enjoying delicious meals and treats.

	Babies(0-2 Years)	Toddlers(2-3 years)	Preschoolers(3-5 years)
EYFS focus area of learning	• Physical development • Personal, Social and Emotional Development CoETL – Active Learning	• Physical development • Personal, Social and Emotional Development • Expressive Arts & Design CoETL – Active Learning	• Physical Development • Understanding the World • Communication & Language CoETL- Creating & Thinking Critically
Learning experience 	Little ones can join in the joy of Eid by exploring a colourful selection of fruits often enjoyed at the end of Ramadan. Offer soft fruit pieces safely prepared for under-twos. Invite the babies to look, touch, smell, and taste each one. 	Fruit and vegetable skewers are a fun party food to make together. First, ask the children what fruits and vegetables they would like to use. Support them to cut their own fruit and vegetables using a child-safe knife, talking about the colour, textures and sizes of the pieces. Work together to push the pieces onto the skewer. Once the skewer is full, enjoy tasting the foods and chatting about the kinds of foods you might have at a celebration.	Pop on a cooking apron and bake some oaty banana cookies – a simple, tasty treat to enjoy with family and friends as you celebrate Eid. Preheat the oven to 180'c. Mash the bananas with a fork, then stir in the oats and dried fruit. Support the children to scoop out 16 little balls of mixture and place them onto a baking tray lined with baking paper. Bake for around 18 minutes, or until golden. The cookies should stay soft in the middle. Enjoy!
You will need:	• Seasonal fruits commonly served during Eid include pears, apples, melon and oranges. 	• Fruit and vegetables of your choice • Child-safe knife • Chopping board • Rounded skewers 	• 2 large ripe bananas • 150 grams oats • 100 grams raisins (or dried fruit of preference) • A bowl, spoon and fork • Baking tray and baking paper • Oven