

A Letter to Families About Cooking

Dear families,

Across every culture and generation and in every country of the world, cooking is a way to nourish both the body and the spirit. When we cook together at school, we talk about what we are doing and why. We count and sort, weigh and measure, separate and combine, and observe and enjoy.

Throughout the year in our classroom, we will prepare a variety of cooking projects. If you or a family member have a special interest in cooking, please let me know. We would love to have you come share your expertise with our class!

Since cooking is already a part of your home life, it provides excellent, ready-made opportunities for teaching content such as mathematics, science, reading and writing, and social studies.

What You Can Do at Home

- When your child mentions the cooking projects we prepare at school, ask him about what we made, the ingredients we used, the steps we followed, and whether or not he enjoyed the end result. Talk about aspects of food, such as flavor and texture, that determine whether or not someone likes a particular food.
- Give your child age-appropriate tasks to help adults prepare meals for the family. Including your child in food preparation might take more time—and create more mess—than if you did it by yourself, but the rewards are great, as children contribute to their family in a meaningful way. You can start by giving your child simple jobs in the kitchen, such as stirring batter, squeezing lemons, adding spices, or shaping meatballs.
- Talk about meal planning with your child and take her grocery shopping with you. Ask your child to be the “keeper of the coupons” and match them to the appropriate items by looking at both the coupon pictures and product packaging.