



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.