

Why is it important for young children to learn math?

- Introducing math while cooking will help social emotional development by developing confidence and independence.
- Cooking encourages children to problem solve, and develop new language like measuring, recipe, and ounces.
- Three-year-old's are learning to use their hands and can be allowed to pour liquids, mix in ingredients, wash fruits and veggies, and clean up after the recipe is done.
- Four and five year old's are learning to control their fine motor skills and can be allowed to peel and cut ingredients, if it's safe to do so, and measuring ingredients.

Activity: Family Recipe

Goal: Oral language, print skills, social emotional skills, cultural inclusion.

Materials: Family recipe, ingredients to make the recipe.

Directions:

- Start by asking your child to chose their favorite meal cooked at home.
- You can use a recipe card to write down the recipe, seeing the print and following along as you are preparing the recipe will help develop print knowledge.
- While you prepare your family recipe talk about where the recipe came from and share if it's special to you and why?
- Describe what you're doing as you prepare the recipe. Use numbers and measurements like, add two eggs, one cup of milk.
- As you follow the recipe make sure to point out which step you are in and encourage them to follow directions.



Recipe

RECIPE NAME _____ PREP TIME _____

FROM THE KITCHEN OF _____ TOTAL TIME _____

INGREDIENTS & DIRECTIONS:
