



Cooking and Learning Together

Cooking is an enjoyable activity for many children. Parents and child care providers, however, may hesitate to welcome eager young chefs into the kitchen – anticipating mess, mayhem and unappetizing results. But planning ahead and taking the time to help children prepare simple recipes is well worth the effort. 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, sensori-motor development, socio-emotional development, social studies and mathematics.

