



Soda Bread



Notes

This is a very simple recipe for Irish Soda Bread. Baking with your child provides so many opportunities for learning. If they are at the early stages of development, your focus should very much be on the exploration of the ingredients - try not to worry about making a mess! You could take the flour and sprinkle it on the table for them to make marks in, and use words like 'wet' and 'dry'.

As your child grows, they'll be more likely to be able to engage in the process of following instructions to combine the ingredients - and maybe even weigh them. You can also talk about safety aspects like the hot oven and what we need to do to protect our hands when we get the bread out.

Once the bread is baked, we can practice physical skills like cutting the bread or spreading butter and jam. If you're feeling really ambitious, make a soup to go with your bread!

♦♦♦♦ ♦♦♦♦ ♦♦♦♦
♦ ♦♦♦♦♦♦♦ ♦♦ ♦♦♦♦♦♦♦♦♦♦ ♦♦ ♦♦♦♦
♦ ♦♦♦♦♦♦♦ ♦♦♦♦
♦♦♦♦♦ ♦♦ ♦♦♦♦ (♦♦♦♦ ♦ ♦♦♦♦♦♦♦♦♦♦ ♦♦ ♦♦♦♦♦♦ ♦♦♦♦♦♦ ♦♦♦♦♦♦)

Mix all the dry ingredients, then stir in the milk.
Place the dough on a floured baking tray (add more flour if too sticky), cutting a deep cross on the top.
Bake for 30 minutes at 180°C

Flags

Birth to 3	Preschool	Reception	Birth to 3	Preschool	Reception	Birth to 3	Preschool	Reception
Birth to 3	Preschool	Reception	Physical Development	Personal, Social and Emotional Development				
Cognition	Communication							