



A WORD ABOUT SAFETY

- Be mindful of each child's abilities and offer jobs accordingly, supervise children carefully, make clear the cooking rules or safety about the tools to be used (sharp knife, hot stove, and so on)
- Items that may be considered choking hazards to children 3 and under should be monitored with care, or omitted altogether when children under 3 are present
- Consider food safety, and cross contamination when handling meats, eliminate raw foods: meat, fish, unpasteurized food, sprouts. Wash all fruit and veggies well
- Wash hands. Sanitize all surfaces, set up a child friendly work area, when possible permit for each child to use individual materials
- Model safe practices, and healthy attitude toward nutrition

Food Safety for Preschoolers:

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/health-and-nutrition-information/preschoolers-food-safety>

Cooking with a Tiny

Helper: <https://www.naeyc.org/our-work/families/cooking-tiny-helper>



COOKING WITH CHILDREN



Visit our staff cookbook

 Child Care
RESOURCES





A NOTE ABOUT EACH AGE GROUP

For all age groups: Have cooking items available for dramatic play (can use safe real items). Use imagination play as a time to talk about the different concepts explored while cooking. Food is also a fantastic way to explore culture, consider using recipes from around the world. Add empty food containers to dramatic play, ask parents to contribute recycled containers too!

Infants: Introduce exciting new flavors and textures over time when appropriate to do so, with caution, and parent involvement.

Toddlers: Handling food and feeding one's self is a learning process. Allowing small children to explore their food gives them an opportunity to not only feed themselves, but take in new information, create new understanding, skills, and explore new concepts.

Preschool: Cooking is multidisciplinary, it combines many skills in. It is an opportunity to explore academic concepts, and a creative way to support children's learning, and skill building/goals.

School age: Explore learning concepts deeper while cooking. Allow children to build on their strengths and interests. Cooking can be a way to let children be creative, experiment, and strengthen skills in many areas such as math.

10 Science Experiments You Can Eat with Your Children

<https://www.mentalfloss.com/article/56625/10-science-experiments-you-can-eat-your-kids>



Reading/Literacy

Teamwork/Relationships

Cooking is an opportunity to add new and novel words. Introduce early literacy by naming. Practice reading by breaking recipes into steps and printing, add pictures to further information sharing.

Serve foods family style and enjoy them together while discussing different concepts. Mealtime should be pleasant and a time to enjoy each other's company. Work together to complete steps of a recipe, consider assigning each child a "job" beforehand.



Math

Science

Cooking presents opportunities to explore counting, fractions, measuring, division, multiplication, sequencing, shape, color, and more.

There are opportunities to dive deeper in to science concepts while cooking. Ask children what they wonder about the cooking project, make predictions, gather evidence, experiment, explore, and document the results.



Art

Sensory

Food is for eating; however, it can be lots of fun to get creative with the presentation of our tasty morsels. Cooking can be a wonderful way to explore our creativity. Brainstorm recipes with children that combine classroom themes. Offer a variety of ingredients let children explore and make their own creations!

Cooking is a sensory experience; with all ages it is an opportunity to explore. Talk about what we see, feel by exploring materials with different texture, listen to the sound's ingredients make or change when combined (also listen for the timer when baking). Explore fragrances, and most importantly taste. Ask children open questions about their senses while cooking together.



RESOURCES

["COOKING WITH KIDS"](#)

Article

["TIPS FOR GETTING KIDS IN THE KITCHEN"](#)

Video

[KIDS IN THE KITCHEN](#)

Resource List

[READ AND EAT](#)

Article

[COOK BOOKS FOR KIDS](#)

Book list

[THREE STEPS TO PARENTING IN THE KITCHEN](#)

Parent Article

[FOOD SAFETY FOR CHILDREN UNDER 5](#)

Poster & Article

[BAKING MATH FOR FAMILIES AND YOUNG CHILDREN](#)

Math Article

[ALL THE SOLUTIONS: TEACH YOUR KIDS ABOUT SCIENCE THROUGH COOKING](#)

Science Recipes

[11 FOOD ART IDEAS](#)

Art recipes

[KID FRIENDLY AFRICAN RECIPES](#)

Recipes with videos

[BROWN BEAR ACTIVITIES FOR PRESCHOOLERS](#)

Recipes with videos