

Numeracy: Cooking

Children love helping out around the kitchen. Seeing and experiencing different ingredients. Following a recipe helps children understand and recognise numbers, quantity, weight and measurement. Allowing children to help pour, scoop, mix teaches them how to follow steps together, be patient, share and talk about what they are doing.

What you need:

- Your favourite biscuit, muesli bar, muffin or pancake recipe (something simple that children can help with)
- Mixing bowls, spoons and measuring equipment
- Trays, baking paper and a tea towel
- Any ingredients listed in your recipe

Teachable Tip:

Point out labels on packaging and numbers on recipe and measuring equipment. This will help familiarise children with letters and numbers.

What to do:

1. Let children help you find ingredients in the pantry and tools and equipment you will need.
2. Encourage children to smell, touch and taste ingredients as you add them.
3. Help children to hold measuring cups and spoons, and pour ingredients together.
4. Count out how many cups or spoons as you add them. Talk about how much of each ingredient you need (ie. full cup, half a cup, empty etc).
5. Take turns mixing. Count how many times or seconds you mix or heat for. Talk about how easy or hard a mixture is as it changes when new ingredients are added.
6. Scoop out mixture together and count as you go.

