

Let's Get Cooking!

Instructions:

- Allow your child to cook a meal with you today.
- Engage in conversation with them about the ingredients they are using.
- Encourage them to “Measure”, “Pour”, and “Mix” using the measuring cup and spoon.
- If they make spill, it's okay! Clean up together.
- Engage in conversation and use words such as “More Than”, “Less Than” and “Equal”.
- Share the finished product with the family and Enjoy!

Materials

- Bowl
- Spoon
- Measuring Cup
- Food To Be Cooked



Why is this activity important? “Let’s Get Cooking” is an important activity because it allows children to work together with their families to prepare a delicious meal. This activity encourages and fosters fine motor skills, language, and math development. Mealtime is fun time when children have engaged in creating it.