



Cook Together as A Family

Develop Math, Reading and Writing Skills, Social Skills, Independent Living Skills

Get out the old recipe books and have your kiddos pick something they want to cook together. Or, have them choose a recipe from an on-line resource. Have them each make a choice of something and then decide which recipe they will complete first, second and third, together.

Next, have them search to see if the kitchen is equipped to make the item. If not, have them jointly develop a shopping list. What is needed?

Next have them identify the cost of each item and then tell you how much money they will need to purchase the items.

Have them identify a head chef for each recipe. This person will read the directions once everything is purchased and laid out. This person will double check if all the items have been purchased. This person will decide who in the family does which step. This is about sharing responsibility, delegating and taking turns. Change head chef for each cooking event together.

Go over the steps with them. Make sure they understand the vocabulary (dice, cut, stir, pour, teaspoon, tablespoon, cup, mix, dash, shake) If there is confusion model verb for them or show them each noun. Show them how a cup is larger than a half-cup or quarter-cup. Show them how the teaspoon is smaller than the tablespoon.

After the recipe is completed, it is about creating a social scene around enjoying the item. Someone could set the table. Someone could put on some favorite music. Someone can serve the others. Decide on a topic of conversation for the table seating event. Everyone comments on how they think the cook-together went.

Finally, everyone shares in the clean-up. The head chef assigns duties. For fun you could order aprons and a chef hat from amazon for everyone.



