

Cooking at Home

Today we are going to be doing two activities!

We are going to be making posters, dreaming up children's rights across the world and baking cookies and learning about the history of the ingredients.

Many of the ingredients in our cookies have a history that we are rarely taught about in schools, books, films or stories. We need to understand the histories of ingredients like sugar and cocoa to help us to make sense of the world and our place in it. Knowing these histories can help us to fight for a fairer world.

DOUBLE

CHOC

COOKIES

DOUBLE

CHOC

COOKIES

DOUBLE

CHOC

COOKIES

DO

CHOC

COOKIES

ingredients

125g Butter
100g Brown Sugar
100g White Sugar
1 egg
25g Cocoa powder
225g Plain Flour
1/2 tsp Salt
1/2 tsp Bicarbonate of Soda
1/2 tsp Baking powder
100g White Chocolate Chips
100g Milk Chocolate Chips

Method

The first thing that you need to do is to pop on your oven to 180C/160C Fan/375F.

Next you will need cover two baking trays with grease-proof paper!

Using a large bowl, mix together the Butter and both Sugars until light and fluffy and thoroughly combined! You can use an electric mixer or an hand wisk or spoon to mix up your butter and sugar. You will need to mix until light and fluffy!

DOUBLE

CHOC

COOKIES

DO

CHOC

COOKIES

Method

Mix in the Egg until combined, then mix in the Cocoa Powder, Flour, Bicarbonate of Soda, Baking Powder and Salt until a thick paste/cookie dough is formed.

Pop in the Chocolate Buttons and fold into the mixture. Spoon the mixture onto the trays and make sure they are suitably spread out so they stay separate! (I usually fit 6-8 on each tray to be safe)

Method

Bake in the oven for 10-12 minutes until spread out perfectly crinkly. A minute or so less will be gooey, a minute or two more will be beautiful Crunchy. It depends if you like gooey or crunchy cookies!

Once baked, remove from the oven and gobble them all up - but be careful to not burn yourself on the chocolate!

The history of sugar and how it got to the UK was due to something that we call colonialism.

“Colonialism happens when a group of people take political control over another country that is already populated by people, stealing their resources and exploiting their labour.”*

Britain played a brutal role in taking over many countries that did not belong to them and we still live with this unfairness today. The colonisation of Africa and the Caribbean began with the transatlantic slavetrade in the 1400s.

The slave trade lasted for 400 years. During the slave trade millions of people from the African continent were transported to the Caribbean and the Americas and forced to work for no money. People were forced to work up to 48 hours with no rest. Many millions of enslaved African adults and children were forced to grow sugar on British owned plantations.

Countries such as Britain, France, Portugal, The Netherlands and Spain were some of the biggest slave traders, and became very rich as a result of the slave trade. Many people that were enslaved resisted slavery and brought about their freedom and the end of the slave trade.

Many parts of this history are still continuing today. The cocoa in the chocolate in our cookies comes from farms in West Africa. Many of these farms rely on people being paid very very low wages and often children work on these farms.

*Excerpt from Jacob V Joyce & Rudy Loewe (2020) Sweet Rebellion, Serpentine Galleries < <https://serpentine-uploads.s3.amazonaws.com/uploads/2020/10/sweet-rebellion-mobile.pdf>>

Poster Making

Learning about the histories of sugar and the way that cocoa is grown today teaches us about the rights of children all over the world today.

All children should have rights, such as the right to education and the right to give their thoughts on issues that affect them!

If you were going to create a list of children's rights for children all over the world, what would be included? Would all children have access to outdoor space to play? Or would all children be allowed to wear pyjamas all day? Would all children have enough to eat and would all children have a comfy place to sleep?

Make a poster using the pens and paper in the pack of what YOU think all children should have a right to and we will put them up in Timespan... ready for YASS! to re-open!!!!!! (We will collect the posters in next week or you can post them through the letter box at Timespan!)