

We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the xʷməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tseil-Waututh) Nations.

COOKING

Living Inquiry - Well-Being and Belonging

Type of Play Experience - Inquiry Play

WHAT

- Cooking with your child or pretend cooking promotes imaginative thinking, encourages discussions about the origin of foods and prompts mealtime conversations. Children are more likely to try a variety of fruits and vegetables if they have a chance to taste it in a fun way (Let's Play Activities for Families, 2019)

WHERE

- Cooking can be done indoors or outdoors.

WHEN

- Meal prep and pretend cooking can be done anytime.

CREATE THE ENVIRONMENT

- Ask your child if they would like to prepare some food with you.
- Make some suggestions that are easy and fun with ingredients you think they may like.
- Share a story with your child about your own experiences with cooking when you were a child.

EXPLORE—PRETEND COOKING

- Use playdough, recycle materials (e.g., egg cartons) or natural materials (e.g., stones, pinecones, leaves).
- Try different utensils like rulers, rolling pins, tweezers, chopsticks and spoons.
- Share your pretend meals and conversate as if you were having a conversation over dinner.



EXPLORE—REAL COOKING

- Talk to your child about what you are making and the ingredients you will be using. If possible, present your child with choices around what to use.
- Try this no-cook, **Fruit Burrito** recipe.

Ingredients: flour tortilla, Nutella/yogurt (for spreading), fruits (e.g., strawberries, kiwi, bananas).

Instructions: Spread the “sauce” on the tortilla. Add fruits. Roll up the tortilla tightly. Cut in half to

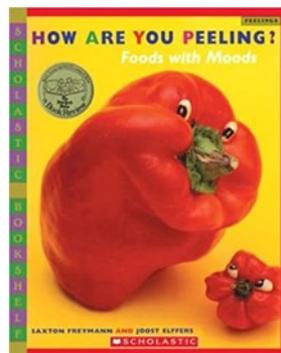


WHY

- Through cooking, children learn through their senses (e.g., smell, touch, sight, taste).
- Children are able to develop their imagination by trying different materials and techniques.
- Mealtime conversations build and strength relationships with adults and peers.

BOOK

- How are You Peeling? Foods with Moods by Saxton Freymann



Pat-a-Cake

Pat-a-cake, pat-a-cake baker's man
Bake me a cake as fast as you can
Pat it and prick it and mark it with "B"
Put it in the oven for baby and me

REFERENCES

Today Activities for Families—<https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf>

Play Today A Guide for Families—https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/play_today_family_guide.pdf

Appetite to Play—www.appetitetoplay.com

Early Learning Framework, British Columbia, 2019—<https://www2.gov.bc.ca/gov/content/education-training/early-learning/teach/early-learning-framework>

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