

## Kids In The Kitchen

### Why do it?

Cooking with young children takes time and patience, but your children will learn a lot if you let them help you in the kitchen. (Only do this when you have the time, not when you're rushed to get a meal on the table. You want this to be fun for all of you!) Cooking activities can be done with children age 2 and up.

Why cook with your children? Because they will learn:

- 1. Simple math concepts:** Ask your child, "What do we do first, second, last?" to teach sequencing skills. Compare amounts and talk about more or less when measuring ingredients. Older preschoolers can help measure and learn the difference between a half and whole cup.
- 2. How to follow directions:** Show your child the recipe you are using and that you are reading and following directions so that the recipe will work.
- 3. Cause and effect:** Your child will learn what happens when you mix wet and dry ingredients. He will see how ingredients change when heated, and what happens when they are cold. Your child will also increase their understanding of concepts such as hot and cold, wet and dry, hard and soft.
- 4. Vocabulary:** Cooking includes words such as mix, batter, whip, bake that may be new for your child.
- 5. Cooperation:** Cooking with a small group of children teaches them to take turns and to share in the clean up.