

Core Skills Analysis

Mathematics

- Understanding and using measurements such as cups, teaspoons, and grams to follow recipes accurately.
- Learning fractions and proportions by dividing ingredients and adjusting quantities for different serving sizes.
- Developing sequencing skills through following step-by-step cooking or baking instructions.
- Enhancing problem-solving abilities when encountering unexpected changes or substitutions in ingredients.

Science

- Observing chemical reactions, such as how heat causes dough to rise or ingredients to change texture and color.
- Learning about states of matter by handling solids, liquids, and mixtures involved in cooking and baking.
- Experiencing cause and effect through changes in ingredients before and after cooking.
- Understanding basic concepts of nutrition by selecting and combining ingredients.

Language and Literacy

- Practicing reading skills by interpreting recipe instructions.
- Expanding vocabulary with cooking-related terms and ingredient names.
- Developing listening and comprehension skills through following verbal directions during cooking.
- Encouraging expressive skills by describing the cooking process and the final product.

Personal, Social and Emotional Development

- Building confidence through successfully creating a dish or baked good.
- Enhancing patience and focus by carefully following recipe steps over a sustained period.
- Promoting cooperation and teamwork when cooking with others.
- Experiencing pride and sense of achievement upon tasting and sharing the finished product.

Tips

To deepen understanding after cooking and baking activities, encourage your child to explore recipes from different cultures to broaden their appreciation and awareness of global cuisines. Use measuring tools to experiment with ingredient amounts, discussing how changes affect the outcome to reinforce math concepts practically. Incorporate simple experiments, such as comparing how baking powder versus baking soda changes the texture of baked goods, to highlight scientific principles. Finally, ask your child to write or verbally narrate their cooking experience, fostering literacy and reflection on the process and results.

Book Recommendations

- [Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up](#) by Mollie Katzen: A delightful cookbook designed for young children with simple, engaging recipes and colorful illustrations to inspire cooking at home.
- [Cooking Class: 57 Fun Recipes Kids Will Love to Make \(and Eat!\)](#) by Deanna F. Cook: An approachable cookbook offering a variety of kid-friendly recipes that support hands-on learning and literacy skills.
- [The Science Chef: Culinary Creativity at the Intersection of Science, Nutrition, and Food](#) by Joanne O'Sullivan: Introduces children to the science behind cooking, connecting chemistry

concepts with fun kitchen activities.

Learning Standards

- Mathematics: Measurement (Year 2) - Use standard units to measure and record ingredients, and understand fractions in recipe quantities. [Read Write Inc Maths Programme, National Curriculum Primary Programme of Study]
- Science: Everyday materials and changes of state (Year 2) - Understand how heat changes materials during cooking, such as melting and rising dough. [National Curriculum KS1 Science]
- English: Reading and Comprehension (Year 2) - Follow and understand instructional texts (recipes) and develop related vocabulary. [National Curriculum English]
- Personal, Social, Health and Economic Education (PSHE): Self-confidence and cooperation - Develop emotional skills through collaborative cooking tasks and taking pride in achievements. [PSHE Association Programme of Study]

Try This Next

- Create a recipe reading comprehension worksheet with questions about ingredient amounts and steps.
- Design a simple kitchen experiment to test how different temperatures affect dough rising.
- Draw and label the cooking process stages from start to finish in a storyboard format.
- Write a short recipe review describing taste, texture, and favorite parts of the baking experience.