



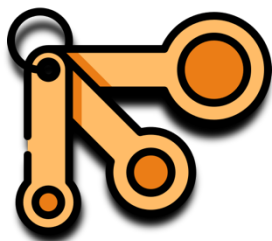
# Kitchen Science

A great cook is also a great scientist!

**Cooking with kids is one of the best ways to promote reading and math and science literacy.**

To make a meal you need to follow a recipe, count out quantities, and even pay attention to "chemistry in action" as you combine and cook different food ingredients.

- \* Try to use cookbooks geared towards kids; the language and directions are simpler and the recipes have more kid-appeal. Or make your own recipe book of family favourites with your kids. Have them illustrate it!
- \* For younger kids, have them add the ingredients, counting out as they go. One cup, two cups.
- \* Help them read the words on the tins and the packages. Emphasize the basic vocabulary of cooking—stir, mix, pour. Read picture books with cooking themes.
- \* Make alphabet cookies and let your children shape the letters. Make a pizza and then have your children cut it into sections.
- \* For older kids: Take turns. One day you read the recipe and the child mixes; the other time the child reads the recipe and you bake.
- \* Double or halve the recipe! That takes a lot of thought and teaches fractions!
- \* Allow your child to substitute ingredients where appropriate.
- \* Read books on basic kitchen chemistry and learn all about the connection between cooking and science.



## Further Reading:

*The Science Chef—100 fun food experiments for kids*, Joan D'Amico, Karen Eich Drummond;  
*The Science Chef Travels Around the World: Fun Food Experiments and Recipes for Kids*, Joan D'Amico, Karen Eich Drummond;  
*Kitchen Science*, Chris Maynard, DK Science  
*Kitchen Science Lab for Kids: EDIBLE EDITION: 52 Mouth-Watering Recipes and the Everyday Science That Makes Them Taste Amazing*, Liz Lee Heinecke