



# Easter

## Activity Kit



Unilever  
Food  
Solutions



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# Introduction

With Easter just around the corner, our new activity kit is a perfect way to get everyone in your care home involved in some good old-fashioned crafting fun.

We've curated a selection of simple, engaging activities that can easily be done as a group or on a one-to-one basis; from making a colourful insect feeder to beautiful flower arrangements. The activities are also accompanied by mouth-watering recipes to complement your Easter roast dinner - including flavourful side dishes and delicious gravies, featuring some of our most well-loved products.



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# Insect Feeder



## YOU WILL NEED:

- Small glass jars with a lid
- Small white or pastel coloured bath sponge cut into pieces
- Small stickers to decorate the jar, such as butterflies
- Thin string
- Rubber band
- Sugar solution (1 part sugar with 9 parts water)

## PREP BEFORE ACTIVITY

Drill or cut a hole in the centre of the lid 0.5-1cm across

## HOW TO MAKE:

1. Push the piece of sponge into the jar.
2. Pull the sponge towards the lip so that when you screw the lid on you can pull a piece of the sponge up through the hole.
3. Decorate the jar with suitable small stickers. Metallic edged ones will catch the light and make the jars easier to see.
4. Lay the rubber band out and tie two equal lengths of string onto it. They need to be at least 30cms long as you will use them to tie the jar to hang from a tree branch or shrub.
5. Twist the rubber band around the neck of the jar keeping the strings opposite each other.
6. Mix the sugar solution (1 part sugar with 9 parts of water). Pour this onto the sponges and into the jars to ensure the sponges soak up the solution.
7. Hang the jars in the garden, the sugar solution will attract insects who will land on them to feed.



# Marbled Eggs



## YOU WILL NEED:

Eggs	Disposable bowl
Egg cups	Slotted spoon
Multiple nail varnishes	Metal cake rack

## PREP BEFORE ACTIVITY

Hard boil the eggs

## HOW TO MAKE:

1. Half fill a small disposable plastic bowl with cold water. Old food trays are ideal but they need to be deep enough for the water to cover an egg.
2. Drip in several different coloured nail varnishes and swirl the bowl to mix them slightly. Don't try stirring with an implement as the varnish will stick to it.
3. Carefully drop the eggs into the water and turn gently with a slotted spoon to pick up the nail varnish, creating a marbled pattern – you won't be able to use the spoon again for cooking but you can use it for lots more marbled eggs.
4. Lift out the eggs and place on a metal cake rack to dry, which can take a few hours.
5. Use nail polish remover if you need to clean up the cake rack afterwards.
6. The eggs look good in plain egg cups but you can also pass them round as they are very tactile and stimulate lots of conversations.





## YOU WILL NEED:

Paper plates  
Paints  
Paintbrushes  
Stamps

## HOW TO MAKE:

Decorate the borders of the paper plates to suit your Easter theme. Use plates that don't have a gloss or plastic finish as they will resist paints or stamping ink. Keep the decoration close to the outer edge and use them to serve cakes prepared in paper cases.

# Flower Arranging



## YOU WILL NEED:

Flowers of any kind  
Greenery  
Scissors  
Vase

## PREP BEFORE ACTIVITY

Prepare any greenery stems beforehand, cutting roughly to the right length, with the lower leaves trimmed off.

## HOW TO MAKE:

Invite residents to put the greenery stems in first, then introduce the flowers. Allow residents that are able, to trim the flower stems with small scissors to add another element to the activity. When finished, find a well-lit spot to proudly display.



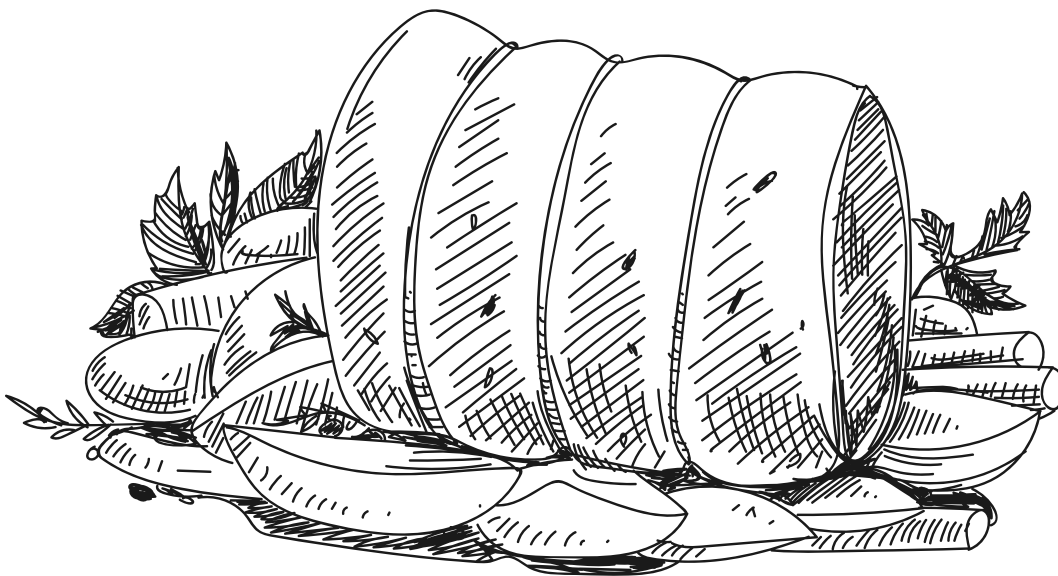
# Colouring

Print out several copies of this colouring in template to give to each of your residents who would like to participate in this activity. Supply them with lots of colourful pens to decorate with.

## THE GREAT

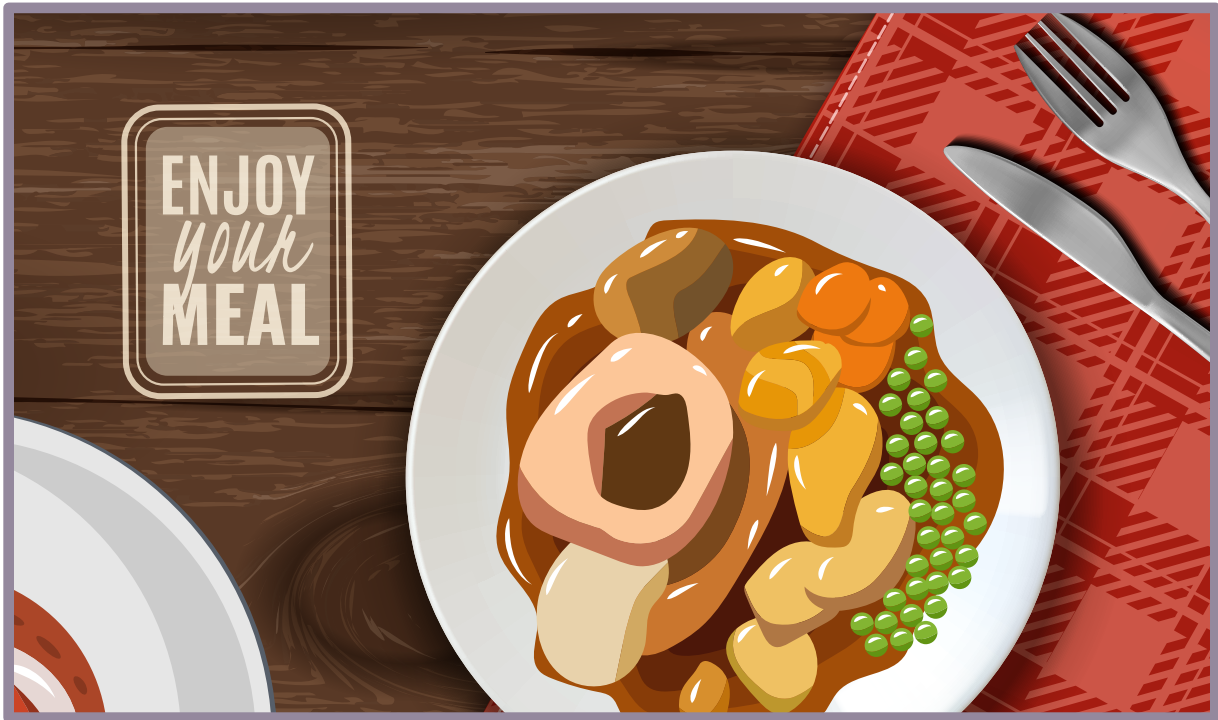


## ROAST DINNER



# Spot the Difference

There are 5 differences between these 2 pictures, can you spot them all?

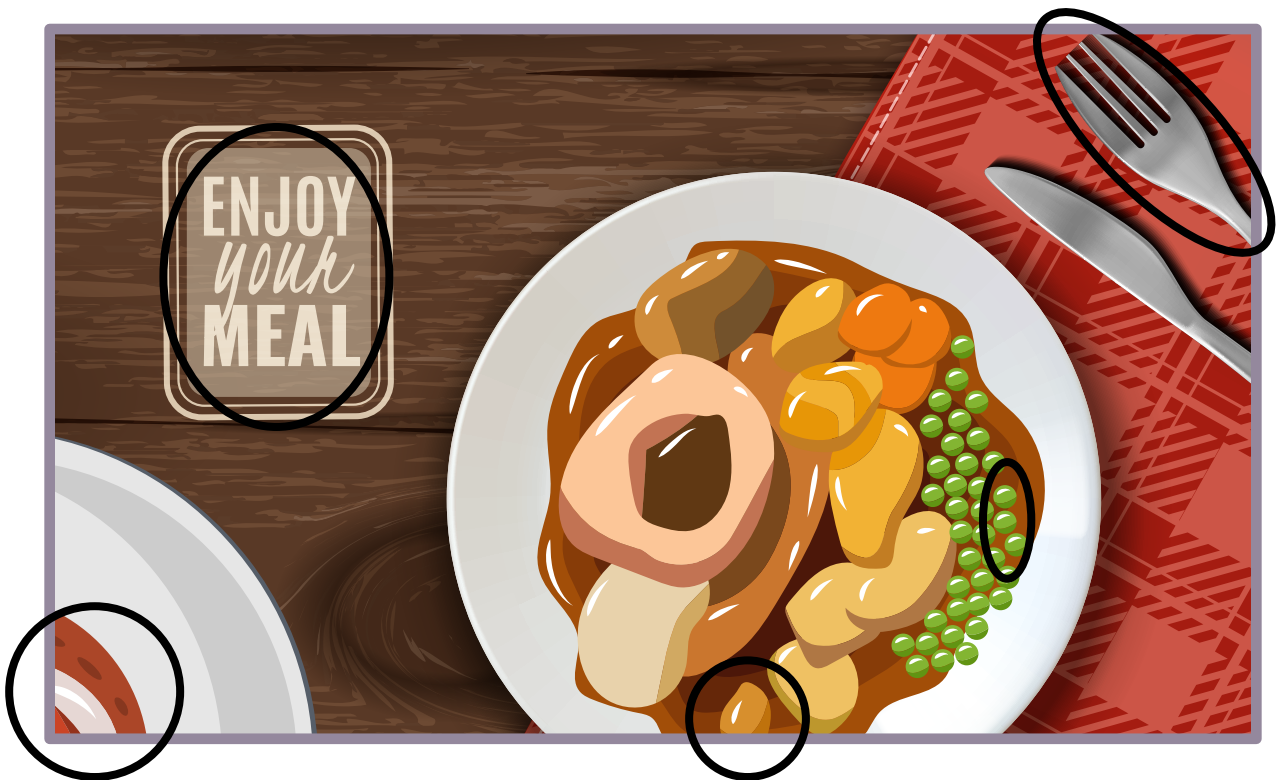




# Spot the Difference

## ANSWERS

Print out as many copies of this spot the difference activity as you need and ask residents to spot the five differences.



# Bunting

Put up string and print out as many bunting designs as required. Cut out the designs and fold along the dotted line, then hang the bunting over the string for a little festive touch to your event.

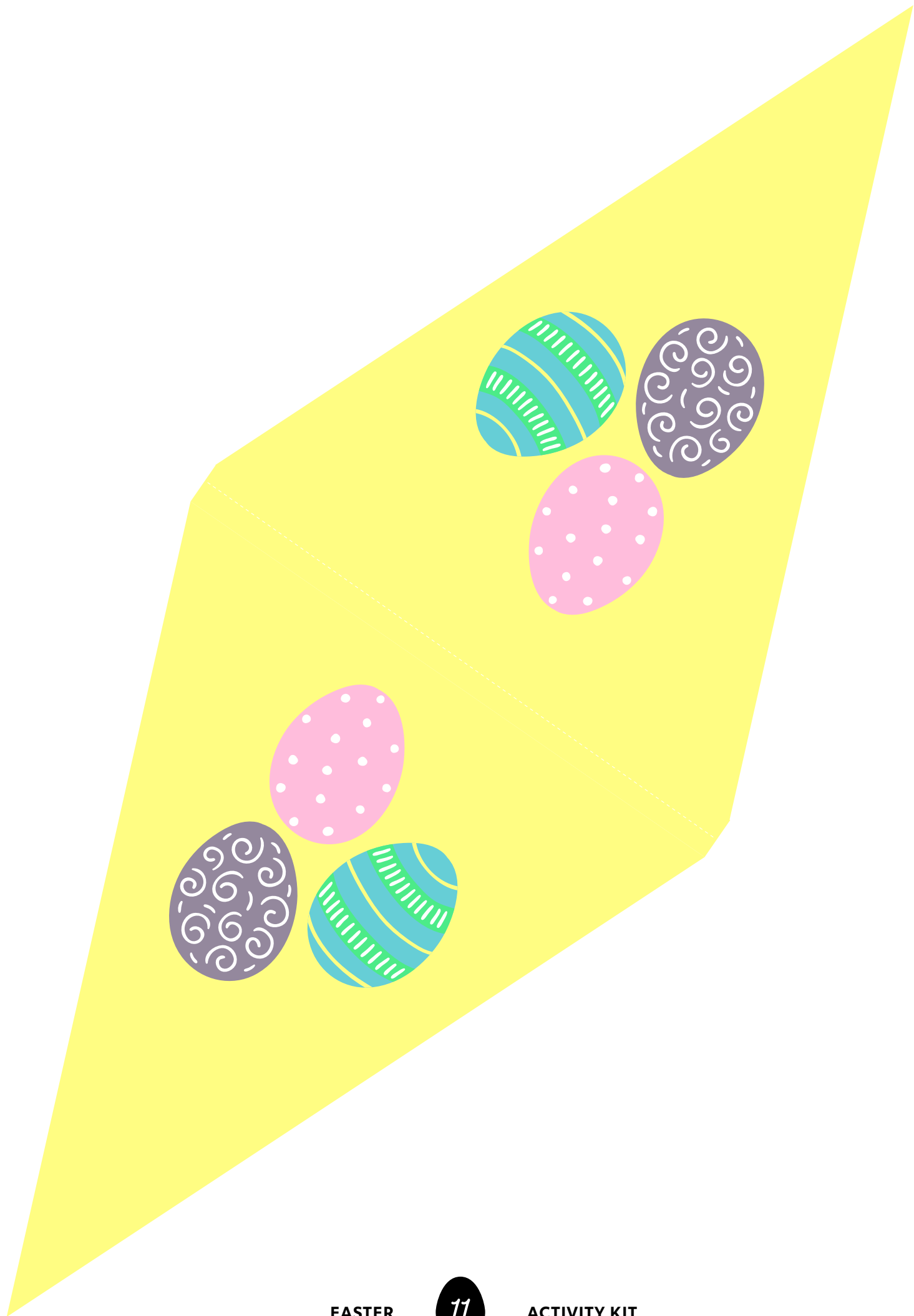


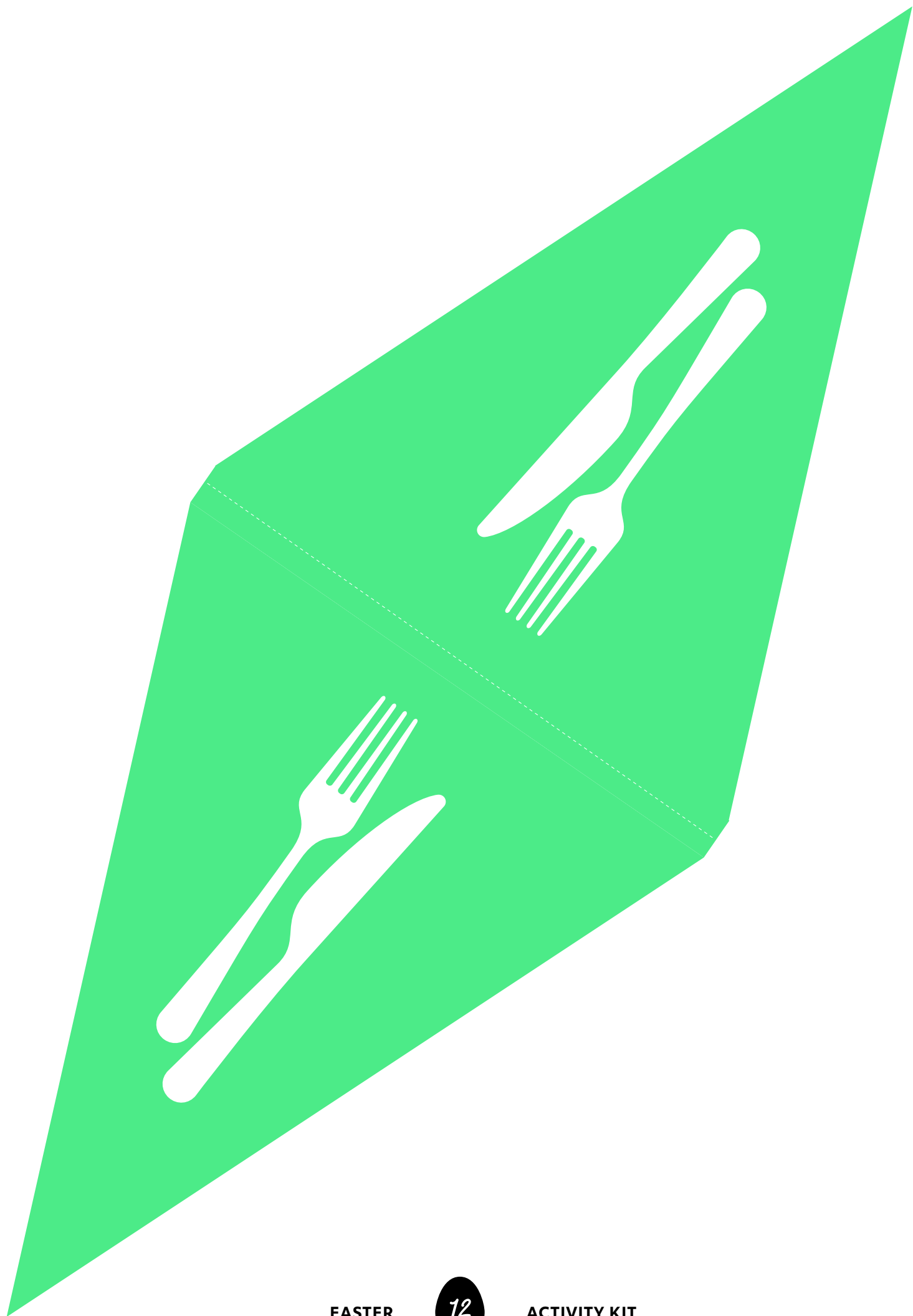
## YOU WILL NEED:

Scissors

String











# Whisky, Honey & Mustard Glazed Carrots



## INGREDIENTS

1kg	Baby carrots
400ml	Water
10g	KNORR Professional Rich Vegetable Paste Bouillon
50g	Butter
100ml	Whisky
40g	Honey
30g	COLMAN'S Wholegrain Mustard
10g	Parsley

## METHOD

1. Peel the carrots, leaving the tops on.
2. Place into a saucepan with the water, whisky and KNORR Professional Rich Vegetable Paste Bouillon, then bring to the boil and cook for 5 minutes allowing the liquid to evaporate.
3. Add in the butter and COLMAN'S Wholegrain Mustard, toss and finish with parsley.



# Cauliflower & Broccoli Cheese with Lemon Thyme



## INGREDIENTS

700g	Cauliflower
700g	Broccoli
500ml	Water
210g	KNORR Professional Béchamel Sauce
5g	Lemon thyme
10g	English mustard
150g	Grated cheddar

## METHOD

1. Cut the cauliflower and broccoli into florets then blanch separately for 3-4 minutes.
2. Remove from the heat and drain well.
3. Pour the water and milk into a saucepan and bring to the boil along with the lemon thyme.
4. Whisk in the KNORR Professional Béchamel Sauce and English mustard then add half the cheese and reduce the heat and simmer for 2 minutes.
5. Place the cauliflower and broccoli into a baking dish and pour over the sauce. Top with remaining cheese and bake in a pre-heated oven at 180c for 30-35 minutes or until golden.





# Broad Beans, Peas, Leeks & Courgettes



## INGREDIENTS

250g	Frozen broad beans
250g	Frozen peas
250g	Leeks
300g	Courgettes
50g	Butter
20g	KNORR Professional Garlic Puree

## METHOD

1. Slice the courgettes on the angle 1cm thick.
2. Slice the leeks, 1cm thick.
3. Melt the butter and KNORR Professional Garlic Puree in a saucepan and fry the courgettes for 1 on each side then remove and repeat with the leeks.
4. Add all the vegetables to the pan and sauté/cook for 3-4 minutes or until soft.





# Rich Red Wine & Garlic Gravy



## INGREDIENTS

- 500ml Red wine
- 15g Fresh thyme
- 15g KNORR Professional Garlic Puree
- 1L Water
- 75g KNORR Professional Gluten Free Gravy Granules for Meat
- 10g Tomato puree

## METHOD

1. Pour the red wine, KNORR Professional Garlic Puree and thyme into a saucepan and bring to the boil then allow to reduce by two thirds.
2. Add in the tomato puree, water to the saucepan and bring back the boil then whisk in the KNORR Professional Gluten Free Gravy Granules for Meat.
3. Simmer for 5 minutes then pass the gravy before serving.



# Sage & Onion Gravy



## INGREDIENTS

250g	Onions
50g	Butter
2	Bay leaves
10g	Fresh Sage
1L	Water
80g	KNORR Professional Gluten Free Gravy Granules for Poultry

## METHOD

1. Peel and slice the onions. Melt the butter in a saucepan and sweat the onions with the sage and bay leave for 10 minutes until slightly golden.
2. Pour in the water and bring to the boil then reduce the heat and simmer for 10 minutes
3. Remove from the heat and blend until smooth the return to the boil and whisk in the KNORR Professional Gravy Granules for Poultry to thicken. Pass the gravy before serving.

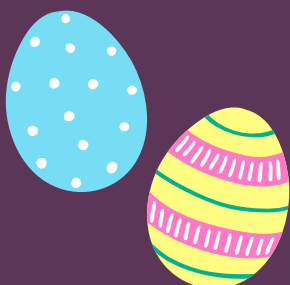






If you're on the lookout for further support, we offer a range of activities and wellbeing tools for residents plus culinary support for chefs.

To find out more and to sign up visit [ufs.com](https://www.ufs.com) or call us **0800 783 3728** and choose option 1.



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