

Parenting
Moments:

Cooking with Kids



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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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