

Making dinner

What we know

Most young children like to be involved in real jobs around the home. Including children in regular tasks is a good way to teach them about helping and builds their sense of belonging to the family group.

When you prepare meals together you are sharing skills and knowledge with your child.

This is a great way to pass on family traditions, values and positive attitudes to food and shared mealtimes.

Talking with your child about the food, the processes and the measurements you are using adds to their language and mathematical knowledge.

What to do

Let your child help as you prepare dinner. Find small jobs for your child to do so they feel like they are contributing.

Let your child help to measure and mix the food. Talk together about the quantities and processes.

Show pictures in a cookbook.

If you are making something that you used to eat when you were young, talk about how you used to eat the same meal as a child.

Encourage your child to cook with other family members.



A book to read

Possum Magic
by Mem Fox



ISBN 978-0-9871210-6-6

Things to say

'Would you like to help me make dinner?' 'What shall we cook?'
'Here's what we're going to do...'
'Here is a job for you to do!'
'Can you please help me do this?'
'Let's mix, mix, mix. Stir, stir, stir!'
Yum! That smells delicious!'