



Constellation Cookies



What can you see twinkling in the night's sky? Do you know what a group of stars is called? This activity will feed curious minds and tummies with this edible pretend play and serious fun @home activity.

Encourage your little Community Hero/es to be chefs, scientists and or astronomers and let's make delicious cookies.

First we explain about Constellations and then we have a recipe and decorations for you and your Community Hero/es to follow.

So what is a Constellation?

A constellation is a group of visible stars that form a pattern when viewed from Earth. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or objects such as a microscope, a compass, or a crown. One of the best-known constellation examples is Orion – a great hunter.

Can you see the same constellations in the sky anywhere in the world?

Not all constellations are visible from any one point on Earth. The night sky we see in the northern hemisphere (eg. the night's sky in America) is always different than that we see in the southern hemisphere (the night's sky in Australia).

Can I see the same constellations from my house throughout the year?

A person looking at the sky from the same point every night will see different constellations at different times of year due to each season. This happens because Earth moves around the Sun, while the stars do not. Earth completes one trip around the Sun each year, so different stars are visible from Earth in the course of a year.

What constellations can I see in Australia?

A famous constellation we can see in Australia is the Southern Cross or Crux. The four stars that comprise this constellation have come to represent the lands in the southern hemisphere.

Now we know about Constellations, it's time to get creative & start baking. The following pages contain a simple recipe. We have also provided some example decorations for constellations which you can use the chocolate chips and sprinkles to decorate your constellation cookies and make up some of your own too.



Constellation Cookies Recipe



Ingredients:

- 1½ cups self raising flour
- 125g butter, softened
- ½ cup brown sugar
- ⅓ cup caster sugar
- 1 egg
- 1 teaspoon vanilla
- Baking Chocolate Chips (some chopped to make smaller for the more complex constellation patterns)
- Colourful Sprinkles

Method:

1. Cream together butter and sugars until light and fluffy.
2. Whisk egg. Add egg (whisked) and vanilla to mixture. Beat until mixed.
3. Add flour & mix until all combined.
4. Take a spoonful of mixture and roll into ball. Place on greased baking trays and flatten slightly. Leave space between each cookie as they will expand!
5. To help engage Community Hero/es in the process of learning the formation of night stars, refer to the Constellation Cookie Decorations on the following page. Use the chocolate chips and sprinkles to create your constellations cookies or use your imagination and decorate your own.
6. Bake in a moderately slow oven 160°C for 10 minutes or until cooked.
7. Cool on a wire rack.
8. Enjoy eating....consider an evening activity of star gazing with a cup of milk, cookie and the night's sky with your budding astronomer/s and curious Community Hero/es!

Growing my brain

Cooking with your little Community Hero/es will help develop

- Physical Development: Fine motor and eye-hand coordination skills can develop by mixing, rolling, and spreading.
- Basic math skills: doing something as simple as counting eggs, chocolate chips or pouring water into a measuring cup introduces maths concepts. You can also ask what comes first, second, and third or count together as you spoon dough onto a cookie sheet.
- Language Development: Cooking offers the opportunity to help language development by linking it to all other areas, including Maths, Science, Social Studies, Arts, and Literacy. This is done by encouraging children to talk about what they are doing, counting, and watching materials change colour, texture, and medium.
- Cognitive Development: Cooking encourages children's thinking, problem-solving, and creativity. It also allows children the opportunity to use the knowledge they have and apply it by counting, measuring, following a sequence, following directions, and cause/effect.
- Exploration of Senses: Children learn by exploring with their senses. Invite them to listen to the whir of the mixer, crack of the eggs touch the dough balls and watch them expand & smell it baking.
- Self Confidence: All children love to show what they can do and completing a recipe provides opportunities to gain a sense of accomplishment.



Constellation Cookies Decorations

