



Let's Get Cooking

Building Vocabulary

- Use lots of describing words when you cook:
 - **adjectives:** hot oatmeal, sticky honey, wet, cold pudding
 - **verbs:** cutting, mixing, pouring, squishing, rolling
 - **adverbs:** carefully, quickly, before, after
 - **prepositions:** in the cup, on top of the muffins

Using My 5 Senses

- Talk about how things *taste, look, feel, sound, and smell*. These kinds of sentences help your child make connections. I use my nose to smell. Apples smell sweet AND peas smell sweet! I wonder how they taste?

Beginning Literacy

- Use words like **first, next, then, after, and last** to help your child learn to sequence. These words automatically take language to a more complex level.

Imagination and Guesses

- Ask your child to **imagine** what his meal or snack might look like, taste like, feel like one you are finished. Being able to **make an educated guess** based on what you know is critical for good reading comprehension and social communication skills.

Repetition is key!

- One of the best parts about cooking is that it is naturally repetitive. You follow the same basic steps each time you pour a bowl of cereal or make your child's favorite sandwich. Because of the repetition your child has lots of opportunities to learn and practice!

