

Age Group: Family Fun

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.