

# LITTLE CHEFS

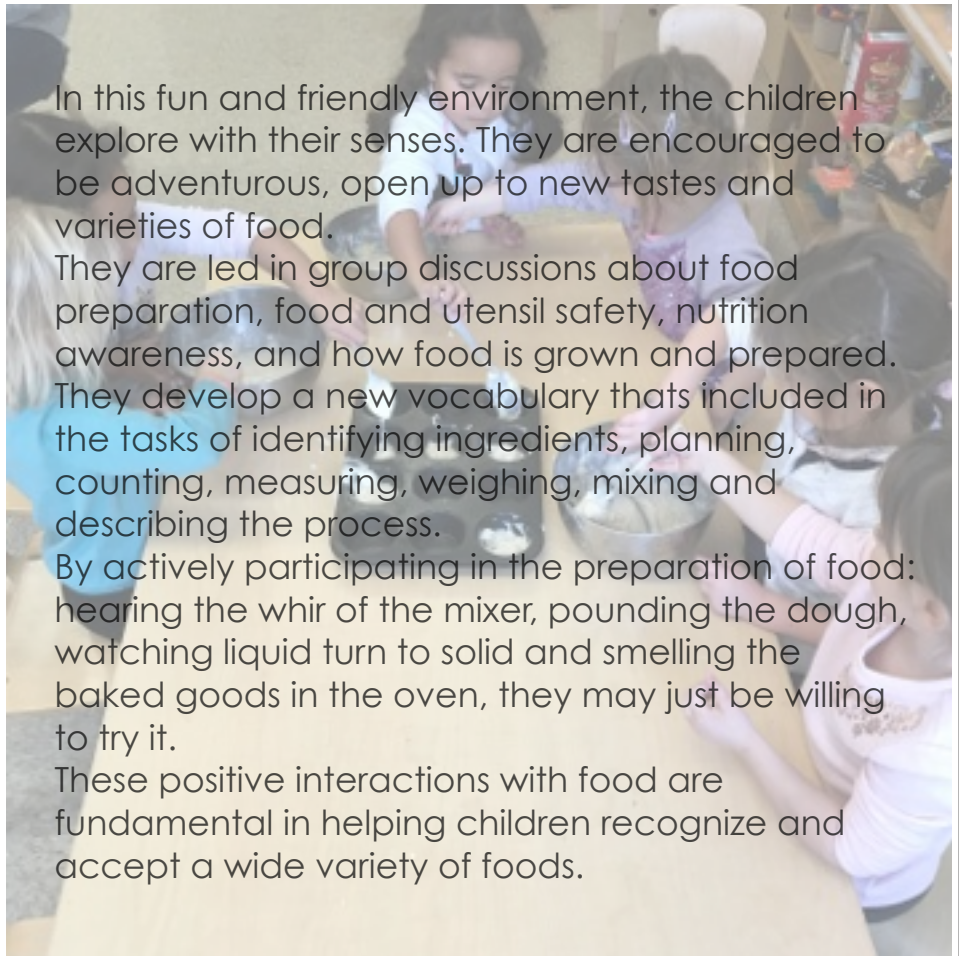
Hands-on preparation and exploration of food



Children learn by touching, tasting, seeing, feeling, and listening. Cooking activities are ideal for children because all their senses are stimulated. When a child's senses are engaged as they are during a cooking experiences, learning becomes meaningful and memorable.

## Sampling of recipes

- Granola Bars
- Fruit Smoothies
- Broccoli Cheese Tots
- Holiday Treats
- Vegetable buildings and healthy fruit and veggie dips



In this fun and friendly environment, the children explore with their senses. They are encouraged to be adventurous, open up to new tastes and varieties of food.

They are led in group discussions about food preparation, food and utensil safety, nutrition awareness, and how food is grown and prepared. They develop a new vocabulary that includes the tasks of identifying ingredients, planning, counting, measuring, weighing, mixing and describing the process.

By actively participating in the preparation of food: hearing the whir of the mixer, pounding the dough, watching liquid turn to solid and smelling the baked goods in the oven, they may just be willing to try it.

These positive interactions with food are fundamental in helping children recognize and accept a wide variety of foods.



Through cooking, children have opportunities to develop skills essential in later learning. The step-by-step nature of following a recipe helps build children's comprehension and math & reasoning skills. In addition, the children practice patience, follow directions, enhance their creativity, and build self-confidence through friendly peer interactions.

