



Malden Public Schools Title I Parent Connection

Get Cooking and Learning with the Kids!

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Children can learn the 3Rs of reading, writing, and arithmetic and much more in the kitchen cooking alongside the adults in their family.

Cooking is a life skill. Every adult, young and old, needs to know how to manage around the kitchen to fix themselves something to eat. Cooking might even become a hobby for your child.

Good healthy habits can start in the kitchen. Talk to your children about having a balanced meal that includes different types of nutrients including vitamins, minerals, vegetables, fruits, proteins, and carbohydrates. Often having children help in preparing the meal can help them eat those vegetables and other foods they have previously been reluctant to try.

Reading recipes can teach practical reading skills. Reading a recipe helps children practice reading and following specific directions. Children have to be able to sequence the steps of the recipe knowing what comes first, second, etc. Read labels and ingredients too. Children are also introduced to new words as they read in the kitchen.

Cooking provides a real life opportunity to use math skills including fractions, measuring, sorting, addition, and subtraction. Talk about the math you are using when cooking. Share the different types of measurements.

Cooking provides an opportunity for talk. As you and your children, work together to prepare a meal, there are lots of opportunities for talk. Discuss different words for how different ingredients feel, look, and smell.

Cooking is science in action. Children see firsthand how food changes. They can learn about the states of matter and how they change with heat and cold.

Cooking develops self-confidence. There is always great satisfaction at the end of preparing a meal or dish.

Cooking develops social skills. As you and your child tackle a dish or a meal, it requires communication and collaboration. They have to learn to take turns and often wait.

Cooking requires planning and organization, a skill necessary as they progress in the grades. Cooking requires that you have a list of ingredients on hand. You have to plan ahead and make sure to purchase what you don't have. You have to organize the ingredients and utensils so you can find them. Involve your children in all this planning.

Children can travel the world while cooking. Try different recipes from your own and other cultures. Talk about where in the world the food and dishes come from. Look up the countries on a map.

Getting started can be simple. You don't have to plan to cook a five course meal with your child. Make pizza, pasta, fruit salad, smoothies, muffins, or other simple recipes to get started.

With the start of a new year, make it your new year's resolution to bring the kids more often into the kitchen to cook with you.



By Margaret Adams, Director of Language and Literacy

