

# Cooking for confidence



**Cooking is a great chance to practise our number skills – and it's great fun too! Use the recipe sheet to have a go at baking cupcakes together. Make sure you have permission from a grown-up before you start cooking.**

While you work through the recipe, think about all the ways you are using numbers along the way.

- Talk about the abbreviations
  - what does 'g' mean?
- How many grams are in a kilogram?
- How much does the packet of caster sugar weigh?
- How much do you think one spoon of sugar would weigh?
- What is the difference between 'tsp' and 'tbsp'? Would it make a difference if you muddled them up?
- This recipe makes 12 cupcakes – how many would each member of your family get?
- If you wanted to have a party, what would be the ingredients for 24 cakes?
- How many cakes could I make if I only had 55g/2oz of butter?

## **Boosting confidence with numbers by cooking:**

Very often, the numbers that we are using as we cook are the same kind of numbers that challenge us in the maths classroom. If we can use them when we cook, we can also do the same thing when the question is in a different context.

## **Talk about your mindset while you cook:**

When we approach new tasks for the first time, like making cupcakes, it can be hard to get it right – just like when you get a new maths problem. How do you approach the trickier bits while you bake? Do you ask for help? Do you take your time and not rush? If so, these tactics can help you with maths too. If you give up at the hard parts, you won't finish your cupcakes and get to enjoy them. It's the same when we face maths problems – we'll only get the answer if we keep going.

Getting really good at baking is a lot like getting really good at maths – we have to practise. When you see people baking on TV, why do they practise so much? Do you think the best bakers and cooks in the world could do it straight away, or have they made lots of things before and got better as they went on? What do you think would happen if you made cupcakes every single weekend – would it get easier?

What have you learnt about baking this time and how will you use it to make your next cupcakes even more delicious?



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Here is a recipe for 12 cupcakes:

## Ingredients

For the cakes:

110g softened butter  
110g golden caster sugar  
2 large eggs  
 $\frac{1}{2}$  tsp vanilla extract  
110g self-raising flour

For the buttercream:

150g softened butter  
300g icing sugar  
1 tsp vanilla extract  
3 tbsp milk  
Food colouring paste  
of your choice (optional)

## Method

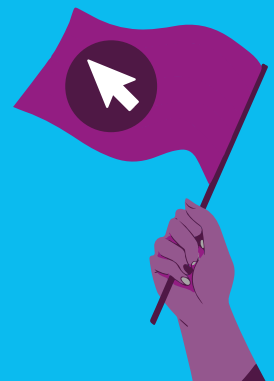
1. Heat oven to 180C/160C fan/gas 4 and fill a 12 cupcake tray with cases. Using an electric whisk beat the butter and sugar together until pale and fluffy, then whisk in the eggs one at a time, scraping down the sides of the bowl after each addition. Add the vanilla, flour and a pinch of salt, whisk until just combined then spoon the mixture into the cupcake cases.
2. Bake for 15 mins until golden brown and a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack.
3. To make the buttercream, whisk the butter until super soft then add the icing sugar, vanilla extract and a pinch of salt. Whisk together until smooth (start off slowly to avoid an icing sugar cloud) then beat in the milk. If you want colour, stir in the food colouring now. Spoon or pipe onto the cooled cupcakes.



## For adults

One of the best ways you can support your children's learning is to make sure you are confident with your numbers. Why not [click here to try the National Numeracy Challenge](#).

It's really helpful for us to get feedback on our work so that we can make sure we are helping people in the best way. You can tell us how Number Confidence Week helped you by [clicking here to complete this short survey](#).



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