



Cooking for Fun

Handout C12



Other kitchen items I can use for this activity:

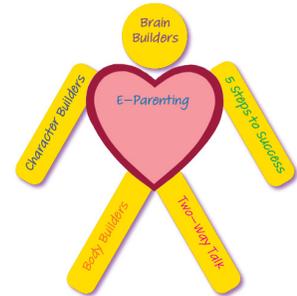
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Which Daily Do I want to focus on practicing:

- _____

When will we do the activity Cooking for Fun:

- _____
- _____



Who else can play pretend with my child:

- _____

How to do this activity:

1. Use **Ready for Play and Learning** to see if your child is ready to play and learn. Remember to use **5 Steps to Success** as you help your toddler explore their natural curiosity during the activity.
2. Gather a variety of kitchen items that you and your child can play with together. You can collect things like bowls, pots, pans, cups, spoons, empty food boxes, etc.
3. Allow your toddler to explore the kitchen materials as you encourage them to play pretend and join you in preparing a healthy meal that your family enjoys. As your child pretends they're cooking, encourage them to gather other props and incorporate them into their pretend play scenario. For example, your toddler may act like blocks are tomatoes or their blanket is an apron.
4. Once you've helped them prepare the meal, pretend you're eating the food together as you ask them questions about the food and have a conversation with your child.