

# I is for Ice Cream



As I'm sat here in 30 degree heat, I thought the only activity that sprang to my mind was a delicious ice cold ice cream.

There are many activities at preschool that we would set up for your child's learning and development and below are just a few examples I think you might like that you could recreate at home.



## Playdough ice cream cones.

If you don't have playdough at home, I've added our recipe to the bottom of the activity sheet. It super simple to make with the children and they enjoy counting the ingredients out, write down the recipe and see if they recognise the numbers.

Then you could play ice cream shop.

Asking for example "2 scoops of ice cream and 1 spoon of sprinkles"

Remembering to say *please and thank you* ! Role-play is a great way to learn communication skills.



## Number recognition activities

There are so many examples for number recognition games. But Sticking and gluing and an ice cream combo is a great way to gauge their attention and learn through play.



## Colour Recognition game

Draw and cut out cones and scoops separately. Ask the children to colour in the scoops (not cones) in different colours.

Then write the names of the colours on the cones with the different colour pens/colouring pencils.

Then ask the children to match up the coloured scoop to the correct cone.

This is good for colour recognition and word recognition for the older children. Try and spell the words out phonetically – r, e, d if your child is at that stage of development.

## Recipes Below -



### **Preschools Playdough Recipe –**

4 cups of plain flour (we use the ikea plastic cups)

2 cups of salt

8 teaspoons of cream of tartar (this is quite difficult to get hold of, but Aldi had some in the other day in Bicester)

4 tablespoons of cooking oil (Vegetable works better than olive oil as it's less smelly)

4 cups of boiling water

Food colouring of your choice (little tip - don't use blue paint, it smells awful)

Mix all the ingredients together, adding more flour if too sticky.

### **Why not make your own ice cream with the children?**

#### **Ingredients –**

½ a 397g can of sweetened condensed milk

600ml pot of double cream

1 teaspoon of vanilla extract

#### **Method –**

- Put the condensed milk, cream and vanilla into a large bowl.
- Beat with an electric whisk until thick and quite stiff, a bit like clotted cream.
- Scrape into a freezer container or a large loaf tin
- Cover with cling film and freeze until solid.



As I should be promoting healthy eating (I need to practise what I preach) below is how you make **healthy strawberry and water melon ice lollies.**

#### **Ingredients –**

50g caster sugar

60ml water

250g of strawberries

250g of watermelon (deseeded and cubed)

#### **Method –**

1. Put the sugar and water into a small saucepan and boil until syrupy (about 3 minutes). Allow to cool.
2. Puree the strawberries and sieve to get rid of the seeds. Puree the watermelon and mix with the pureed strawberries and cooled syrup.
3. Pour the mixture into ice lolly moulds and freeze



For more healthy children's recipes please go to <https://www.annabelkarmel.com/recipes/>



