

Frittata fingers

KS2 | Home cooking



Age: 7-10

Time: 20–30 minutes

Adult support: Required throughout

Why do this recipe at home?

Children learn:

- to make a healthy snack and explore healthy eating.
- to weigh and measure out ingredients.
- learn practical cooking skills.

Important information

- An adult must stay with the child at all times.
- Adults should do any boiling, peeling, or chopping with sharp knives.
- Encourage hand washing before and after the activity.
- Make sure your child has no allergies to any of the food before starting.

Curriculum link:

Design & Technology – Cooking and Nutrition: Use the basic principles of a healthy and varied diet to prepare dishes.

Ingredients (makes 1 tray):

- 5 large British Lion eggs
- 150g Cheddar cheese, grated
- 1 courgette, grated
- 150g ham, chopped
- 1 red onion, diced
- 150g self-raising flour
- 150g sweetcorn and peas (frozen or tinned)
- 8tbsp sunflower oil
- (Optional) herbs, parsley or chives

Equipment:

- Mixing bowl
- Spoon or spatula
- Small baking tray
- Greaseproof paper
- Grater
- Knife
- Chopping board
- Measuring scales
- Plate or napkin
- Apron (optional)



Let's make frittata fingers!

Step 1: Prepare

- Preheat the oven to 180°C (160°C fan/gas mark 4)
- Line the tray with greaseproof paper.
- Wash hands and tie back hair.

Talking points

"Why do we need to preheat the oven before putting food in?"

"What does the greaseproof paper do?"

Step 2: Weigh and prepare the ingredients

- Weigh the cheese and grate it.
- Wash, trim the ends off and grate the courgette.
- Weigh the ham and chop into small pieces.
- Peel and dice the onion.
- Weigh the sweetcorn & peas.
- Weigh the flour.

Talking points

"Why should we weigh the ingredients instead of guessing?"

Step 3: Mix

- Crack the eggs carefully into the mixing bowl. Check for any shell and remove it.
- Add the cheese, courgette, ham, onion, sweetcorn, peas and flour.
- Add herbs, if using.
- Gently fold with a fork or spoon until evenly mixed.

Talking points

"Why should we fold instead of stirring fast?"

Step 4: Cook

- Pour the mixture into the lined tray.
- Smooth the top, making sure all the ingredients are evenly spread out.
- Place the tray in the oven.
- Bake for 30 minutes until golden and set.

Talking points

"What do you think will change while it's cooking?"

Step 5: Cool and cut

- Let the frittata cool for 5 – 10 minutes.
- Cut into 2-3cm fingers.

Talking points

"Why is it important to let it cool before cutting?"

Finish

- Try one finger at a time.
- Discuss the taste, texture and appearance.
- Tidy up and wash hands.
- You can freeze the remainder of the frittata fingers for an easy lunchbox snack.

Learning extension

Art & design

- Design a menu card for frittata fingers. Include the name of the dish, ingredients and a drawing.

Geography

- Research what a traditional Italian frittata is like and compare it with your version at home.

Parent tip

Cooking with your child is all about learning, exploring, and having fun, not about making something perfect.

- Talk while you cook: Use the talking points and ask questions like:
 - "How does the mixture smell or feel?"
 - "What could we try differently next time?"
- Encourage trying and experimenting: Let your child add a vegetable they love, fold the mixture themselves, or choose the shape of their frittata fingers.
- Praise effort and independence: Notice their contributions: "I like how carefully you grated the courgette!" or "Well done folding the mixture gently."
- Celebrate creativity: Allow them to make choices on the inclusion of herbs, the arrangement, or dipping sauces and talk about why they made those decisions.

Remember, KS2 learning is about confidence, curiosity, and skill-building. The goal is to enjoy cooking together, explore flavours, and develop independence, not to create a perfect bake.