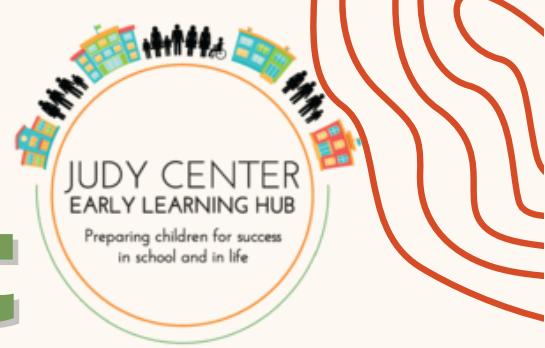


Family Cook Night



The Learning Behind the Fun!

- Family Cook Night supports early learning through hands on, everyday experiences that young children can enjoy alongside their caregivers.
- Helping to wash, pour, stir, and scoop ingredients strengthens fine motor skills. These movements support early writing, drawing, and self care skills such as using utensils and feeding themselves.
- Following simple steps in a recipe introduces early math and sequencing. Children practice counting, noticing changes, problem solving, and understanding order as they help prepare the meal.
- Talking about foods, ingredients, and actions builds language and early literacy. Naming colors, textures, smells, and tools expands vocabulary and encourages conversation between children and caregivers.
- Making choices during cooking supports independence and confidence. Children learn decision making as they choose ingredients, help assemble foods, and share their ideas.
- Cooking and eating together strengthens social and emotional development. Working side by side with trusted adults builds connection, cooperation, and positive routines around food and family time.
- These shared moments help build school readiness by combining learning, bonding, and fun in a way that families can continue at home.



Scan to watch a fun kitchen song your child can sing and move along to while cooking.

