

COOKING WITH KIDS

Cooking is an excellent avenue for motivating children to learn about their senses of smell, vision, hearing, touch and taste....as well as other important concepts which come about in their everyday routine. It is the one activity which covers every modality. Research has shown that children have an improved memory when their sense of smell is involved. Here is a list of activities which can be included in every cooking experience:

1. Senses: smell – good, bad
vision – observing color, shape, size and amount
hearing – telling difference between sds, crunchy, quiet, munchy
touch – naming object attributes – hard, soft, rough, smooth, bumpy,
slimy, mushy, wet, dry, sticky, hot, cold,
taste – bitter, sweet, sour, hot, cold
2. Vocabulary – introducing new words and respond to Wh quest – What, Who, Yes-No, What doing, Where
3. Memory – remembering what foods were used during the activity
4. Following directions – letting the child help put ingredients in the bowl or on their plate. Have pics of directions and foods being used in activity.
5. Function of objects (What do you do with) – eg. eat with aspoon, fork, cut with a...knife, mix with a... spoon
6. Classification – grouping foods into categories, eg. fruit, veggies, hot, cold, eat for breakfast, snack, etc
7. Quantity – measuring, counting objects, empty, full, more, less, all, some, half
8. Positions – in, out, on, off, under, in front, in back, beside, around, on top, together, apart, between
9. Where foods come from – eg. milk, eggs, cheese, foods in ground or on trees
10. Comparisons – eg. same, different, bigger, smaller
11. Parts and wholes – eg. eggs have a shell, bananas have a skin, pits inside of apple
12. Making a decision – Asking, “Do you want _____ or _____?”
13. Thinking questions – “What will happen next?”, “Why”