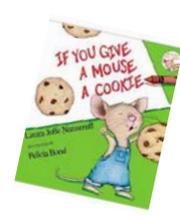




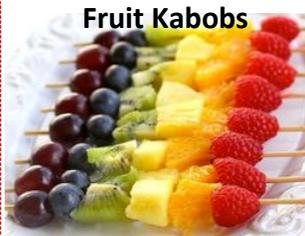
Cook & Learn



Kids love to cook, bake and experiment with food. We also know how beneficial cooking is for children and the skills they acquire doing so. They gain skills in fine motor development, literacy skills, sequencing, math skills, direction following and science. Spend time in the kitchen following recipes together pointing out the numbers/words as you read them and help your child through the process, allowing them to do as much as possible. You can talk about what the ingredients are, the measurements are, what it looks like as you add more ingredients, etc. Afterward enjoy what you made together!



Look for a few cooking-related activities that your child can successfully complete independently or with a minimum of involvement from you. Simple tasks like pouring liquid into the bowl, sprinkling cheese on top of the casserole, or using cookie cutters are a good fit for most preschoolers. Don't plan an elaborate project — 5 to 10 minutes might be all your child wants to spend on an activity. Start small and keep it fun.



Fruit Kabobs



Pizza Crackers

Little chefs can cook (with your help)

Children should start by learning basic cooking skills and build their way up. Use these age-specific guidelines to help your little chef succeed in the kitchen. Don't forget to go over safety rules and explain what they can and cannot touch. It's also important to show them how to safely use equipment.

Children ages 2-3 years can:

- wash fruit and vegetables
- count ingredients
- add ingredients to a bowl
- put paper liners into muffin tins

Children ages 3-4 years can:

- pour from measuring cups
- mix ingredients in a bowl
- help make a simple sandwich or pizza
- help gather ingredients
- mash sweet potatoes or bananas

Children ages 4-6 years can:

- stir ingredients together (muffins, pancakes, sauces)
- slice cooked vegetables, soft fruit, cheese, or tofu with a plastic knife
- set the table
- crack and beat an egg



Gingerbread Man

Mix 1 Tablespoon butter with 1 Tablespoon brown sugar	1	Add 1 Tablespoon molasses and 2 teaspoons egg Mix well	2	Add 1/3 cup flour and 1/4 teaspoons baking soda (don't mix yet!)	3
Add 1/4 teaspoons baking cinnamon and A pinch of ginger Mix well	4	Put a little flour on the table and flatten out your dough. Cut out your Gingerbread man out with a cookie cutter.	5	Place your Gingerbread Man on an Ungreased cookie sheet. Bake at 350° for 8-10 minutes.	6

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Gingerbread Cookie Picture Recipe

<http://myenglishclassmex.blogspot.ca/2011/11/gingerbread-man-recipe.html>

Kids Cooking Activities

<http://www.kids-cooking-activities.com/preschool-snack-recipes.html>

Rainbow Toast

In small bowls or mugs, combine the milk and food coloring to make desired colors. Set aside. For each serving, use clean paint brushes or cotton swabs to "paint" a design onto the bread with the colored milk. Sprinkle with cinnamon sugar and toast in a preheated oven (350 degrees) or toaster oven until lightly browned.



Cooking Skills to Learn (Ages 3-5)

<http://www.epicurious.com/archive/everydaycooking/family/cooking-with-kids-preschool-skills>

How Cooking Helps Kids Learn

<http://www.kidspot.com.au/school/primary/learning-and-behaviour/how-cooking-helps-kids-learn>

How Cooking Can Help Preschoolers

http://kidshealth.org/parent/growth/learning/cooking_preschool.html



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