Parenting Moments:

Cooking with Kids



Beverly Weathington, LMSW MPSI, Community Engagement Coordinator





Why Cook with Kids?

Special time together Teaches a life skill Increases curiosity about food

Teaches responsibility

What We Worry About

Takes longer Is messier Kids (especially boys) may not be interested Kitchen Safety



Cooking Helps Develop Skills

Language Math Safety Creativity

Patience



Language Skills and Cooking

Naming objects and ingredients Asking/answering questions Describing process Making predictions





Measure Weigh Count Level Sequence

Math Skills and Cooking

Safety and Children Cooking

Sharpness of objects Temperature of objects What foods are safe to taste Importance of washing hands



Creativity and Cooking

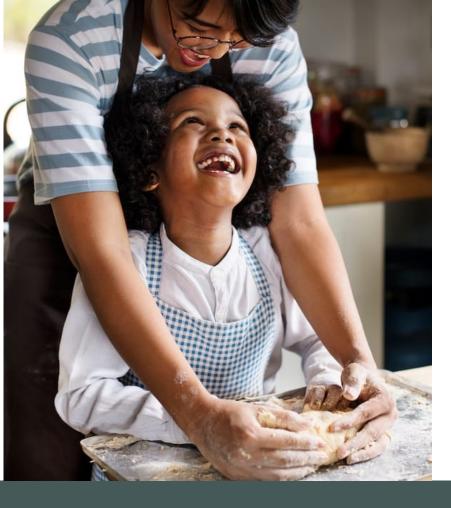
Different ways of doing things Making choices Being flexible Using imagination



Patience and Cooking

Compiling ingredients Following directions Taking turns Allowing food to cook





Start with simple & enjoyable foods Give age-appropriate tasks Offer help when/if needed Allow child to experiment Offer praise - keep it enjoyable Allow for spills/mistakes Have FUN

Tips for Cooking with Kids

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