

Afternoon Tea

Session Plan

Short Bread

- Gather all ingredients.
- Beat the butter and sugar together (taking turns).
- Stir in flour to get a smooth paste (take turns).
- Roll out on a smooth work surface,
- Cut the shortbread into shapes (take turns and offer choice of shapes). If able sprinkle own shortbread with caster sugar and chill in fridge for 20mins.
- Bake in the oven for 15-20 minutes.
- Once out of oven set aside to cool on a wire rack.

Large number of residents will be able to be involved in this task depending on abilities e.g. a couple to weigh out ingredients, everyone to beat/mix, a couple to roll out to desired thickness, all to cut shapes etc. Support from staff likely to be required.

Cupcakes

- Activity can be made simpler or more complicated e.g. cupcakes can be made by the residents and staff or bought already made as can icing (icing pens are easy to use).
- Provide a cup cake to residents wishing to take part.
- Share out icing/frosting and toppings for the cakes (e.g. sprinkles, chocolate, fruit etc).

Task reasonably straightforward for someone with a cognitive impairment and/or significant communication impairment, some support from staff may be required.

Sandwiches

- Gather all the items required for the activity.
- Spread bread with butter and add pre-grated cheese, ham etc.
- Cut sandwiches and store.

Task reasonably straightforward for someone with a cognitive impairment and/or significant communication impairment, some support from staff may be required.

Fruit Kebabs

- Have a wide range of fruit and chop if necessary – bananas, tinned peaches, tinned pears etc.
- Thread the fruit onto wooden skewers (if concerned sharp part of skewer can be sawed off with a bread knife),
- Consider melting some chocolate for dipping the kebabs into.

This is a simple task that most residents should be able to help with, some support from staff may be required.

Shortbread – Ingredients

- 125g/4oz unsalted butter, softened



- 55g/2oz caster sugar, plus extra to finish



- 180g/6oz plain flour



Shortbread – Method

- Pre-heat oven to 190c (170 fan)/Gas 5



- Beat the butter and sugar together until smooth



- Stir in the flour to get a smooth paste



- Roll out until paste is 1cm/½ inch thick



- Cut using shaped cutters



- Place onto a baking tray



- Place in oven for 15 – 20 minutes



- Sprinkle with caster sugar

