



## What Do Kids Learn While Cooking?

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It's a widely held belief that children who help prepare food are also more likely to eat it. A few lessons available during a typical cooking session:

Math skills, such as counting, fractions, sequencing (determining orders of events), measuring and shapes

- Problem-solving
- Increasing vocabulary
- Chemistry and science, including making predictions and understanding how food changes while cooking
- Geography, such as where different foods grow and why they grow best there
- Cultural lessons about the diets of people in other parts of the world
- Creativity
- History lessons about how people used to eat in the past
- Health lessons, such as understanding nutrition and the food groups, as well as appreciating the importance of safety and cleanliness
- Fine motor skills, through whisking, measuring, pouring, sifting, and rolling
- And of course social skills, such as responsibility, cooperation, sharing, and self-esteem