



Mental Health Matters Wales

Activity Packs

Baking

Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.

The Benefits of these Activities include but are not limited to

- **Better Communication** Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.
- **Improved Coordination** Activities can delay the loss of muscle control.
- **Relaxation** It is a wonderful distraction from the blues, chronic pain, and other stressful situations.
- **Pride** There can be immense satisfaction and pleasure taken from drawing projects.

This activity book has
been kindly printed by



Cardiff and Vale University
Health Board Voluntary Services



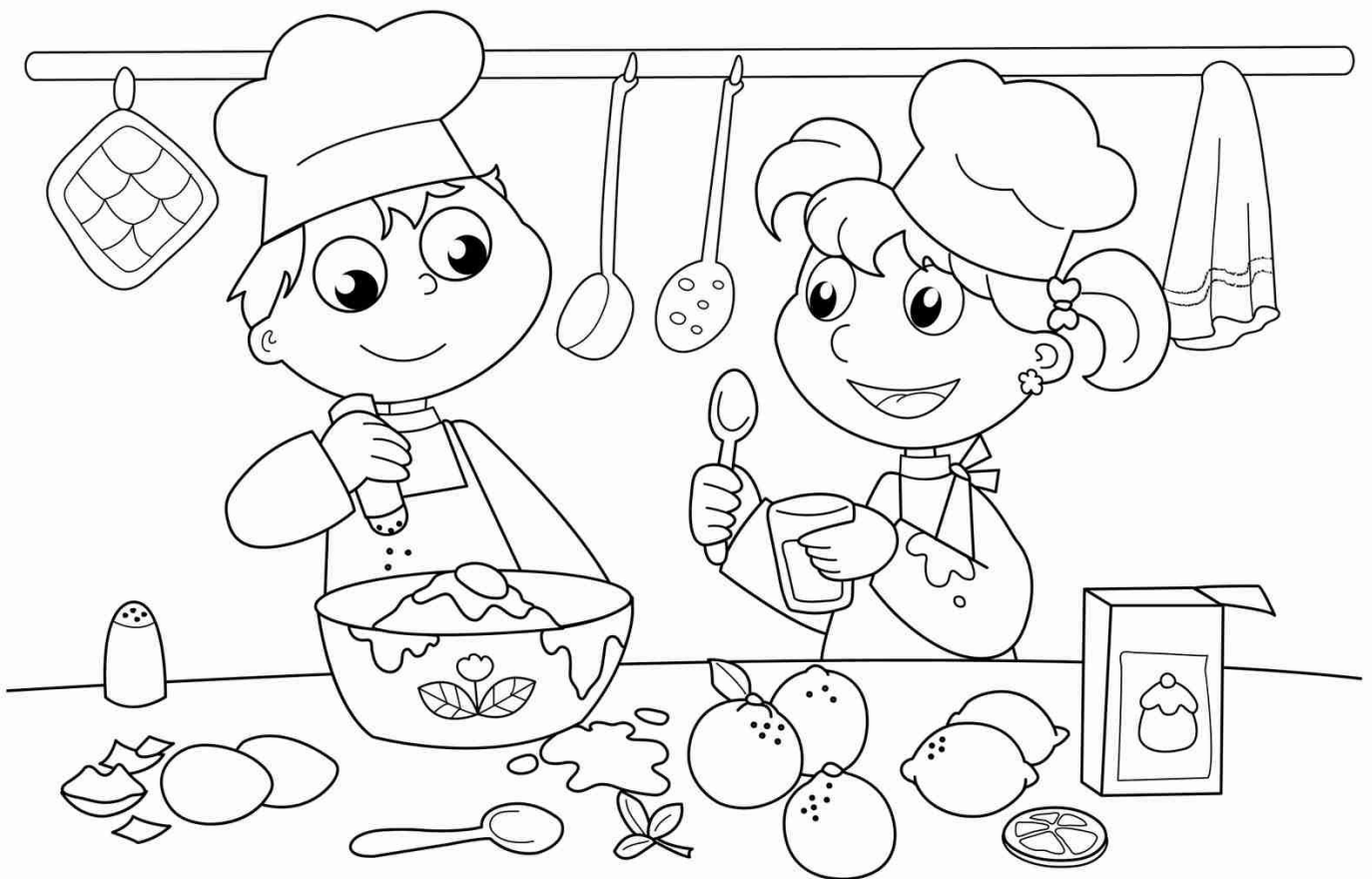
Mental Health Matters Wales

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National Baking Week falls between the 14th and 20th October.

Pyrex originally founded National Baking Week with the aim of encouraging people of all abilities to bake at home. With Britain's fascination with baking and cooking shows growing year on year, baking at home is as popular as ever, no matter what the level of ability.



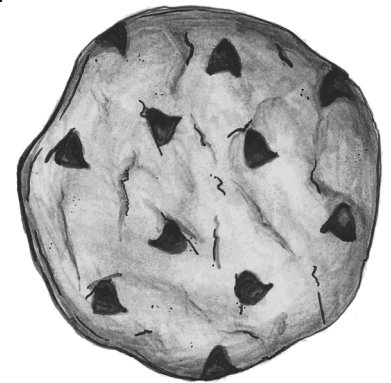
FIVE

Facts about Baking



The Ancient Greeks started the tradition of putting candles on birthday cakes

The Word Cookies comes from *koekje*, a Dutch word meaning 'little cakes.' The first cookies were made with scraps of pie crust or drops of extra cake batter.



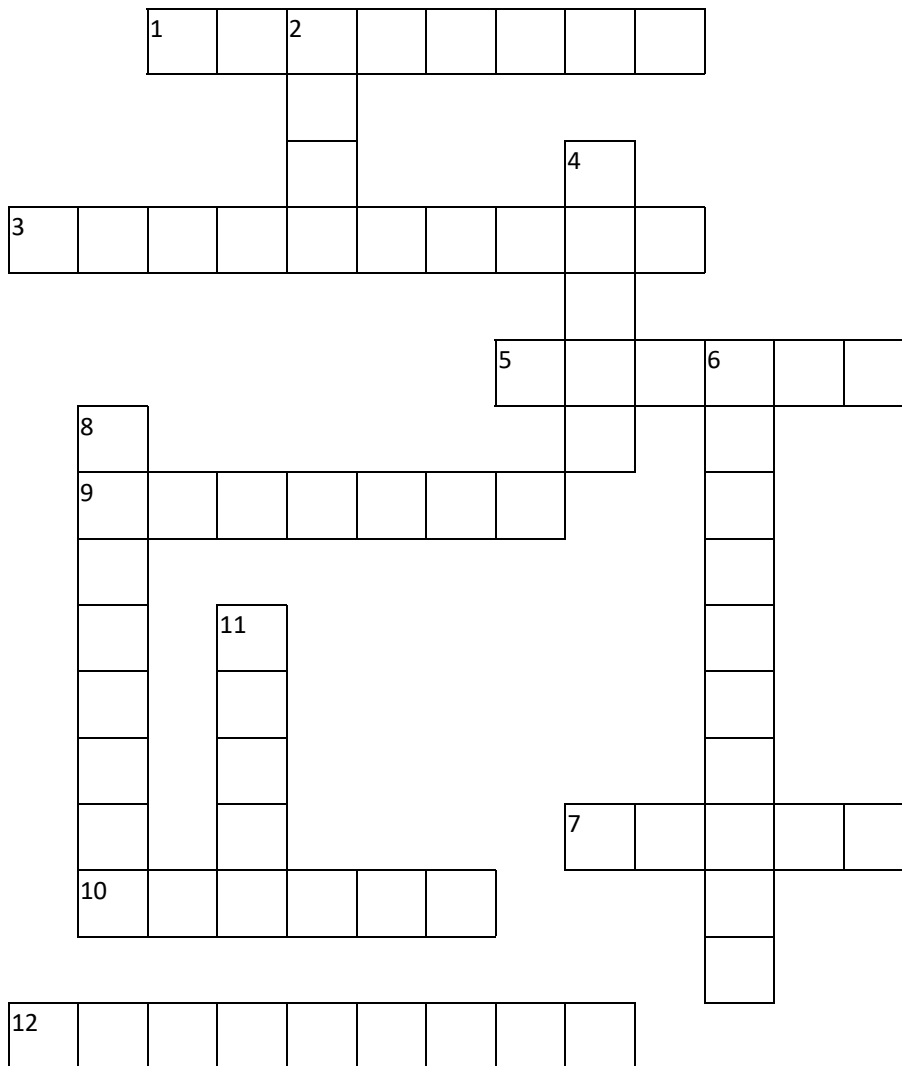
Cheesecakes date back to Roman times, when mild, milky cheeses got a jolt of sweetness from honey

Gingerbread is one of the oldest cookies, with Greek recipes dating as far back as 2400 BCE. By the Middle Ages, gingerbread had spread across Europe and were popular with royalty.



For Hundreds of Years, recipes were shared orally, or by teaching, rather than written down. Cooks and bakers learned by watching their mothers, aunts and grandmothers cook. Even in written recipes, measurements were general and techniques rarely explained.

Baking Crossword



ACROSS

- 1 Sponge Cake with jam in the middle
- 3 Sponge Cake with yellow and pink squares
- 5 Bread baked on Good Friday won't go _____
- 7 Beat or stir ingredients together
- 9 A 'D' - shaped pasty from Cornwall
- 10 Singer of American Pie, Don _____
- 12 Crescent-shaped French pastry

DOWN

- 2 Marie-Antoinette said "let them eat _____"
- 4 The _____ is in the pudding
- 6 Eccles Cake comes from here
- 8 Baked Alaska is filled with this
- 11 Hard glazed ring-shaped bread

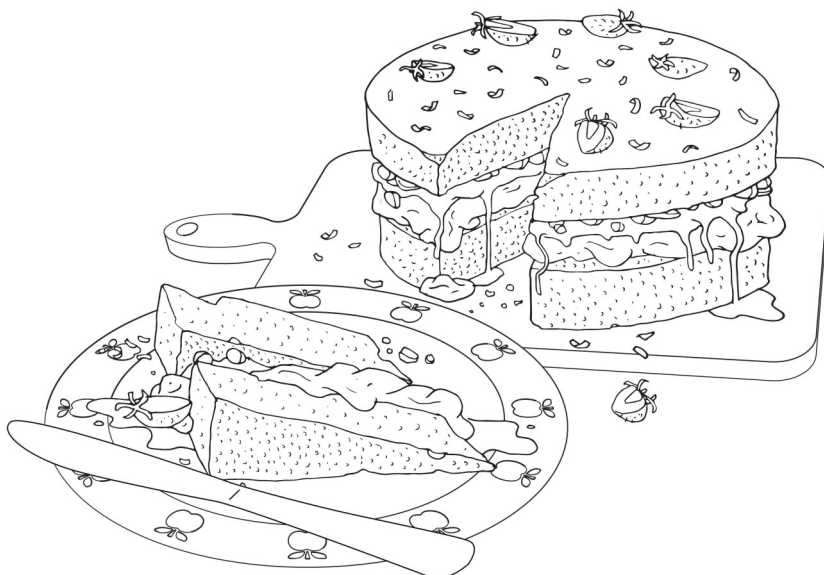
Word Bank:

Victoria Lancashire Cake Battenberg Proof Ice Cream
Bagel Croissant Mouldy Cornish McLean Whisk

Baking Word Search

B C T H A L O R O L L I N G
I R L S O W L D H V I N N I
R O E S V L A E K T S M O N
T E M P E R A T U R E M C G
H D W O N H E R C L V H G E
D K I O N H T D S C I O Z R
A O C S B S S U P B W T D E
Y L H W H I S K S H R H T B
C O E M B U T C H E N E O R
A L F O L D I N G A T H A A
K M A R D C R L I S S T S D
E T T E F C K O F L O U R E

**BIRTHDAY CAKE OVEN TEMPERATURE BREAD WHISK STIR
GINGER FLOUR ROLLING FOLDING HOT MELT**



Baking

by Phoebe Boswall



Smells of baking remind me of you.
Your red apron, my small striped one with the torn pocket.
Your soft stretched skin, fingers kneading dough
into a ball. My fat floury hands
grasped for your amber necklace,
Quick, Phoebe, the oven!

You played with flavours,
made little blobs of buttery dough on the tray
Your warm kitchen, my safe haven.

You taught me your language:
bicarbonate of soda, self-raising flour, vanilla extract,
millilitres of milk, grams of sugar:
caster, muscovado, granulated.

Now your apron hangs empty on the peg.
I wear it from time to time; mine with the torn pocket
doesn't fit anymore.

Baking Word Scramble

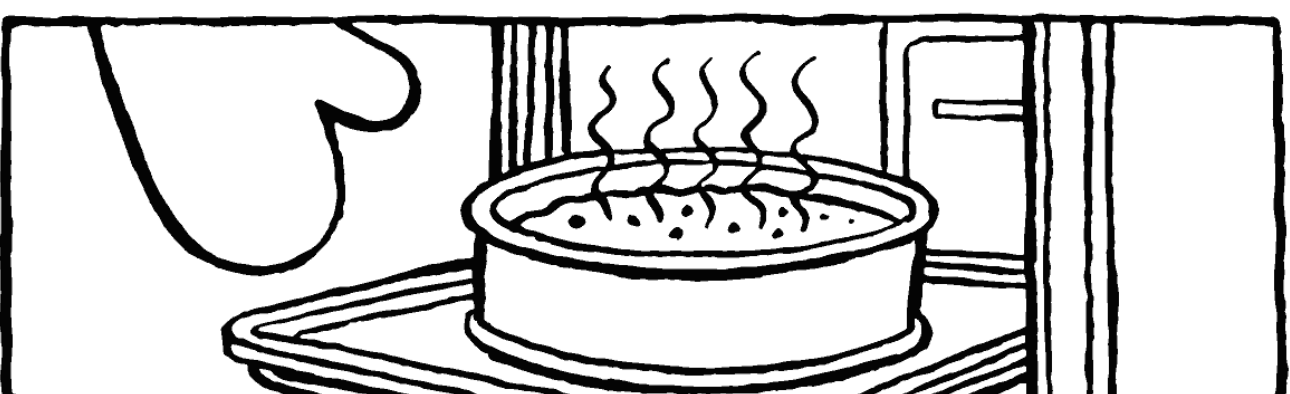
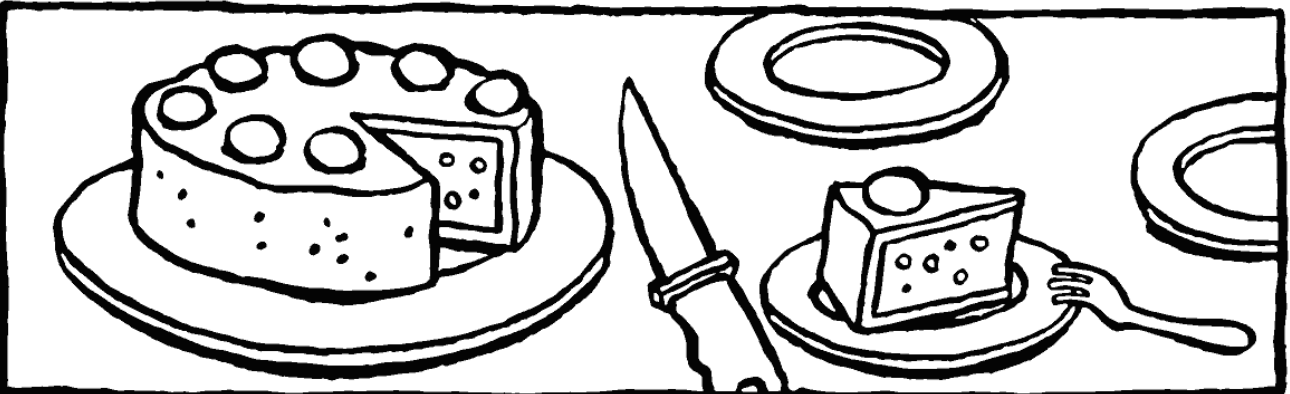
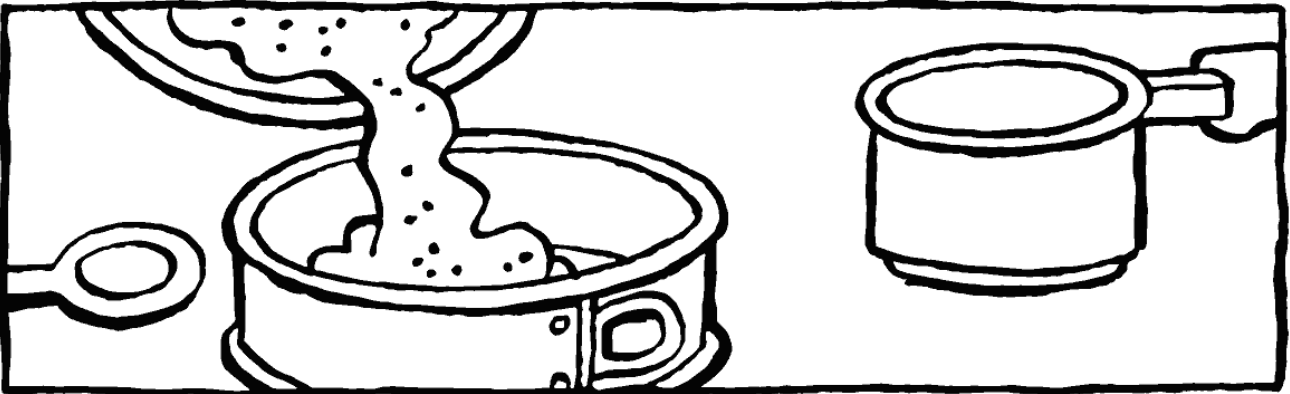
GONPES EACK	
SOOKIEC	
SHCONIR TAPSY	
GUHOD	
GEGS	
TABERT	
DANKE	
TUBERT	
RLOLING NIP	
KERBAY	
PORNA	
MOOBLER	
SINER	
RASGU	
STYTA	



Answers:

Sponge Cake cookies Cornish pasty dough eggs batter knead
Butter rolling pin bakery apron bloomer risen sugar tasty

Colouring Pages







My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

If you know how to bake, life
is sure to be
sweet!

