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| **Cooking at Home!** |
| *These project activities are meant to build upon each other and be completed over the course of a week or so. They incorporate learning opportunities from multiple content areas such as: Science, Math, Language and Literacy, Physical Activity, Social Studies, Health, World Languages, Career Exploration and Visual and Performing Arts. Some activities are also focused on spending time outdoors. Parents and caregivers need to make appropriate decisions for each child, based on their location and availability of materials. The most important thing you can do for your child is to talk with them during each aspect of their day. Explain what you’re doing, let them be involved and assure them that they are loved and safe every day.* |
| **Introduction**  These activities are meant to provide hands-on learning experiences for young children. Parents and/or caregivers can follow these simple activities using the provided recipes or use their own. Young children learn many important skills by mixing ingredients, following recipes, and talking about what they are doing. This plan can be followed in order to enhance learning through each activity or each activity can be done alone.  As you work through the activities, take time to talk about the meaning of bolded words. A glossary is provided after the activity section. |
| **Materials** *(read each activity and gather any materials needed)*   * Various ingredients to make playdoh * Writing tool (Pencil, Marker, Pen) * Mixing bowls * Measuring cups & spoons * Various cooking tools (rolling pin, spoons, butter knives, toothpicks) * Empty cereal boxes, milk jugs, laundry soap jug, etc… |
| **Activities**  Activity 1: Let’s Talk About Ingredients!  Get a piece of paper and a marker or other writing tool. Gather the four **ingredients** (salt, flour, water, oil) and place each in separate bowls in front of your child for exploration. Write down each ingredient’s name on the piece of paper and write down what your child says after asking the following prompts:   * What color do you think it is? Why is it that color? * What does it feel like when you touch it? * What does it look like to you? * What does it taste like?   Activity 2: Let’s Make Playdoh!  Gather the four **ingredients**, a mixing bowl, **measuring cups**, **measuring spoons** and a **large** spoon for mixing. Let your child scoop the ingredients into the measuring cup and show them how to **level** each scoop. As your child **pours** each measuring cup into the mixing bowlencourage them to **count** how many. Tell them you are following a **recipe**! Ask them… what do you think we are making? Let your child stir the ingredients together (you may need to help). Ask them… how does it feel? What can you create with the playdoh?  The benefits of playing with play dough - The Imagination TreeActivity 3: Creating Playdoh Food!  Gather different cooking tools (**rolling pins, butter knives, forks, spoons, toothpicks**, etc…) and place everything on a table or other flat surface. Show your child how to use each one. For example, begin to **roll out** the playdoh with the rolling pin. You might need to explain that sometimes you might need to **sprinkle extra** flour on the table, so your playdoh won’t **stick**. Let them try!  Tell your child that you are hungry and are going to make something to eat! Begin to create a pizza, cheeseburger, or something else! Maybe you’re going to celebrate a birthday and need to make a cake with candles!  pretend play homemade GROCERY store - A Mom With A Lesson PlanActivity 4: Grocery Shopping!  Look around your home for empty cereal boxes, cracker boxes, juice bottles, laundry soap jugs, play food, etc… to create a pretend play grocery store. You can ask your child to think about what they see at the grocery store. Talk about the signs they have seen and make some of your own. For example, create a “**Produce**” sign and explain which foods are in this area of the grocery store. Maybe there’s a “**Pharmacy**” or “**Dairy**” section. You can also add a cash register and pretend money to practice simple addition and subtraction skills.  Amazon.com: Chef's Recipe Cards - 50 Double Sided Cards, 4x6 ...Activity 5: Procedural Writing: Recipes  Gather **ingredients** for your favorite kid-friendly simple ingredient **recipes**. Give your child index cards or paper squares and a pencil/crayon/marker etc. Look at the recipe together and talk about the **measurements** (1 cup. What does that look like?). Ask your child to **write** the recipe (using basic words or drawing pictures), one ingredient per card, with measurement directions. When your child is finished with their recipe writing, go back to the original recipe, have your child **organize** their recipe cards in the order that you are reading for the original recipe. Use words like… **First, Then, After.** You can glue or tape them to a sheet of paper. Now, you can use your child’s recipe to make your treat.  Cooking-Safety-Rules.png 675×954 pixels | Kitchen safety, Cooking ...Activity 6: Ingredients for a Safe Kitchen  Help your child to learn kitchen **safety**. Talk about ways to be safe in the kitchen such as when they can cut foods (with adult supervision), which tools they can use (such as a butter knife), what to do when the stove is on and hot, cleaning foods before cooking and of course the importance of washing hands prior to starting a kitchen project. Have your child write or draw an “**Expectation List**” of the kitchen rules to hang on the fridge. Review them whenever you begin a cooking or kitchen project. |
| **Glossary**   * **Ingredients** – one of the parts of a mixture * **Measurement** - the act or process of measuring * **Measuring Cups** – small cups used for measurement * **Measuring Spoons** – small spoons used for measurement * **Organize** – to set in order, arrange in an orderly way * **Safety** – the condition of being safe from danger * **Large** – of a size, or amount bigger than normal or average, not small * **Level** – having a flat even surface * **Pours** – to cause to flow in a steady stream * **Count** – to list or name one by one in order to find the total * **Recipe** – a list of ingredients and instructions for making a food dish * **Extra** – more than is expected or usual * **Sprinkle** – to drop or scatter in small bits * **Sticky** – tending to stick to or hold on to something when touched * **First** – before all others in time, importance, or quality * **Then** – soon after, next * **After** – later in time |
| **Additional Readings/Links**  Book Ideas:  *Chef Roy Choi* – By: Jacqueline Briggs Martin  Or watch it here <https://www.youtube.com/watch?v=LZ5uHHEB-Og>  *Rainbow Stew* – By: Cathryn Falwell  Or watch it here <https://www.youtube.com/watch?v=NxMvfgcuWV8>  *Plant a Little Seed* – By: Bonnie Christensen  Or watch it here <https://www.youtube.com/watch?v=EHZsD7Ea-iw>  *Blueberries for Sal* – By: Robert McCloskey  Or watch it here <https://www.youtube.com/watch?v=Mx1eL1reOEU>  *The Very Hungry Caterpillar* – By: Eric Carle  Or watch it here <https://www.youtube.com/watch?v=75NQK-Sm1YY>  *Eating the Alphabet* – By: Lois Ehlert  Or watch it here <https://www.youtube.com/watch?v=D7BdF3F8f-o>  *The Giant Jam Sandwich* – By: Janet Burroway and John Vernon Lord  Or watch it here <https://www.youtube.com/watch?v=rnr65z4AN_I>  *Cloudy with a Chance of Meatballs* – By: Judi Barrett  Or watch it here <https://www.youtube.com/watch?v=q5uXp4694sE>  *Growing Vegetable Soup* – By: Lois Ehlert  Or watch it here <https://www.youtube.com/watch?v=vTCSbPgZZgM>  *Sun Bread* - By: Elisa Kleven  Or watch it here <https://www.youtube.com/watch?v=n6k_yqPyiME> |