

Learning every day in every way through play

Cooking

Everyday routines

Learning activities while cooking:

- Encourage your child to tell you about the look, feel, smell, sound and taste of the separate and combined ingredients as they help you cook. Question and discuss the changes that occur as the ingredients are mixed and cooked.
- Read the recipe with your child and read the signage on packages of food.
- Ask your child to help add the ingredients to the meal and introduce measurement terms where possible. Ask your child to collect the number of ingredients needed, for example, two carrots.
- Talk about different food groups and nutrients and how they help the body to grow and thrive.
- Talk about where the fresh produce comes from. If you have a vegetable or herb garden involve your child in picking the fruit, vegetables and herbs that you will use for cooking.

What children are learning:

- Characteristics of food
- Measurement
- Cause and effect
- Ingredients
- Prediction
- Process of cooking
- Early literacy skills by following a recipe