



Kids Learn More Than Cooking in the Kitchen

Kids have a natural desire to explore, and what better place than in the kitchen! So many things can be learned in the kitchen by following step-by-step directions. Even small children can learn to push the buttons "1,2,3, cook" on the microwave. Older kids learn math through counting and measuring. Even more complicated problems, such as fractions and proportions, are used when they increase the size of the recipe.

The basic steps of making bread are actually a scientific experiment. Kids have a chance to think about what will happen next and observe the changes.

Teaching kids basic kitchen skills is a good way to stimulate appetites and increase their willingness to try new foods. Include them in shopping, planning and preparing snacks and meals.

Not only will you be teaching kids the life-long skill of cooking, you will be working together and sharing memories.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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