Cooking with Kids

Children can develop important early literacy skills while they are cooking with family members. Their vocabulary increases as they hear cooking terms, and it introduces print awareness as they learn to follow a recipe. They can also learn:

- Science concepts, such as cause and effect and how their five senses work.
- Nutrition facts and health issues, such as food groups, portion size, and when it is important to wash hands.
- Math concepts used in cooking — weighing and measuring, time, volume, etc.
- Cooperative skills can be learned and practiced as your child works with someone else to accomplish a task. They learn to take turns, share and help each other. They also learn how to follow through on a task and be patient in the process of cooking.
- Fine motor skills are improved as children mix, pour, knead, or decorate. Cooking also strengthens hand-eye coordination as children spread, chop, and measure.
- As children learn how to substitute ingredients, or repair a broken layer of cake, they gain skills in problem solving and creativity.

Spending time cooking together can build great life skills and create fun memories.

Featured Book

**Apple Banana Cherry, by Joy Cowley**

Apple! Banana! Cherry! Come with me! Let’s have fun with our ABCs. Joy Cowley’s wonderful read-aloud rhymes make learning the alphabet lots of fun for young readers.

Joy Cowley began to write for children as a way to help her son with his reading. Since then, she has written over 400 books for early readers. She is well-known for her Mrs. Wishy-Washy series, as well as the award-winning *The Red-Eyed Tree Frog*.

More Books about Food...

- *Feast for 10*, by Cathryn Falwell
- *Eating the Alphabet*, by Lois Ehlert
- *Chicks and Salsa*, by Aaron Reynolds
- *The Little Red Hen (Makes a Pizza)*, by Philemon Sturges
- *Bread Bread Bread*, by Ann Morris
- *Fairy Tale Lunches: Cookbook for Young Readers & Eaters*, by Jane Yolen, recipes by Heide E. Y. Stemple (there are other books in this series)
More fun with *Apple Banana Cherry*…

**Measuring**… Give your child a variety of measuring cups and spoons. Fill a bowl or sink with water and let them fill the cups to get a feel for what 1/2 cup looks and feels like, and how it compares to 3/4 cup, etc. Let them pour the water from cup to cup, or back into the bowl or sink.

**Age appropriate cooking skills**…

3 years old: cutting out shapes with cookie cutters, mixing, pouring, rolling with hands, shaking, spreading

4 years old: grating, grinding, mashing, shucking corn, and all of the skills listed above

5 years old: cracking eggs, cutting/chopping (with a table knife), dividing/portioning, greasing pans, kneading, sifting, and all of the skills listed above

**Grocery shopping**… Invite your child to help you create a grocery list. It will develop print awareness as they see you write down the letters to create words.

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Fingerplay

**Way Up High**

Way up high in the apple tree *(point up)*

Two little apples looked down at me *(two fists up in the air)*

So I shook that tree as hard as I could *(two fists shake ‘trunk’)*

Down fell the apples *(fists fall to ground)*

Mmmm! Were they good! *(rub tummy)*

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**Time to sing…**

**Apples and Bananas**

To hear the tune go to: [www.songsforteaching.com/b/applesandbananas.htm](http://www.songsforteaching.com/b/applesandbananas.htm)

I like to eat, eat, eat apples and bananas

Now change the vowel sound to *A*:

I like to ate, ate, ate ay-ples and ba-nay-nays

Now change the vowel sound to *E*:

I like to eat, eat, eat ee-ples and bee-nee-nees

Now change the vowel sound to *I*:

I like to ite, ite, ite i-ples and bi-ni-nis

Now change the vowel sound to *O*:

I like to ote, ote, ote oh-ples and bo-no-nos

Now change the vowel sound to *U*:

I like to oot, oot, oot oo-pples and boo-noo-noos

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**What your library can do for you…**

Your library has lots of recipe and cooking books to explore.

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Books to Go From Your Library

This project is made possible by a grant from the U.S. Institute of Museum and Library Services. Brought to you by the Idaho Commission for Libraries’ Read to Me program and your local library.