



## Learning Benefits of Cooking:

**Physical Benefits:** Small muscle development

**Science:** Observation, tasting, comparing and experimentation (EX: testing yeasts)

**Math:** Measuring, estimating (what size bowl?), sequencing (follow recipe), counting, adding, discrimination of size and shape and fractions

**Language:** Describing what you are tasting, learning new words, talking with friends, listening to instructions and connecting everything with what they already know

**Literacy:** Reading the visual recipe, writing about their experience (in journals, shared writing, group writing, read alouds), making food associated with stories and reading comprehension

**Soc-Emotional:** Learning about others, exchanging ideas, sharing likes/dislikes, working together, sharing, taking turns and taking another's perspective

## Concepts Learned through Cooking:

**Description:** Vocabulary, shapes, textures, what changes when food is heated and colors

**Tastes:** Trying new things, how heating & mixing changes taste, how salt & sugar change taste and how a change in outward appearance doesn't change flavor of food (eg. Frozen banana and banana ice cream)

**Observation:** Changing from liquids to solids and solids to liquids, steam and how baking changes appearance

**Self-Expression:** Words like bitter, sour, sweet and salty have real meaning! Delicious, tasty, I like it!, I don't like it!

**Learning About Others:** Exploring foods from different cultures, foods from around the world and multicultural experiences