

# Parent Guide

## How can I use this with my children?

Baking with your child can be a fun way to help them learn about weighing and measuring as well as food and personal hygiene.

## How does this help my children's learning?

Rubbing fat into flour is a skill used in baking quite frequently. It can be a fun way for your child to experience different textures and see how the ingredients change consistency throughout the dough making process.

## Ideas for further learning:

Try making the footprints of other animals in the biscuits. Encourage your child to notice the differences and similarities between the footprints.





# Dragon Footprint Biscuits

## Ingredients

225g self-raising flour  
100g cold butter, cubed  
100g caster sugar  
 $\frac{1}{2}$  lemon zest and juice  
1 medium egg  
a little extra flour for rolling the dough  
jam or crushed boiled sweets

## Equipment

large bowl  
wooden spoon  
sharp knife  
lemon juicer  
grater  
small bowl  
fork or whisk  
rolling pin  
biscuit cutters  
toy dragon/dinosaur  
baking tray  
greaseproof paper  
cooling rack

## Method

1. Preheat the oven to 180°C (gas mark 4). Tie back long hair, put on an apron and wash hands.
2. Grease or line the baking tray(s) and put aside for later.
3. Place the cubes of butter and flour in a large bowl.
4. Rub the butter into the flour using your fingertips to make fine breadcrumbs.
5. Stir the sugar into the flour and butter mixture with a wooden spoon.
6. Stir in the lemon zest and juice.
7. In a separate bowl, beat the egg with a whisk or fork.
8. Slowly, add some of the egg to the biscuit mix until it forms a stiff dough. **Note:** you may not need to add all of the egg.
9. Refrigerate the dough for around 30 minutes.
10. While the dough is chilling, wash up your equipment and prepare your work surface for rolling out and prepare your jam by stirring some in a bowl to soften with a teaspoon
11. Cut two pieces of greaseproof paper, approximately A3 size, to roll your dough in.
12. Roll out the dough between the two sheets of greaseproof paper to a thickness of about 5mm.
13. Using the biscuit cutter, cut the dough shapes and press the feet of the dragon/dinosaur toy into each biscuit shape to create dragon footprints.



# Dragon Footprint Biscuits



14. Repeat steps 12 and 13 with the remaining dough.
15. Bake for approximately 7 minutes.
16. Remove from the oven and place some jam (or crushed-up boiled sweets) into the footprints. (You may need to press out the foot design again before adding the jam.) Avoid over-filling the footprints as the jam/sweet mix will boil over onto the biscuit.
17. Return the biscuits to the oven and bake for a further 4-5 minutes until golden.
18. Remove from the oven and leave to stand for a few minutes before carefully removing them from the tray to cool fully on a cooling rack.

## Alternative Suggestions

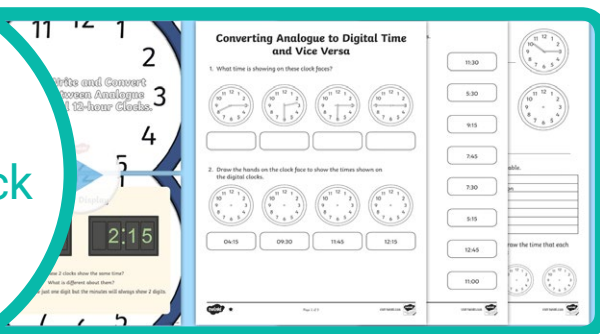
- If you use gluten-free flour, you may need to add a little more liquid (milk) when forming the dough.
- Why not pierce a hole in the dough with a straw before baking? You can then hang the biscuits from a stand by threading ribbon through the hole for a loop.
- Instead of filling the footprints with jam, try outlining the foot shape with ready-made writing icing or some melted chocolate.

## Disclaimer

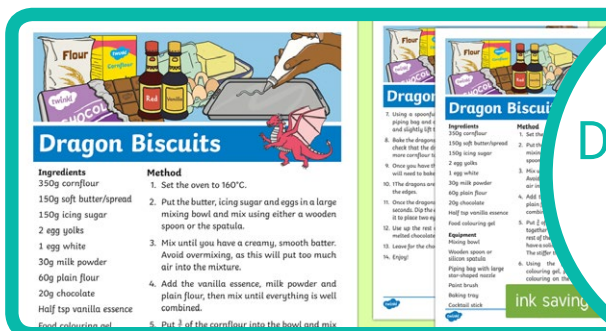
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## Digital and Analogue Clock Activity



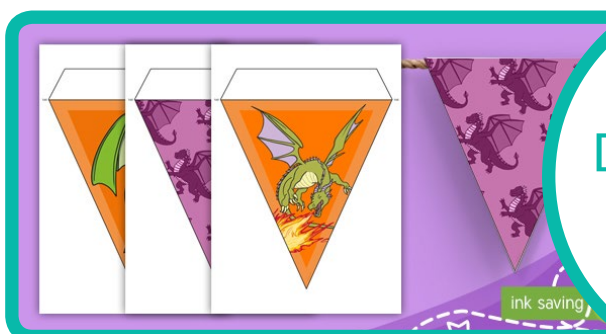
## Dragon Biscuit Recipe



## Knight's Shield Pizza Recipe



## Dragon Party Bunting



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