

## Core Skills Analysis

### Science

- Learning about different states of matter such as solid (raw lasagna ingredients) and liquid (sauce) during the cooking process.
- Understanding cause and effect by observing how heat changes the raw pasta sheets into a cooked form during baking.
- Developing basic math skills by measuring ingredients like cheese and sauce for layering the lasagna dish.
- Exploring the concept of nutrition and food groups through discussions on healthy ingredients used in the lasagna recipe.

### Cooking

- Improving fine motor skills by engaging in activities like layering the lasagna sheets and spreading sauce and cheese.
- Enhancing sensory development through touching and feeling the different textures of various ingredients like pasta, cheese, and sauce.
- Learning about kitchen safety practices under parental supervision while using kitchen tools like spoons and baking trays.
- Encouraging creativity by allowing the child to choose and arrange toppings like herbs or veggies on the lasagna.

### Tips

To further nurture the child's learning after making lasagna at home, consider involving them in meal planning by letting them suggest ingredients for other dishes. Allow the child to help with simple kitchen tasks like washing vegetables or mixing ingredients. Encourage them to explore new recipes together to expand their culinary skills and understanding of different cuisines.

### Book Recommendations

- [The ABCs of Italian Cooking](#) by Felicity Brown: Join little Mia as she learns the ABCs of Italian cooking while spending time with her family in the kitchen. A delightful tale blending language and culinary exploration.
- [Cooking with Dad: A Wholesome Recipe Adventure](#) by Sam Smith: Follow Max and his dad on a fun cooking adventure as they whip up delicious and healthy recipes together. A heartwarming story celebrating family bonding through food.
- [Science Kitchen Fun](#) by Emma White: Explore the magic of science in the kitchen with fun and easy experiments and recipes perfect for young chefs. An interactive book that combines learning and cooking in a playful way.