

Things your Child Learns from Cooking with you

- ❖ Literacy skills such as vocabulary and oral language
 - Reading recipes out loud shows that print carries a meaning and a purpose
 - Introducing new words and labels for ingredients and materials
- ❖ Math skills such as sequencing and measuring
 - Allow your child the opportunity to measure and ration ingredients, count cups/teaspoons...etc outloud along with your child
- ❖ Positive self image
 - Share the completed meal or snack with family or friends
 - Wrap cookies or treats and share them with classmates/family...etc
- ❖ Self-discipline and time management
 - Discussing cooking times and waiting times
- ❖ Eye-hand coordination
 - Allow your child some responsibilities in stirring mixing, rolling, pouring...etc
- ❖ Love of learning
 - The joy of creating a meal that has a delicious outcome!
- ❖ Cooperation with others
- ❖ Creativity and imagination
- ❖ Healthy eating habits
 - Discuss ingredients and how they help our body, or ingredients that might not be so good for our body
- ❖ Safety procedures
 - Discuss cooking tools and safety procedures
- ❖ Cultural learning
 - sharing recipes, cooking techniques...etc
- ❖ Most importantly, it is a great opportunity for you to spend quality time with your children.

Presented by the York Region Early Literacy Specialists

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<http://familydaycare.com/early-literacy/early-literacy-resources/>