



EARLY YEARS IN FOCUS

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ACTIVE PLAY - ACTIVE LEARNING
OPEN MORNING
SATURDAY 26TH MARCH

The Kitchen is a Classroom

'Can I help you in the kitchen please?'

I am sure you have heard this question many times. Although it could mean a number of things, this article will show the learning involved when carrying out the ideas discussed in our article on children's cookbooks.

But why have we called this article 'The kitchen is a classroom?'

One dictionary definition of the word classroom is; 'A room in a school where lessons take place'. I like to think that 'lessons' can take place almost anywhere and this article will highlight the learning that takes place in the kitchen.



MIXING



POURING



MEASURING AND WEIGHING



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The kitchen is one of the most inspiring learning environments where children can learn life skills. Helping you in the kitchen is a wonderful way of learning together without the restrictions of a formal classroom. It can also encourage children to eat different foods.

Once a decision has been made as to what you are going to cook, children can become involved in writing a list of ingredients with you. Children will soon learn that writing and reading a list is different from writing and reading in the conventional way from the left hand side of a page to the right. They are now going to learn that a list goes from the top of the page down to the bottom, with words written one underneath the other.

Show the children the list of ingredients in the book. This will help them to make a link between reading and writing their own shopping list. Depending on their ability, children can use their phonic knowledge to tell you (or write themselves) either the first sound of the word or actually write the word. They can count how many items they need.

Shops are also an excellent learning environment. Children need the experience of seeing different foods in their different sections. This can help make the link to their mathematical lessons of ordering, sorting and classifying and increase their knowledge of where foods originate from.

Encourage children to look at their list and match words to the items they need. They can then count and check they have the correct amount of items.

Paying at the till with 'real' money is another good experience. This will not only teach them the definition of the word 'buy', it will further their understanding when playing 'shops' in the role play area at home or school.



CLEVER HANDS!



SIMPLE STIR FRY



BAKING



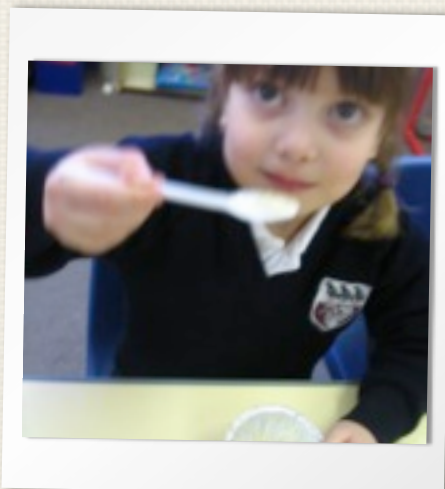
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After arriving back in the kitchen and unpacking the shopping, children will enjoy learning the correct name for the utensils needed and their uses. During the preparation children will be using their five senses - with taste being the most important to them.

Their fine motor skills are strengthened when chopping, mixing, whisking, rolling and pouring. It is hard to beat the look of awe and wonder on children's faces when noticing the changes they are making when mixing together the different ingredients. This is made even more exciting when watching further scientific changes that occur during the cooking process.



Finally, children love to make their own recipe book. This could be achieved easily by cutting out pictures of food they see in magazines or newspapers and sticking them into a scrapbook. Underneath the picture they could use their phonic knowledge to write the ingredients required and number knowledge of how many items are required.

Allowing children to be involved and take ownership of their learning is the quickest and happiest way they will acquire the relevant skills.

Article written by Mrs B. Garratt

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To experience and join in with many of the activities introduced in our latest editions of EYIF please bring your little one along to our Open Morning 0930 -1200. We look forward to welcoming you and exploring together the array of learning opportunities both indoors and outdoors. Click on 'Sign up for 26th March Open Day' to register your interest.