

Core Skills Analysis

Occupational Therapy

- Mila practiced fine motor skills by manipulating small objects such as opening containers and handling ingredients, which enhances hand dexterity and coordination.
- She engaged executive functioning skills by following a multi-step recipe, which supports abilities like sequencing, planning, and task persistence.
- Preparing a smoothie for her sisters fostered practical life skills and an understanding of food preparation safety and hygiene.
- Using sensory input from ingredients (touch, smell) may have contributed to sensory integration development and awareness of textures and tastes.

Tips

To further develop Mila's executive functioning and fine motor skills, consider introducing step-by-step visual recipe cards that she can refer to independently. Involve her in meal planning and grocery shopping to deepen her understanding of ingredient selection and measurement. Additionally, experimenting with recipes that require diverse textures and utensils can enhance sensory and motor experiences. Create opportunities for her to explain the process aloud or to siblings, which builds language skills and cognitive sequencing.

Book Recommendations

- [First Kitchen](#) by Golden Books: A colorful introduction to kitchen tools and simple recipes that encourage young children to explore cooking safely.
- [The Smoothie Book for Kids: Recipes for Healthy and Energizing Smoothies](#) by Megan Lindholm: Easy and nutritious smoothie recipes perfect for children learning to prepare their own snacks.
- [What's Cooking? Recipes and Activities About Food](#) by Stacy Taus-Bolstad: Engages young readers with cooking-themed activities promoting practical math, motor skills, and an understanding of healthy eating.

Learning Standards

- CCSS.ELA-LITERACY.RI.2.3: Describe the connection between a series of steps in a text (following a recipe).
- CCSS.MATH.CONTENT.2.MD.A.1: Measure lengths indirectly and by iterating length units (ingredient measurement skills).
- CCSS.ELA-LITERACY.SL.2.4: Tell a story or recount an experience with relevant facts and descriptive details (explaining recipe steps).
- CCSS.ELA-LITERACY.W.2.8: Recall information from experiences or gather information to answer a question (practical application of instructions).

Try This Next

- Create a visual recipe worksheet with pictures for each step to help Mila practice sequencing independently.
- Draw and label the kitchen tools used during smoothie preparation as a vocabulary-building and fine motor drawing exercise.

Growth Beyond Academics

This activity likely boosted Mila's confidence and sense of independence by allowing her to complete a useful, self-directed task for her siblings. It also may have encouraged patience and focus as she followed each recipe step. Sharing the final product fosters social connection and pride in her

accomplishment.