



## Why Cook with Kids?

Cooking allows children to use their senses, improve their fine motor skills, be curious, and try new foods. It also allows them to observe food changes (“It looked different going into the oven than it does coming out”), build self-esteem (“Wow, I made it myself”), and learn new words and skills.

### Involve families.

Ask families to prepare a favorite dish or recipe with their children to bring to childcare. Encourage each child to share with the class what she did to help her family member make the food. Let each child taste the food that has been brought for sharing.

