Teaching with Food!

Children love learning new things, especially when it involves hands-on activities and food! By combining food with hands-on activities, children can engage in learning basic skills in an interesting way! Here are a few fun suggestions to try with your children.

- Choose kid-friendly recipes to help teach different lessons. If you are working on letters, you can choose an apple dipping sauce for A, or F for fruit salad.

- Each week choose a 'Letter of the Week' while building new vocabulary, try discovering new fruits and vegetables that begin with that letter.

- Use cookie cutters for teaching shapes, letters and numbers. Also use for creating shapes in mini sandwiches, apple slices and to make fun shaped pita or tortillas.

- Read the recipe aloud or have the child help read the recipe. This helps to teach preparation before cooking.

- Go over the safety rules of cooking. Teach children the importance of hand washing and wiping counters down after food touches surfaces.

- Use a measuring cup or spoons with large numbers so that the children can see how much one cup or one tablespoon looks like.

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