

mothernatured

# the muddy chef

PENNY WHITEHOUSE  
& EMMA BEAR



TEACHER NOTES



## Blurb

Mother natured – connecting kids with nature.

Connect to nature and creativity by mixing up these recipes using Mother Nature as your pantry.

Mindful, absorbing play. No meditation app required.

The recipes in this book look delicious but are not for eating!

Have fun creating.

This is a recipe book, but instead of food you'll find *unlickable lasagne*, *mud and seed cupcakes* and *nature's nachos*! Nature play and mud kitchens are fun and a great way for kids to get creative outdoors.

## Specifications

Authors:	Penny Whitehouse & Emma Bear
Photography:	XXX
ISBN:	9781742036380
Format:	230 x 250mm
Extent:	64pp
Binding:	Hardback
Reading Level:	6+
Interest Level:	3+
RRP:	\$24.99
Category:	Juvenile Non-fiction

## Curriculum Links

- ENGLISH • LITERACY
- LITERATURE
- SCIENCE
- ART

## Study Notes

Nature, science, natural science, play, imaginative play, explorative play, cooking, baking, English, literacy, procedure text, mathematics, measuring.

Australian Curriculum Outcomes Foundation to Year 4



# Australian Curriculum Outcomes

## Foundation – Year 4

### English Language

ACELA1426  
ACELA1431  
ACELA1432  
ACELA1443  
ACELA1435  
ACELA1453  
ACELA1460  
ACELA1461  
ACELA1463  
ACELA1475  
ACELA1476  
ACELA1478  
ACELA1482  
ACELA1483  
AC9E3L01  
AC9E4L04

### Literature

AC9E3LE02  
AC9E3LE05  
ACELT1575  
ACELT1581  
ACELT1582  
ACELT 1586  
ACELT 1587  
ACELT 1589  
ACELT1596  
ACELT1598  
ACELT1592  
ACELT 1593  
ACELT1596  
ACELT 1783  
ACELA1488  
ACELA1496

ACELA1504  
ACELT1613  
ACELT1614

### Literacy

AC9E3LY02  
AC9E3LY06  
ACELT1575  
ACELY1646  
ACELY1648  
ACELY1650  
ACELY1655  
ACELY1656  
ACELY1658  
ACELY 1559  
ACELY1665  
ACELY1666  
ACELY1676  
ACELY1668  
ACELY1784  
ACELY1788  
ACELY1678  
ACELY1789  
ACELY1792  
ACELY1677  
ACELY1670  
AC9E4LY05  
ACELY1675  
ACELY1677  
ACELY1678  
ACELY1682  
ACELY1680

### Mathematics

ACMMG006  
ACMNA016  
AC9M3M01  
AC9M3M02  
AC9M3M03  
AC9M4M01  
ACMNA058  
ACMMG061

### Science

AC9S3U03  
ACSSU018  
ACSSU031  
ACPPS036

### Media Arts

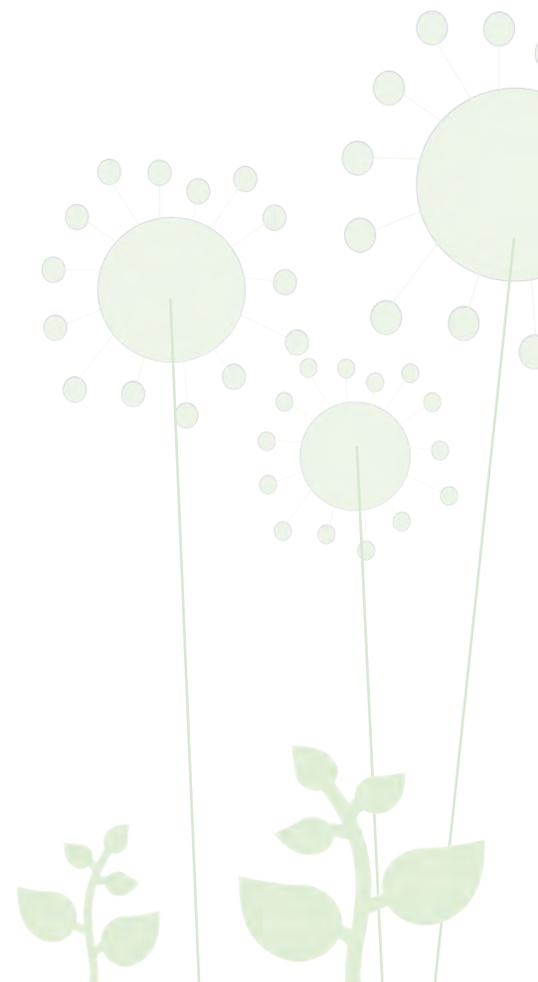
ACAMAM055  
ACAMAM056  
ACAMAM060

### Visual Arts

ACAVAM107  
ACAVAM111  
ACAVAM112

### Health & Physical Education

ACPPS007  
ACPPS018  
ACPPS041



## About the Authors

### Emma Bear

Emma Bear has worked as an Education Ranger for the Queensland Department of Environment and Science and has a Bachelor of Applied Science.

### Penny Whitehouse

Penny Whitehouse has an Applied Science degree in Wildlife Biology and is the force behind the website Mother Natured: Connecting Kids with Nature.  
[www.mothenatured.com](http://www.mothenatured.com)

### Mother Natured

Mother Natured is an inventory of nature activities that helps support parents to raise nature-connected kids. Aimed at mothers who are not quite ready to dive wholeheartedly into unstructured, muddy nature play.  
<https://mothenatured.com>



## Writing style

*The Muddy Chef* is presented in a traditional recipe book style, with clear instructions and stunning photographs. The descriptive language and inventive use of mother nature's ingredients combine to create a fun and joyous book that will appeal to children of all ages. *The Muddy Chef* text is warm and inviting, and as well as encouraging children to spend more time outside, it also models procedure text in an appealing and fun way. The vocabulary in the text introduces readers to cooking, baking, measuring and other mathematical terms.

## Design style

*The Muddy Chef* is a beautifully designed book, filled with photographs of 'ingredients' and 'finished' recipes. The vibrant colours and detailed photography add a sensory depth to the book. The images leap off the page, inviting readers to head outside and engage with nature.



## Before Reading

- Examine the cover.
  - Ask students to name and describe the images featured on the cover.
  - Ask them to guess what the book might be about.
  - Encourage students to share any questions the cover raises. Note these on the whiteboard, or create a Muddy Chef Questions poster to refer to later.
  - Discuss the clues the cover provides about the book. Ask students to share their reasoning regarding the ‘clues’.
  - Consider, is this a picture book or a nonfiction book?
  - What genre might it be?
  - Where might students find this book in the library?
- Help students identify the title of the book, authors’ names and publisher.
- Discuss each person’s role in creating a book.
  - If unsure, spend time investigating.
- Title
  - Discuss the title and the clues it offers readers.
  - Does the title prompt any questions?

## Read the blurb

*Mother natured – connecting kids with nature.*

*Connect to nature and creativity by mixing up these recipes using Mother Nature as your pantry.*

*Mindful, absorbing play. No meditation app required.*

*The recipes in this book look delicious but are not for eating!*

*Have fun creating.*

- Does the blurb change students’ ideas about the book or confirm them?
- Discuss the language used in the blurb.
- What might ‘connect to nature’ and ‘recipes using Mother Nature as your pantry’ mean?
- Ask students what type of cookbook this might be.
- Add any questions to those already collected.

- Audience
  - After examining the cover and reading the blurb, ask students who might the audience be for this book?
  - Ask students to explain their opinions.

## After Reading

- Discuss the students’ reactions to the book.
  - What did they discover?
  - Why did they like?
  - What surprised them?
  - What would they like to learn more about?
  - Discuss ways they could find the answer these questions.
- Wonderings
  - What are students ‘wondering’ after reading *The Muddy Chef*?
  - Write ‘I am wondering...’ on the whiteboard or butcher’s paper. Either you or the children add their thoughts. Or add the questions to those compiled before reading.
  - Note which wonderings require further research. If time permits, allocate questions to the children to investigate. Children share discoveries with the class.
- You Can’t Judge a Book by It’s Cover
  - Introduce the saying ‘You can’t judge a book by its cover’.
  - Ask how the cover prepare readers for the content of the book?
  - After reading *The Muddy Chef*, ask students if they think the cover reflects what they find inside the book. Ask them to explain their opinions.
  - Would the students change any aspects of the cover?
  - What might they change, and why?

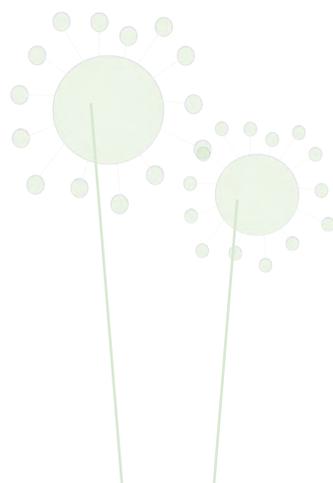
- Discuss
  - Discuss the quote on page 12; ‘There is no bad weather, there are only bad clothes.’ (*Swedish Proverb*)
  - Invite students to share their understanding of what the quote may mean.
  - Ask children to share times when they wore ‘bad clothes’ in relation to the weather.
  - Discuss what clothes would be suitable for mud play and why.

### Nature Play

- Discuss with students the following lines from the blurb;
  - ‘Mindful, absorbing play. No meditation app required.’*
  - What might this mean?
  - What are the authors’ suggesting about the importance of nature play?
  - Discuss the things that might prevent students from spending more time in nature.
  - Brainstorm ways children could introduce a little extra nature or outside play into their day.
  - Use the following page from Mother Natured for inspiration.
    - <https://mothernatured.com/printables/nature-play-tear-off-tasks/>
- In pairs and using the brainstorm for inspiration, students create a poster to encourage people to spend more time in nature. Display these around the school.
- Alternatively, students could create their own Nature Play tear-off sheets using activities from the brainstorm for tear off slips. Display the finished sheets about the school.
- Recreate a recipe.
  - Group children in pairs or threes. Each group then chooses a recipe from the book to recreate.
  - Allocate time for students to work out the required ingredients and equipment. Some may need to be sourced from home.
  - The following day, groups create their chosen recipe. Each group presents the finished product to the class and shares their success and challenges.

### Writing

- Imaginative/Narrative
  - Open *The Muddy Chef* at page 36 – *Sandy Blossom Drip Cake*.
  - Brainstorm the image. Make a list of everything the cake makes students think of.
  - Students can use the brainstorm to help them create a short imaginative piece to describe who the cake is for.
- Procedure – Create your own *Muddy Chef* recipe
  - Discuss and compare the school environment in relation to the environment presented in *The Muddy Chef*.
  - What natural ingredients are readily available at school? List these.
  - List the ingredients that aren’t found at the school or in your local environment and suggest items that may be a suitable replacement.
  - Remind (or introduce) students of the procedure text layout and style of writing.
  - In pairs, ask students to plan and write their own *Muddy Chef* recipe.
- Persuasive – Children should never play in mud.
  - Discuss the statement ‘Children should never play in mud’ (or a similar statement).
  - Discuss the pros and cons of mud play
  - Consider health implications, mess, damage to the natural environment vs creativity, fun and mess making.
  - Remind (or introduce) children to the persuasive writing genre. Model an example to the class.
  - Ask individuals to then write their own persuasive text – either agreeing or disagreeing with the statement.



## Sensory Wheel Walk

- Remind children of the five senses. Ask for examples of what they may find outside in the school grounds, or a nearby park.
- Group class into threes and allocate each group with one the following headings.
  - Listen
  - Look
  - Feel
  - Smell
  - (Discuss why taste may not be suitable for this activity)
- Use the instructions on Mother Nature’s website as a template for creating a Sensory Wheel.  
<https://mothernatured.com/printables/sensory-nature-scavenger-hunt/>
  - Children can take and print their own images using school technology or use images from magazines or websites.
  - Once the wheels are created, distribute the wheels so that each group has a different wheel to the one they created. Groups see how many of the items they can discover in a set period. Vary time frame depending on age and environment.



### A New Cover

- Ask students to share what they consider is the purpose of a book cover.
- With their responses in mind, examine *The Muddy Chef* cover again.
- Discuss what the students might like and dislike about it.
- Direct students to pair up, plan, and create their own cover for *The Muddy Chef*, keeping in mind the role a cover plays.
- Encourage each group to be creative in their presentation. They could take photos, use collage material, or draw. Allow them to experiment.

### Dirty Dinosaur

- Source a copy of the book *I'm A Dirty Dinosaur* to read to the students.
- After reading, ask them to consider how the dinosaur has been illustrated.
- Share the story of Anne James using mud from her dam to create the image.
- Show children the video of Ann James painting at her farm dam.  
[https://www.youtube.com/watch?v=UZfYz\\_DYXWs](https://www.youtube.com/watch?v=UZfYz_DYXWs)
- Have children create their own mud drawing of one of the recipes in *The Muddy Chef*.

### Resources

- <https://mothernatured.com/>
- [https://www.youtube.com/watch?v=UZfYz\\_DYXWs](https://www.youtube.com/watch?v=UZfYz_DYXWs)

