



Tips for cooking with kids



VALUABLE LIFE SKILLS

Cooking is more than just mixing together a bunch of ingredients its about learning valuable life skills that your children will use for the rest of their lives...

Math - how to add fractions and how to convert fractions, sequencing and putting things in correct order through counting, sorting, measuring, weighing, and comparing

Science- how ingredients change size, shape and form through cooking (cause and effect) predicting outcomes and investigating change and time and its effects on food

Reading- since recipes are written in a concise and simple manner, children will learn how to read and then see first hand how to use what they learned it in a practical working environment.

English- learning how to sound out words and ingredients, learning new vocabulary and improving their language with the use of descriptive words

History- Children can learn where food originated from

Logic - Helping children form logical and educated opinions

Following directions - need I say more

Nutrition - Children will begin to learn about the building blocks of a healthy lifestyle

Learning about different cultures - cooking is a great way to learn about food from different areas around the world, from Italy to Greece and everywhere in-between. It's also a great way to see how the same ingredients can be used in many different ways

Responsibility - setting the table - incorporating ingredients