



Why Cook? Cooking is not only fun, it can also be educational. In fact, cooking helps children develop important skills in a number of areas, including language, science, nutrition, art, motor development, social-emotional development, social studies and mathematics. Read Below.

Social-emotional development

- taking turns, sharing, trying new experiences
- feeling of competence
- sense of independence

Science

- physical properties of food, predicting
- food and temperature changes
- how food changes from one state or form to another

Sensory-Motor Development

- taste and smell differentiation
- touch and food texture, size
- sight and food appearance small muscle coordination (chopping, stirring)
- large muscle coordination (kneading, mixing)

Mathematics

- ordering, classifying, develop spatial concepts
- measuring, numbers, fractions

Social Studies

- ethnic foods -regional food -geography
- meaning of food in different cultures

Art

- balance
- awareness of texture, color, form shape

Language

- asking questions
- following directions and following a recipe
- learning new vocabulary