



**BENEFITS**

*of Cooking*



**with kids**

## Benefits of Cooking with Kids

### Increases Language Development



As you cook, you are labeling ingredients which increases a child's vocabulary. Kids also have to follow directions which enhances receptive language skills. While cooking, also explain each step and have your child describe what they are doing for even greater language development. For more advanced learning, have them predict what will happen next or guess what the next ingredient would be.

## Enhances Fine Motor Skills



Mixing the ingredients, rolling the dough and using cookie cutters are all great ways to enhance a child's fine motor strength and control. These are skills needed to develop academic skills such as writing, cutting and coloring. Help improve these skills even more by allowing them to slowly pour ingredients into a bowl or quickly mix ingredients together. For older children, let them help flip the pancakes.

## Increases Math Ability



Cooking involves a great deal of measurement. Kids will learn various measurements such as cups, teaspoons and tablespoons. They will also understand fractions as well as utilize addition and subtraction skills. If you ask any math teacher, they will tell you to cook with your kids to help enhance basic math skills!

## Improves Reading Skills



When cooking with your children, have them read the recipes. For the younger kids, start with the numbers such as "2" cups of flour and "4" tablespoons of butter. For older kids, have them read each step then follow the directions. This also helps enhance reading comprehension.

## Introduces Kids to Scientific Concepts



Cooking involves a great deal of science. Kids learn what happens when certain ingredients are mixed together as well as what happens when the measurements are incorrect. For some scientific cooking ideas check out the Usborne book [50 Science Things to Make and Do](#).

## Increases Focus and Attention



When cooking, kids need to stay focused and pay attention to each detail or the recipe will not be completed correctly. In a cooking class, if a student misses a first step, the final product will not turn out correctly. Kids learn quickly that they have to pay attention if they want to eat that brownie or cookie at the end!

## Teaches Life Skills



Cooking is a skill that is needed to be an independent adult. Kids can learn early on how to make their own sandwich, pour milk or heat something in the microwave. Older kids can learn to cook meals for themselves and the family. This will allow them to be more independent and responsible individuals. Cooking also teaches kids various safety lessons such as not to touch a hot stove or how to use a knife correctly.

## Promotes Healthy Eating

Allowing kids to cook, helps them learn what foods are healthy and what are not. It allows them to try new food that they may have not tried otherwise. It encourages them to eat at home instead of out which can often provide unhealthy options.

## Boosts Self-Confidence

When a child is able to successfully complete a recipe and make a meal, they feel a sense of pride and confidence. In addition, as kids cook more their level of independence increases which in turn boosts their level of self-confidence and self-esteem.