



# BEAR PANCAKES

## INGREDIENTS

1 cup self-raising  
flour

1 cup milk

1 egg

1 tablespoon of  
sugar

3 slices of banana

1 strawberry

4 blueberries

## PREP TIME

- Prep | 10m
- Cook | 20 m
- Pack up 10 min
- Ready in | 30 min

## PROCEDURE

- 01** Add flour, milk, egg & sugar into a bowl.
- 02** Mix ingredients together with a wooden spoon or whisk.
- 03** Lightly grease frying pan with oil or cooking spray.
- 04** Turn stove on to medium heat.
- 05** Once frying pan is hot, use a measuring cup to pour batter into pan.
- 06** When small bubbles appear, use a spatula to flip the pancake over.



## PROCEDURE CONTINUED

- 07** Cook the other side of the pancake until golden brown.
- 08** Repeat steps 5 to 7 until entire bowl of batter has been cooked. You will need to create 1 large, 1 medium and 2 small pancakes to construct a bear.
- 09** Wash strawberries & blueberries in water at the sink.
- 10** Use a knife to cut 3 slices of banana and a strawberry in half.
- 11** Use pancakes, sliced banana, strawberry halves and blueberries to create a bear as per photo above.



## ADAPTATIONS

1. Use store bought pancake mix or pikelets to reduce the number of steps involved.
2. Reduce the amount of sugar for children/young people who prefer blander tastes.
3. Complete steps 1, 2, 10 and 11 seated at a table if your child/young person is still developing their balance, lower limb strength and endurance.
4. Provide hand-over-hand assistance initially for children/young people who find it challenging to flip the pancakes. Gradually reduce the amount of support as your child/young person becomes more independent and comfortable with flipping the pancakes.
5. Provide wet wipes, a washcloth or encourage washing of hands for children/young people who are bothered by certain textures on their hands.
6. Use a child friendly knife if your child/young person is still developing their ability to cut safely with a knife.
7. Substitute banana, strawberries and blueberries with preferred foods if your child/young person is still learning to eat fruit.



## SKILLS TARGETED

1. Fine motor skills (pincer grasp, using both hands together, upper body and hand strength, hand-eye coordination)
2. Gross motor skills (lower limb strength, physical endurance and balance)
3. Cutlery skills
4. Exploration of sensory properties of food (i.e. texture, temperature, smell and taste)
5. Following written instructions
6. Language development (describing the colour, shape, size, texture, smell and taste of food)
7. Executive functioning (planning/organisation skills, shifting attention, working memory)
8. Mathematics (counting, measurement of ingredients)