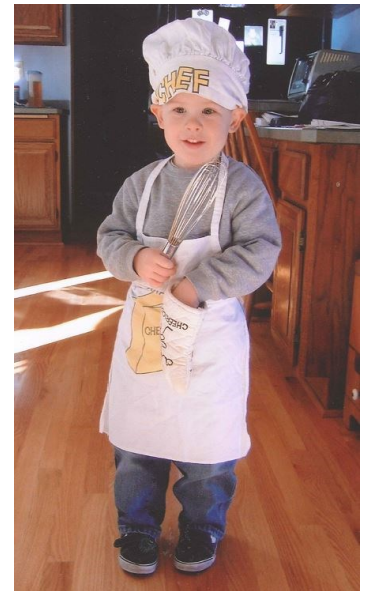


Cooking Together

fyi.uwex.edu/parentingthepreschooler/

Tips for Positive Experiences

- ◆ Cook together when you have plenty of time.
- ◆ Cook dishes with less than five ingredients, such as a pizza making assembly line.
- ◆ Teach proper hand washing. Wash hands using running water and soap for 20 seconds (the time it takes to sing the ABC song).
- ◆ Practice math as you measure and stir.
- ◆ First, measure ingredients separately into small containers. Then add them one at a time to the recipe.
- ◆ It can get messy. Enjoy the quality time together and do general clean up later as a chef team.
- ◆ Be adventurous; if time allows, have children practice fine motor skills by pouring cold liquids from small pitchers or mixing ingredients together.
- ◆ Compliment your preschool chef.



Photograph by Melinda Stuart

Cooking together can lead to healthy eating and comfort in the kitchen. A well-rested child and an adult with time and patience are key. Hands-on experiences are a practical way for children to learn and feel like they are helping.

Put Kitchen Safety First!

- ◆ Be sure an adult is always in the kitchen with the preschool age child.
- ◆ Clean up dangerous spills that could lead to a slip immediately.
- ◆ Plan for tasks the preschooler can safely do in the kitchen.



Photograph by Kristin Krokowski

A kitchen classroom?

By cooking together, preschoolers learn important life skills like math, language, science, safety, and teamwork!

The kitchen is a great place for a preschooler to explore their five senses by:

- ◆ looking for steam from pots and pans
- ◆ smelling what is cooking
- ◆ listening for the timer to go off
- ◆ tasting the final product
- ◆ feeling the texture of the food in their mouths

Are they ready for this?

While each child is different, here are some guidelines for what a preschooler can help with based on their age:

3 year olds

| | | |
|------|-------|--------|
| Pour | Mix | Spread |
| Wrap | Shake | |

4 year olds

| | | |
|-------|------|------------|
| Peel | Mash | Crack Eggs |
| Juice | Roll | |

5 year olds

| | | |
|-------|----------------------|---------|
| Cut | Grind | Measure |
| Grate | Beat egg with Beater | |

UW-Extension Family Living Programs

"Raising Kids, Eating Right, Spending Smart, Living Well"



For more information, please contact your county UW-Extension office:

<http://counties.uwex.edu/>

[Link To References](#)

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