

# Cooking

Through cooking, children learn about nutrition and creativity and they advance their self-help skills when they are able to prepare their own snacks.

**Here at school, when the children are cooking, they are:**

- developing skills needed to learn how to read and write by following picture recipe cards
  - learning about math by measuring and pouring
  - learning about science by changing consistencies by whipping, melting and baking
- learning about different cultures by cooking recipes from their friends' families
- socio-dramatic play involving "cooking" helps them to process and understand the world around them as it pertains to everyday life

**What you can do at home**

- stirring
  - squeezing lemons
  - adding small ingredients
    - rolling dough
- ask open-ended questions like: "What happened to the chocolate pieces when we put them in the microwave?"