

Improve Handwriting Skills with Christmas Cooking



Cooking is a great, fun way to practise getting both hands to work together. This helps to develop coordination, hand and finger strength and dexterity skills; all needed for handwriting.

Here is a tasty savoury Christmas baking idea:

Cheesy Christmas Stars

Makes about 25 stars, you will need:

150g (6oz) self-raising flour

½ teaspoon of salt

75g (3oz) butter or margarine

75g (3oz) cheese, finely grated

1 egg and 1 tablespoon of milk, beaten together

Star-shaped cutter

Greased baking tray



Pre-heat the oven to 200C, 400F, gas mark 6.

Cooking time: 8 to 10 Minutes

1. Sift flour and salt into a mixing bowl. Add the butter or margarine and rub into the flour through your fingers until the mixture looks like breadcrumbs.
2. Leave about a tablespoon of the grated cheese to one side and stir the rest into the crumbed mix.
3. Put a tablespoon of the beaten egg and milk into a cup and put to one side for later. Stir the rest into the mixture and then use your hands to make the mixture into dough.
4. Sprinkle flour onto a clean work surface and rolling pin, then roll the dough out until it is slightly thinner than your little finger.
5. Cut out the stars close together and use a spatula to place them on to the greased baking tray. Roll the left over dough into a ball and roll out again to cut more stars.
6. Brush the stars with the egg mixture you put aside and then sprinkle the remaining cheese on them.
7. Bake in the oven for 8 to 10 minutes, until they are golden.
8. Take them out of the oven and leave to cool (though they are very tasty when warm!).

If stored in an airtight container they can last up to a week.

Have fun with your baking!!!