

Just for Families!



Our next unit, "Fun in the Kitchen," is going to keep us busy, busy, busy! During this unit, your child will build upon his/her existing knowledge of materials, equipment and activities that take place in the kitchen. This unit also provides a meaningful time for me to discuss safety as it relates to things in the kitchen. Here are the main concepts we will explore during this unit:

- * Where is the Kitchen?
- * Storing Canned Goods & Dry Foods
- * Baking & Roasting in the Oven
- * Cleaning Up in the Kitchen
- * Recipes and Cookbooks
- * Where Do We Store Foods to Keep Them Cold?
- * Cooking Food on the Stove
- * Preparing Foods for Cooking
- * Serving Foods Cooking in the Kitchen
- * Kitchen Safety

Here are some activities you can do with your child at home that reinforce our unit, "Fun in the Kitchen."

Bathtime:



Give your child a new sponge to use to "clean" his/her bath toys while taking a bath. If desired, add plastic plates and cups, too.

Mealtime:

Invite your child to look at a cookbook with you. Have him/her help you choose a new recipe to try for dinner.



Out & About (Traveling):



Talk about your favorite meals when riding in the car together.

Bedtime:

Look at cookbooks or cooking magazines with your child before bed. Talk about which foods look good and how they would be prepared.



Chant the following with your child. Encourage him/her to clap to the rhythm as you say the words. Then, visit your kitchen together. Talk about things that are OK to touch and things that are not.

KITCHEN SAFETY

Kitchen, kitchen, is the place
Where I always must be safe.
I don't touch the stove, it's true;
Or the oven ... it's hot, too!
Knives are for grown-ups ... not for me.
If I follow these rules, safe I'll be!

