

Cooking with Kids

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Rational for Cooking in Therapy

1. Adaptable for pre-school through high school and any cognitive level.
2. Exposure to numerous concepts
3. Rivets attention
4. Supports literacy
5. Retention increases because cooking is hands-on.
6. Many children don't get to cook at home and are not being exposed to the concepts.
7. Children develop self-esteem from producing something edible.

What Do Children Gain from Cooking?

1. Vocabulary development.
2. Reading or exposure to print for the non-readers.
3. Writing: fortune cookies, creating recipes, keep record of the activity
4. Following directions.
5. Sequencing (Put ingredients in order of use and following steps in recipe.)
6. Math skills: averages, percents, fractions, whole numbers, graduation, counting, subtracting, measurement (cup, teaspoon, spacing (2" apart), time, volume, weight
7. Describing (How does soaking affect dried beans?) (How would you like Cinderella's wedding cake to look?)
8. Predicting outcomes.
9. Categorizing
10. Book extensions that bring the story to life.
11. Tactile skills.
12. Improve organizational skills, like scheduling and planning.
13. Creating projects with immediately tangible results and rewards.
14. Understanding of time. (The muffins cook for 30 minutes.)
15. Size and shape comparisons.
16. Demonstrates parts and whole in the finished product.
17. Creativity
18. Information about food (an openness to trying new foods and techniques.
19. Comparisons: size and shape/opposites: hot/cold, sweet/sour, raw/cooked, etc.
20. Problem solving
21. Development of motor skills: small motor, hand-eye coordination
22. Development of social skills, teamwork
23. Increased self-confidence and self esteem (creating something to share with others.)
24. Evaluate generalization of speech goals (articulation, fluency and language).
25. Cooking may increase the verbal output from children who are usually quiet.
26. Develops life skills and self-help skills.
27. Requesting and refusing
28. Turn taking

29. Experience other cultures and lands.
30. Sensory awareness: texture, smell, and taste.
31. Cause and effect relationships. What happens if you use bananas instead of strawberries?
32. Recall. How many ingredients can you remember? What did we do first?

Extensions

1. Make cards with picture or words that represent the ingredients and the steps in cooking. Use them when cooking and have a set available in the housekeeping center for children to use while "cooking" independently.
2. Send recipe home so the family can talk about it and perhaps use the recipe at home.
3. Older children can search for a specific recipe (from a historical period (Thanksgiving feast, from a specific country or to go with a story).
4. Older children can plan an entire meal.
5. The food pyramid can be studied and applied (see website with specific activities).
6. Children can describe or write how to cook a favorite food (often have funny results).
7. After selecting recipes and writing a list, make a trip to the grocery store. Explore the grouping of items, temperature in freezer section vs. aisle for canned goods.
8. Compare labels on cans or packages.
9. Make a bound book of recipes to take home at the end of the year. Add children's favorites from their research of cookbooks.

Cooking Tips

1. Keep it simple so that concept can be stressed rather than cooking.
2. Be flexible.
3. Choose recipes carefully to conform to children's age, ability, and attention span.
4. Choose ingredients that children are likely to enjoy.
5. Let the children touch and smell each ingredient.
6. Never let children taste raw eggs.
7. Organization and forethought are the secrets to success.
8. Demonstrate the proper use of utensils.
9. Be certain that none of the children has medical, cultural, or religious reasons to avoid ingredients in the recipe.
10. Read entire recipe before beginning.
11. When possible, grown ups are the helpers-not the directors.
12. Have students help collect ingredients and utensils far in advance.
13. Introduce the activity to the class and make a plan together for proceeding.
 - Who does what?
 - What to do when it's not your turn.
 - How long it will take.
 - When the eating part comes.
 - How to clean up.
14. If small groups are used:
 - Put the groups that will not begin cooking to work on another activity.
 - Everyone joins together for eating and cleaning up.

15. Decide if the recipe works well as a whole-class activity or in smaller groups.
16. Keep a retractable tape measure handy to measure the depth of the liquid, pan size and spacing (put cookies 2" apart).
17. Print recipe in large print so the group can see it and/or use pictures. The younger the children, the fewer the words on the recipe.
18. Place the recipe so that it is easy for all to see. Point to the ingredients and sequenced activities.
19. Use hand-over-hand with the adult behind the child.
20. After you have prepared a recipe, take time to note any changes you need to make for the next time.
21. Tie back long hair, remove jewelry and avoid loose or long sleeves when cooking.
22. Make extra so the children can share their cooking with their family.
23. Slow down and look at cooking from a child's point of view.
24. Use a big bowl for whisking. You can hold the bowl steady while there is little change of splashes.
25. To measure without concern about spilling. Put the measuring cup in a pie pan.
26. A simple way for young children to crack eggs is to break them on the bottom of a big bowl and let the egg run out into the bowl.
27. An electric skillet is safer than a stove because you can put it on a low table.
28. If children will be cutting, they should use only a serrated dinner knife or a plastic picnic knife.
29. Cut a banana in half crosswise to make it easier to peel.
30. Have a sense of humor-don't worry about spills, lumps or eggshells in the batter.
31. Whenever possible, use glass container so that the group can see activity.
32. Modify activity to make it easier for children with limitations to participate. For example instead for rolling monkey bread in cinnamon sugar, put it in a glass jar so that the children can shake the contents.
33. You can make the item ahead and substitute it. For example if the cooking time is too long for the allotted time.

Who can do what? Cooking with Kids for Dummies by Kate Heyhoe

Preschoolers

Stirring, mixing, simple measuring, rinsing, squeeze lemons, shaping hamburgers

Ages 6 through 8

Light chopping, peeling onions and garlic, grating cheese, opening cans, washing vegetables, advanced measuring, kneading dough, melting butter

Ages 8 through 12

Operating small appliances, moderate chopping, sautéing and pan-frying, baking

Sources

Boardmaker

Chocolate-Dawn's Craft House (425)348-9380

Easel-Office Max or Office Depot

Fraction circle-Office Depot

Headbands-Who am I? by Leslie Tryon

Jell-o mold www.jell-o.com go to "Corner Store"

Old Woman Puppet-Joan Parochetti (800) 978-8689 joan@felt4kidz.com

Photo album-Wal Mart, Rite Aid

Puppets- Merry Hearts (In South Carolina) (800) 675-1766 www.merryhearts.com

Bibliography

Children's Books

Alborough, Jez. Where's my teddy? Chocolate bears: large and small

Baker, Alan. Little rabbit's snacktime Chocolate carrots, real carrots-compare. Discuss what rabbits eat compare to other animal's diets.

Barrett, Judi. Cloudy with a chance of meatballs. Meatballs

Baumgart, Klaus. Where are you, little green dragon? Dragon chili, chocolate dragon or chocolate pudding

Beskow, Elsa. Peter in Blueberry Land. Blueberry cake

Cannon, Janell. Stellaluna Mangos-fresh or dried. Plastic grasshopper.

Charlip, Remy. Fortunately Birthday cake

Coplans, Peta. Spaghetti for Suzy. Spaghetti

De Groat, Diane. A turkey for thanksgiving

dePaola, Tommy. Pancakes for breakfast

----- The popcorn book History of popcorn.

Emberley, Ed. Go away big green monster. Refrigerator cookies, dipped in green chocolate with candy for facial features

Falwell, Cathryn. Feast for 10.

Jackson, Alison. I know an old lady who swallowed a pie Pie with crust of tortillas

Gibbons, Gail. The seasons of Arnold's apple tree. Carmel apples, taste test of various Apples, apple pie or cider

Gustafson, Scott. Alphabet soup Frozen bread dough, make into shape of letters

Hennessy, B.G. Jake baked the cake Chocolate wedding cake. Visit bakery

Hutchins, Pat. The doorbell rang. Cookies

Ingalls Wilder, Laura. Winter days in the big woods (Published by Scholastic and adapted from the Little House Books) Erdosh: Food and Recipes of the Westward Expansion.

Kasza, Keiko. The wolf's chicken stew Baked donuts or baby chick (made from frozen Dough).

Kelly, True. Spider on the floor Spider legs

Krauss, Ruth. The carrot seed Fresh carrot compared to canned cooked carrots

----- Old mother Hubbard Sandwiches cut with bone-shaped cookies cutter

Mayer, Mercer There's an alligator under my bed Brainstorm what to feed alligator.

McPhail, David. First flight Plan menu of what could be served on airplane.

Morgan, Pierr. The turnip Pressure cooker to speed cooking of turnip. Talk about why it cooks faster.

Morris, Ann. Vegetable soup Soup

Older, Jules. Ice Cream Kick the can ice cream

Paulsen, G. The tortilla factory Tortillas

Peet, Bill. Big Bad Bruce Magic pie and/or rock candy

- Powell, J. Everyone eats bread. Bag bread
 ----- Everyone eats potatoes. Baked potatoes (can be baked in electric skillet)
 Romay, Saturnino. Pizza English muffin pizza, children select toppings; fraction circle
 Rotner, S. Hold the anchovies! Chocolate pizza
 Rylant, Cynthia. The relatives came Plan menu
 Say, Allen. Lost lake Bring backpack and chart what would be appropriate for a 1 week trip. (For example: Why wouldn't banana be a good choice?)
 Schuber, Ingrid and Dieter. Bear's eggs Jiggler eggs; raw egg compared to hard boiled egg; size comparisons of various types of eggs or chocolate ducks.
 Spier, Peter. People Vezza, D. Passport on a plate-compare foods from various countries
 Turkle, Brinton. Deep in the forest Biscuit bears or oatmeal (porridge).
 Vozar, David. Yo, hungry wolf Wolf tracks (modify bear tracks)

Songs

- Alleyoop. Songs for my little friends. The boogie man Baked French fries
 Hap Palmer. So Big. 1. Little Baby Chick. 2. Wiggle Worm
 Greg and Steve. We all Live Together Vol. 2 Coming Round the Mountain
 Raffi. Singable songs for the very young. Peanut butter sandwich. Make peanut butter

Adult Books

- Barchers, S. and P. Rauert (1996). Storybook Stew. Golden, CO: Fulcrum Publishing.
 _____ (1998) Holiday Story book Stew. Golden, CO: Fulcrum.
 D'Amico, J. and K. Eich Drummond (1996). The Science Chef Travels Around the World. New York: John Wiley and Sons, Inc.
 Erdosh, G. (1997). Food and Recipes of the Westward Expansion. New York: PowerKids Press.
 Fredericks, L. (1999). Cooking Time is Family Time. New York: William Morrow & Co.
 Greene, K. (1987). Once Upon a Recipe. New Hope, PA: New Hope Press.
 Heyhoe, K. (1999). Cooking with Kids for Dummies. Chicago: IDG Books.
 Hodges, S. (1995). Multicultural Snacks. Torrance, Ca: Warren Publishing
 Jones, J and E. (1998). Knead It, Punch It, Bake It! New York: Houghton Mifflin Co.
 Katzen, M. and A. Henderson (1994). Pretend Soup and Other Real Recipes. Berkeley, CA: Tricycle Press
 Kehoe, K. (1999). Cooking with Kids for Dummies. IDG Books.
 MacGregor, C. (1982). The Fairy Tale Cookbook. New York: Macmillan Inc.
 Mayer, M. (1998). The Mother Goose Cookbook. New York: Morrow Junior Books
 Morris, T. and N. Morris (1994). No-cook Cooking. New York: Franklin Watts.
 Powell, J. (1997). Everyone Eats Eggs. Austin, TX: Raintree Steck-Vaughn.
 Vezza, D. (1997). Passport on a Plate. New York: Simon & Schuster Books.
 White, L. (1996). Cooking on a Stick. Salt Lake City: Gibbs-Smith Publisher.
 Zubrowski, B. (1997). Soda Science. New York: Morrow Junior Books.