



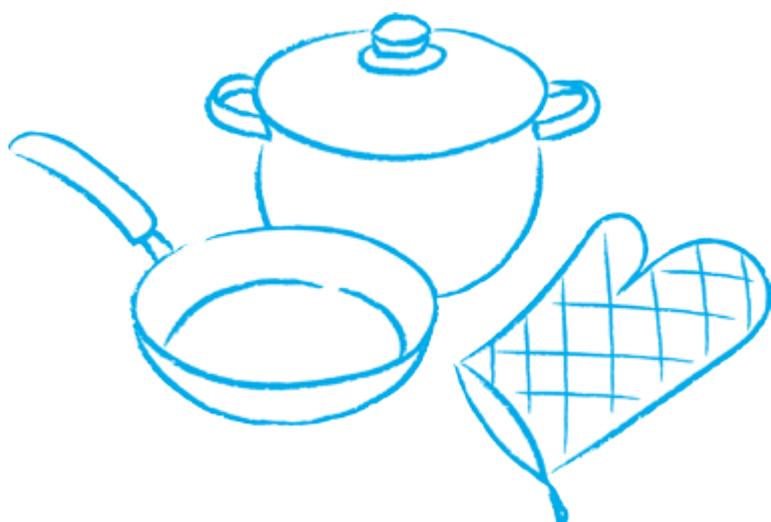
RECIPES: SESAME SEED SAUSAGES

What you'll need:

- 30 cocktail sausages – these can be meat or vegetarian
- two tablespoons runny honey
- one or two tablespoons sesame seeds
- 30 cocktail sticks/toothpicks

What to do:

1. First, with an adult, cook the sausages on a baking tray in the oven until they are a medium brown colour – follow the instructions on the packaging. Leave these to cool down on the tray.
2. Warm up the sesame seeds for one minute in the microwave, or for two minutes in a frying pan on the hob. Put all the cooked sesame seeds into a bowl.
3. Carefully put a cocktail stick into each one of the sausages. Then pour out the honey into another bowl. Dip the sausages in the honey bowl and then the sesame seed bowl. They should then look shiny and spotty!
4. And there you go – a perfect special treat for your school picnic or bake sale.



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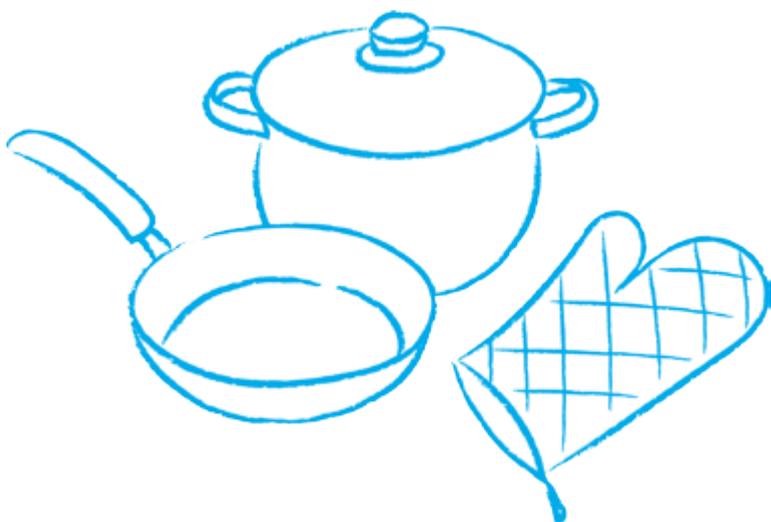
RECIPES: PERFECT POTATO SALAD

What you'll need:

- three medium-sized white potatoes, peeled and cut into small chunks
- two onions, diced and cooked
- two hard-boiled eggs, shells peeled
- 200ml mayonnaise
- a handful of chopped chives or parsley

What to do:

1. With a grown up, boil your potatoes for 10–15 minutes in a pot of water, along with a pinch of salt.
2. Once the potatoes are cooked, carefully drain the water and let them cool until they're warm, not hot.
3. Put the potatoes in a bowl and add the chopped onions. Then, crush the boiled eggs and add them in.
4. Next, add the mayonnaise, chives or parsley – plus a little salt and pepper too. Give everything a really good mix, and then leave in the fridge for one hour before eating.
5. And then you're all set: your tasty potato salad will be ready to share with others at school.



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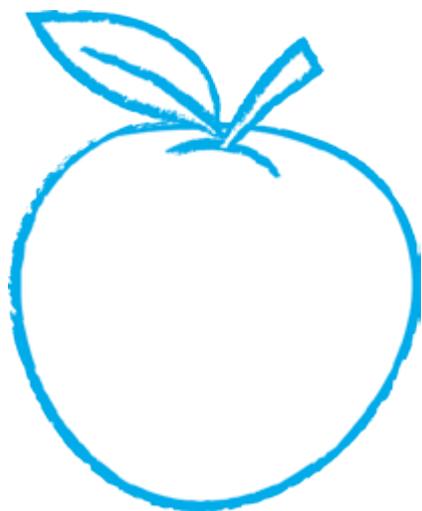
RECIPES: COLOURFUL FRUIT CUPS

What you'll need:

- plain yogurt
- one melon, cut into chunks
- one apple, cut into slices or chunks
- grapes or any type of berry; we like blueberries, strawberries or raspberries
- one other fruit of your choice, cut into chunks; choose from peach, banana, pineapple or tangerine
- around three or four empty cups

What to do:

1. Arrange the cups in front of you.
2. Fill each cup a third of the way with the melon chunks.
3. Next, add the apple, and then the peach, banana, pineapple or tangerine. Each cup should now be around two thirds full.
4. Add a thick layer of yoghurt on top of your fruit, and then put the cups in the fridge for 30 minutes to chill.
5. Remove the cups from the fridge, and sprinkle the grapes or berries on top for a dash of colour.
6. Grab a spoon and dig in!



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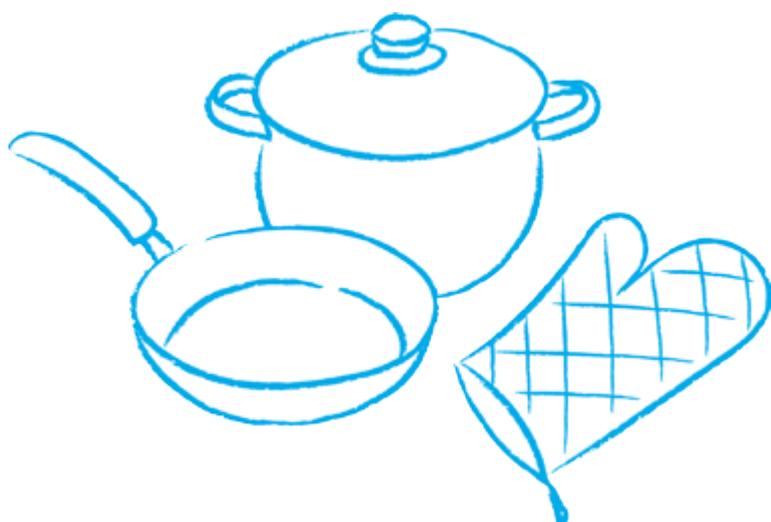
RECIPES: SWEET POTATO BITES

What you'll need:

- one sweet potato, cut into slices around one centimetre thick
- one tablespoon olive oil (or vegetable oil)
- slices of cheese
- any two toppings of your choice! Some of our favourites are: red, yellow or green peppers, cherry tomatoes, courgette, pieces of cooked chicken and olives

What to do:

1. With a grown up, pre-heat your oven to 200 degrees Celsius.
2. Lay all of the sweet potato slices on a baking sheet and drizzle a little bit of oil over all of them. Arrange the potato slices so that they don't touch each other and then put them in the oven.
3. Bake the potatoes for 12 minutes, asking an adult to turn each slice over halfway through.
4. Once the potato is baked and whilst the slices are still warm (but not hot), add your cheese and then the two toppings of your choice.
5. Put these back into the oven for another five minutes so that the cheese begins to melt, and then transfer everything to a large plate. Your very own tasty sweet potato bites are now ready to share!



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RECIPES: ZINGY LEMON SCONES

What you'll need:

- 220g self-raising flour
- 55g/2oz butter
- 30g/1oz caster sugar
- 150ml milk
- one lemon
- a pinch of salt

What to do:

1. Put the self-raising flour and a pinch of salt into a large bowl and give it a stir.
2. Wash and dry your hands really well. Pick up the butter with your hands and gently mix it into the flour, rubbing together until it looks and feels crumbly. Add the sugar and continue to mix with your hands.
3. Carefully grate the skin of a clean lemon into the bowl – this is what will give your scones their zingy flavour!
4. Slowly pour in the milk and keep on mixing to make a dough. When it gets a little bit softer, roll into a big ball.
5. Sprinkle a little bit of flour over a clean surface, then take the dough ball out of the bowl. Keep rubbing and patting it with your fingers and knuckles – this is called kneading. Do this for two or three minutes.
6. Flatten the dough so that it's spread out and about two centimetres thick all over.
7. Use a round biscuit-cutter or the bottom of a glass to carefully stamp out the dough into circles.
8. Spread a little bit of butter onto greaseproof paper, and use this to line a baking tray.
9. Place all of your dough circles onto the greaseproof paper, lightly brush each one with a little milk and then ask an adult to put these into the oven for 14 minutes at 220 degrees Celsius.
10. When they're finished baking, take your scones out of the oven and leave them to cool for 10 minutes. Then you're all done – your very own zingy lemon scones are ready to eat!



TOP TIP

If you'd like an extra sweet treat, add an iced topping to your scones! In a small bowl, mix some icing sugar with a few drops of water and stir into a thick gooey paste. Grate in a little lemon peel, stir again and then drizzle over your scones. Yum!

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