



November at La Maternelle

Activity Ideas

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- Explore different painting techniques by creating fireworks
 - Use toothbrushes to flick paint onto paper
 - Blow painting with straws
 - Create giant fireworks by using paint in water balloons
 - Talk about healthy and unhealthy food by creating toffee apples
 - Explore different cultures and countries by celebrating thanksgiving
 - Cook and taste different thanksgiving food
 - Looking after the winter wildlife
 - Create birdfeeders using bird seed and lard to help keep the Winter birds healthy

Warming Vegetable & Quorn Curry Recipe



Ingredients

1 tablespoon olive oil
2 cloves garlic, crushed
1 onion, chopped
300g Quorn chicken
2 peppers diced
2 apples sliced
3 Celery sticks diced
1/2 cauliflower cut into small florets
1 1/2 teaspoons mild curry powder
1 tin chickpeas
1 tin chopped tomatoes
1 vegetable stock cube
340ml water
Chopped coriander

Method

In a large saucepan, heat the oil and sauté the onions and garlic until soft. Add the Quorn, Stir in curry powder and vegetables cook for 3 minutes stirring frequently. Add the chopped tomatoes and stir. Add the vegetable stock cube and water. Stir in the can of drained chickpeas and cover and Cook for approximately 20 to 30 minutes stirring regularly until the vegetables are tender. Add cornflour to thicken if needed add the sliced apple 5 minutes before serving. Stir in chopped coriander and serve with brown rice.

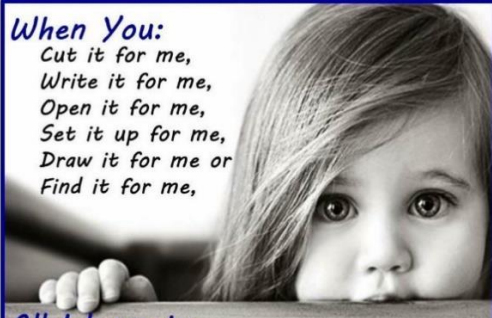
What's On In The Local Area

- 5th November – Firework display at the Brittles, Wistaston
- 5th November – Bonfire & Firework extravaganza Queens Park
- 25th November – Crewe Christmas Light Switch on

Dates To Remember

- W/b 7th November – Nursery Rhyme Week
- 10th November – Nursery Rhyme dress up day
- 22nd November – Pre-School Parents Evening

When You:



Cut it for me,
Write it for me,
Open it for me,
Set it up for me,
Draw it for me or
Find it for me,

All I learn is:
that you do it better than me