

Honey Cake Bake & Honey Pots

Introduction

This is a session that could be just for children or as a parent/child, grandparent/child, activity. The idea is that you run two activities in the one programme; a baking activity and an art activity (with maybe some lunch or food in between).

Equipment required

For the baking activity: (1 of each per group of 5 children)

Plastic bowls
Wooden spoons
Scales
Glass cup (so you can check the egg for blood spots)
Tea spoon
Table spoon
Plastic table cloth
Measuring cup
Aprons
Small square silver foil containers – with lids.

Ingredients for cake:

9oz Self Raising flour
1 cup hot water
1 cup white sugar
1 cup vegetable oil
3 large eggs
1 teaspoon cinnamon
1 teaspoon ground ginger
2 teaspoons ground mixed spice
1 teaspoon bicarbonate of soda
1/2 small tin of golden syrup

For the art activity:

Plastic table cloths
Paper plates
Glitter

Clay (allow around 250g per child) – You can buy air-dry clay from Bakerross.com

Alternatively you can make your own clay.. (this could be part of the activity)

2 cups unbleached flour
1 cup real salt
2 Tbsp. vegetable oil
3/4 – 1 cup water

Drop of food colouring (so you can have different colours)

When the item is shaped, you need to bake it for 1 hour at 120 Celsius



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Honey cake activity

General tips:

- Split into as many groups as possible – preferably not more than 5 children in a group (depending on age).
- Give each group a set of ingredients, bowls etc.
- If you have an oven on site, use that (and cook during the second activity). If not, put the paper lids on the silver foil containers and send home with instructions on how to bake (don't fill up the containers more than 2/3rds of the way).

Preparation:

- Cover each table with a plastic table cloth
- Put on each table;
 - 1 set of ingredients
 - 1 set of equipment
 - Some labels (to write names on later)
 - 2 sets of instructions
 - Set of aprons for children and adults

Have sets of silver foil lids and felt tip pens ready for later:

Activity: (see ingredient sheet)

2 options:

Option A: Groups follow instructions on own and make the cake – encourage them to pass the bowl around a lot in each stage

Option B: 1 person announces each stage as you go

Make the cakes...if the activity is running too quick as a second activity the children can decorate the white lids of the silver foil containers ...



Honey pot activity

General tips:

- Split up the clay into balls before the activity and cover with a bag or clingfilm so it does not dry out (if not making own)
- If it does get a bit dry, wet your hands slightly and rub the clay
- If you use different colour clay the finished product will look great (but more expensive)
- Make up a demonstration model before you start
- Each child gets to make their own.

Preparation:

Cover each table with a plastic table cloth

Put on each table;

1 cup of water

clay modelling items

Paper plate with child's name (for them to leave the finished item)

Set of aprons for children and adults

Print of some colouring sheets for early finishers

Activity:

Children make a honey pot: Adult can briefly demonstrate

See 'instruction sheet on how to make a pot' Early finishers can do colouring sheets



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Clay Honey Pot – Instruction Sheet

How to make clay

To make own clay: (this could be part of the activity)

- 2 cups unbleached flour
- 1 cup real salt
- 2 Tbsp. vegetable oil
- 3/4 – 1 cup water
- Drop of food colouring (so you can have different colours)

Mix all the ingredients together, and knead lightly.

When the item is shaped, you need to bake it for 1 hour at 120 Celsius

How to make the pots:

Coil Method

Knead the clay. Start with clay. Slowly warm it and work out the air bubbles by kneading it with your hands. This will even out the clay's consistency, eliminating lumps of soft spots, and make it more pliable and easier to work with. Take care to avoid folding, poking, or other actions that could add air pockets and bubbles to your clay.



: Once the clay is warm and pliable, take a fist-sized clump and roll it into a long rope called a coil. The diameter of the coil will determine the thickness of your pot's walls. For your first pots, roll your coils out till they're a little thicker than a pencil, and about 12 to 24 inches (30 to 60 cm) long, and of uniform

thickness.

Create the bottom. Starting from one end, wrap the coil in a spiral until the bottom is the size you have in mind. For example, for a pot using coils about 1/4 inch (.6 cm), your base might be 3 inches (8 cm) in diameter.

You can also create the bottom by rolling out some clay to about the same thickness as your coils, and then trim the excess with a knife, using cup or plate as your guide.





Prep the clay and start working. Score the outer 1/4 (.6 cm) inch of the bottom, and dampen with water or slurry (a thin mix of clay and water). Do the same with the bottom of the coils as you work. This will improve the clay bond and make your pot stronger. Lay the first coil on top of the base, and wrap it around, building up the wall.

Pinch Pot Method

Knead the clay. Start with clay. Slowly warm it and work out the air bubbles by kneading it with your hands. This will even out the clay's consistency, eliminating lumps of soft spots, and make it more pliable and easier to work with. Take care to avoid folding, poking, or other actions that could add air pockets and bubbles to your clay.



Make a ball. Roll the clay into a ball, and make sure it's moist.



Make a hole. Punch your thumb into the middle of the clay ball, to about 1/4 inch (.6cm) from the bottom.



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Work the sides. With your thumb and forefinger, pinch the clay and press upwards. Work all around the inside, and with each pass, pinch from the bottom and move up, repeating until your vessel has the shape you want.



Flatten the bottom. Press from the inside, against the table you're working on, so that the bottom is smooth and flat.



Smooth out the inside and outside of the pot, as desired. Decorate, and follow the manufacturer's instructions for curing and finishing your pot.



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Honey cake recipe and instructions

(1 of each per group of 5 children)

Equipment required

Plastic bowls
Wooden spoons
Scales
Glass cup (so you can check the egg for blood spots)
Tea spoon
Table spoon
Plastic table cloth
Measuring cup
Aprons
Small Square silver foil containers – with lids.

Ingredients:

9oz Self Raising flour
1 cup hot water
1 cup white sugar
1 cup vegetable oil
3 large eggs
1 teaspoon cinnamon
1 teaspoon ground ginger
2 teaspoons ground mixed spice
1 teaspoon bicarbonate of soda
1/2 small tin of golden syrup

Method -

In a bowl mix the flour and sugar with the spices until well combined
Add the 3 eggs and oil and mix well
Mix together the golden syrup and hot water
Pour into the rest of the mix and mix well (it will be quite wet)
Carefully pour the cake mix into silver foil tins (about 2/3 of the way up) – should be enough for 4 square tins

Bake at 160 C for 30-40 mins (till baked)

Let it cool



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