



### INSTRUCTIONS:

What food do you like or dislike? Have you tried food from other countries? Do your family like any special foods?

Using the ingredients you have; what do you think you can cook for the King or teach Wobbly Bob to cook?

Explore mixing the ingredients together, using different utensils to help you mix them together. Perhaps you need to add water?

Write down the ingredients you are using. You can now make a Menu for the King to choose from.

### EQUIPMENT:

- An Apron (optional)
- Mixing Bowl and Spoon
- Messy Play ingredients:
  - Flour
  - Pasta
  - Rice
  - Jelly
  - Custard Powder

### THE STORY:

The Cook and the King is a story about a King who is a fussy eater. He has lots of chefs but none of them cook his favourite meal!

He meets 'Wobbly Bob' who is a chef that is scared of food and his kitchen knives, but the King wants him to be his chef!