

Traditional Damper

Ages 6–12 · 45–60 min (incl. baking) · Small group

Learning intention

This experience supports children to develop a connection to community and culture, and to take part in preparing healthy food.

You'll need

- 3 cups self-raising flour
- Pinch of salt
- 80g cubed butter
- $\frac{3}{4}$ cup water
- Oven access

How to do it

1. Children rub the butter into the flour and salt until it looks like breadcrumbs.
2. Add the water and bring together into a soft dough.
3. Shape into a round loaf and bake until golden and hollow-sounding.
4. Serve warm and talk about damper's place in Australian history.

Framework links

MTOP

- **2.1** Children and young people develop a sense of belonging to groups and communities and an understanding of the reciprocal rights and responsibilities necessary as active and informed citizens
- **3.2** Children and young people become strong in their physical learning and wellbeing

NQS

- **2.1.3** Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.

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