

# grow cultivate CREATIVITY

Do something fun with your kids during the long holidays, and nurture their creativity at the same time. Here are some activities to get you started.

## FOR 0-2 YEARS: MAKE MUSIC MAKERS!

Fill empty plastic bottles with different dried substances such as rice, peas and pebbles, then seal them to make homemade percussion instruments. Shake these to the beat as you sing nursery songs together and move around the room.

## FOR 3-4 YEARS: I CAN BE A DOCTOR!

Fill a box with props such as a toy stethoscope, magnifying glass, dress-up clothes, dolls, old shirts or dresses, and a 'doctor's coat' for your child. Engage in pretend role-play together by acting out different roles like doctor, patient and nurse.



## FOR 5-6 YEARS: PLAY WITH CLAY!

Let your child make all sorts of three-dimensional sculptures out of clay. Provide sticks, ice-cream sticks, cylinder blocks, cookie cutters and cups to use as tools to carve shapes and objects. Once dried or hardened, the clay can then be painted.

These suggestions are taken from **Parenting Moments**, a parenting toolkit developed by the Early Childhood Development Agency. For more practical tips, head to [www.growatbeanstalk.sg](http://www.growatbeanstalk.sg) or download the APParent in SG mobile application (from App Store or Google Play) to access the toolkit. ♥

## COOKS AND CRAFTS

Live up your holidays with the help of these children's activity books.

### ▶ A PIRATE COOKBOOK: SIMPLE RECIPES FOR KIDS

By Sarah L Schuette

The pirate-themed dishes in this book are great fun to cook and serve at children's parties. With step-by-step instructions and photographs that are perfect for new cooks and children, they are also a breeze to prepare.

Contributed by Norah Ismail, Public Libraries Singapore



### ▶ CRAFT IT UP AROUND THE WORLD: 35 FUN CRAFT PROJECTS INSPIRED BY TRAVELING ADVENTURES

By Libby Abadee and Cath Armstrong

This book showcases unique crafts inspired from countries all over the globe, such as sushi brooches and sombrero paperweights, together with nuggets of trivia about these cultural symbols. Parents and children will have great fun making the crafts together, as well as learning about where they came from.

Contributed by Nicola Cheong, Public Libraries Singapore



grow

FRUIT MINCE TARTLETS

18 TARTLETS



### WHAT YOU NEED

- 1 green apple
- 1 cup dried mixed fruit
- ¼ cup chopped walnuts
- ½ tsp ground cinnamon
- 1 tbsp butter at room temperature
- 2 tbsp brown sugar
- 6 tbsp orange juice
- 2 sheets store-bought ready-rolled shortcrust pastry
- plain flour for dusting
- 2 tbsp milk

### FOLLOW THESE STEPS:

**1** Cut the green apple into small pieces and place in a mixing bowl. Add the dried mixed fruit, chopped walnuts, ground cinnamon, butter, brown sugar and orange juice. Stir, then cover with plastic wrap. Set aside for about 30 minutes.

**2** Preheat the oven to 180°C.



**3** Dust your work surface with some plain flour. Place a sheet of shortcrust pastry on the work surface. Use a round cookie cutter to cut out 9 circles from the pastry. Cut 9 stars from the remaining pastry. Repeat this step with the other sheet of pastry.



**4** Line the muffin pans with the pastry circles. Use a fork to prick the base of each pastry cup to prevent the pastry from rising during baking.



**5** Spoon the fruit mince into the pastry cups. Cover each tartlet with a pastry star. Brush the top of each tartlet with milk.

**6** Place the muffin pans in the oven and bake for 30 minutes, until the pastry is golden brown in colour. Remove the muffin pans from the oven with oven gloves. Place the tartlets on a metal cooling rack to cool.

# Star Light, star bright

Make these festive fruit mince tartlets with your kids this holiday season!

## FAST FORWARD

Bottled Fruit Mince is available in supermarkets during the year-end holiday season. If you use ready-made fruit mince, you can skip Step 1!



This recipe is taken from *Kids Can Cook* (\$22.50, excluding GST), published by Marshall Cavendish Cuisine.



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