

Wesley Learning Center ENRICHMENT PROGRAM COOKING CLASS

Cooking is an activity that most children, both boys and girls, enjoy immensely. While they are having a great time there are countless important teachable moments taking place during the cooking class.

When you think of the importance of pretend play, where children imitate and explore what they know; we find that cooking extends their play and invites them to step beyond pretend play by using real ingredients and supplies, not just props. During the class, the children will gather the equipment, prepare the ingredients, talk about what they think may happen and evaluate the outcome.

SKILLS THAT STUDENTS WILL DEVELOP IN COOKING CLASS...

- ☺ Language - Learn to read left to right, follow written and verbal instructions. They will need to ask questions. Pre-reading skills will be developed by associating words with ingredients.
- ☺ Math - Children will be measuring, using whole numbers, counting and sorting. Classification is explored when categorizing ingredients such as wet or dry, fruit or vegetable, hard or soft.
- ☺ Science - They will see the change in matter, from liquid to solid, solid to liquid, and changes in color and texture.
- ☺ Large Motor - These skills will be utilized when folding, mixing and rolling out ingredients.
- ☺ Social/Emotional - Children will learn to take turns, work as a team, share, and feel a sense of pride at their finished product.
- ☺ Exploring food - Children will try new foods while cooking!

Debbie Daniels,
Cooking Instructor

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