

## Learning in the Kitchen

Your kitchen is the perfect place for hands-on learning to occur. It has many opportunities for your child to explore, manipulate, and make discoveries. Your child will develop and grow in his self-help, sensory awareness, motor, language, and cognitive skills.

- Show your child a recipe. Let him gather the ingredients for you. Some may be found in the cold refrigerator or in the cabinet next to the stove.
- There are many children's cookbooks with pictures. Let your child pick a recipe to fix for breakfast, lunch or dinner! Make a list together and take a trip to the grocery store to get the necessary ingredients.
- Use measuring cups and spoons and talk about  $\frac{1}{4}$ ,  $\frac{1}{2}$ , or  $\frac{3}{4}$  of a cup, tablespoon, or teaspoon.
- Smell and taste the different spices. Feel the greasy cooking oil and the differences between flour, salt, sugar, cornstarch, and baking soda.
- Listen to the sounds of the kitchen appliances: refrigerator, dishwasher, coffee maker, can opener, and mixer.
- Use arms, hands, and fingers to mix and stir ingredients and crack eggs.
- Observe the magic or science of cooking. How bread rises, sugar dissolves or colors mix.
- Put a towel under a chair and soapy bubbles in the sink. Let your child wash the bowls and cups. Clean up can be fun!
- Always talk to your child and share new words.

Please remember **ADULT SUPERVISION** is a must for safety, learning and fun!