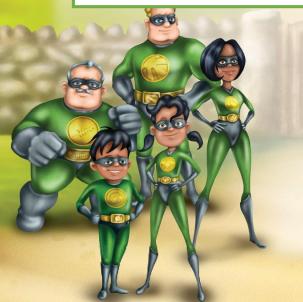# Activity:
Let's make some carrot cake!

Step 1: You will need the following bits of equipment:
A mixing bowl
A wooden spoon
Grater
Set of scales
Cake tin (18cm)
Greaseproof Paper
Small bowl
Teaspoon
Measuring Jug

Step 2: Get all of your ingredients ready!

For the cake:
175g Brown Sugar
175ml Vegetable Oil
3 Eggs
140g Grated Carrots
100g Raisins
Zest of 1 Orange
175g Self Raising Flour
1tsp Bicarbonate of Soda
1tsp Ground Cinnamon
½ tsp Ground Nutmeg

For the Icing:
175g Icing Sugar
30ml Orange Juice

Step 3: Preheat your oven to 180c / Gas Mark 4 / 160c Fan
Ask your adult if you are unsure which type of oven you have!

Step 4: Grease and Line your cake tin
Using a little bit of oil and a piece of kitchen roll, wipe the oil lightly all over the inside of the cake tin. Then you need to cut a piece of greaseproof paper that is the right size to fit in the tin.

Turn over to the next page for the recipe!

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Activity: Let's make some carrot cake!

Step 5: Start mixing your ingredients!
Tip the sugar into a large mixing bowl, pour in the oil and add the eggs. Lightly mix with a wooden spoon, then when it's all combined you can stir in the grated carrots, raisins and orange zest.

Step 6: Add the flour!
Sieve the flour, bicarbonate of soda, cinnamon and nutmeg into the bowl with the other ingredients. Lightly mix until you have a smooth, soft cake mix without any lumps.

Step 7: Bake your cake!
Pour the cake mix into the prepared tin and bake for 40- 45 minutes, don't forget to set your timer!!

You might need to ask your adult to do this bit as the oven will be very hot!

The cake is ready when it feels firm and springy when you press it in the centre.

Whilst your cake is baking, why not have a go at the worksheet on the next page!

Step 8: Let your cake cool down!
Once your cake is out of the oven, leave it to rest for 5 minutes. Then take it out of the tin, remove the baking paper, and leave it to cool on a wire rack!

Step 9: Time to add the icing!
In a small bowl, mix together the icing sugar and orange juice until it is smooth. Now its time to get creative! Drizzle the icing over the top of your cake! You could do zig zag, swirls, stars... or any other pattern you want!

Step 10: The best bit!
It's time to cut your cake and eat it!! Cut the cake into 15 pieces and then its ready to enjoy with the rest of your family!

Raisins

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We would love to see your creations!
Post a photo to Twitter and tag our Nutritionist @hannahbaugh1 so that we can see what you've made!

Worksheet: Let's Bake a Cake!

Which ingredients did you have to measure in grams? Which ingredients did you have to measure in millilitres?

If you want to double how much cake you make, how much flour would you need?

This cake takes 20 minutes to prepare, 45 minutes to bake and 30 minutes to cool. If I need the cake to be ready by 5pm what time do I need to start making it?

If I asked you to cut this cake into quarters, how many slices would you have?

Next time I make this cake I want to halve the amount of carrot I use. So how many grams would I need?

Which fruits did you add to this cake? Which vegetables did you add to this cake?

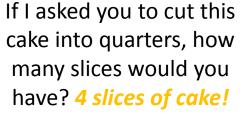Autograph
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Answers for Parents / Carers

Which ingredients did you have to measure in grams? Which ingredients did you have to measure in millilitres? *Go through the ingredients list with your child (ren) and look at which ingredients were listed in millilitres (ml) and grams (g). You could also discuss other measurements used, such as teaspoon (tsp) or tablespoon (Tbsp)*

If you want to double how much cake you make, how much flour would you need? *350g Flour*

This cake takes X minutes to prepare, X minutes to bake and X minutes to cool. If I need the cake to be ready by 5pm what time do I need to start making it? *3.25pm*

If I asked you to cut this cake into quarters, how many slices would you have? *4 slices of cake!*

Next time I make this cake I want to halve the amount of carrot I use. So how many grams would I need? *70g of Carrot*

Which fruits did you add to this cake? *Raisins and Orange* Which vegetables did you add to this cake? *Carrots*

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