



INGREDIENT & EQUIPMENT LIST

DIY OATY FRUITY CEREAL

INGREDIENTS FOR A CLASS OF 30 PUPILS

for the cereal:

- 300g dried fruit, such as sultanas, raisins, dried apricots
- 150g mixed unsalted nuts, such as almonds, hazelnuts, walnuts
- 150g mixed seeds, such as pumpkin, sunflower, sesame, poppy
- 1.2kg porridge oats
- optional: 1 teaspoon ground cinnamon
- optional: milk or natural yoghurt, to serve

optional: for the bircher muesli:

- 9 eating apples
- 3 litres milk

A NOTE ON NUTS

If your school is a nut-free school, don't worry, the nuts can be left out of this recipe! Skip the nuts (and the sesame seeds if you're worried about allergies), and just be sure to have a good variety of seeds and mixed fruit to keep the cereal interesting.

EQUIPMENT FOR A CLASS OF 30 PUPILS

for the sugar demonstration:

- weighing scales
- tablespoons
- small bowls for portioning out cereal
- clear plastic cups for measuring out the sugar
- a variety of classic children's breakfast cereals (look for a range in sugar quantity, and try to include ones that will surprise children)
- 1 bag of sugar

for the recipe:

- optional: weighing scales
- 15 chopping boards (1 between 2 children)
- 15 knives (1 between 2 children)
- 5 large mixing bowls
- optional: measuring spoons
- 5 wooden spoons
- 30 airtight containers
- 15 box graters (1 between 2 children)