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## Cooking in the Kitchen

### Materials:

Anything you want to make! Such as: Koolaid, lemonade packet (water, pitcher, spoon), instant pudding (milk, wire whisk, bowl), jello (water, sugar, bowl, spoon), muffins (muffin mix, milk, muffin tins), simple fruit salad (butter or plastic knife, fruit such as bananas, oranges, pear, grapes, strawberries, pineapple, watermelon), Cookies (store bought cookie dough, cookie sheet), and sandwiches.

### Great for a child who:

Follows basic verbal directions

Can attend to tasks for 3-5 minutes

Doesn't enjoy eating a variety of foods

### How to play:

Put ingredients on the table.

Allow your child to pour, stir, taste, cut, smell, and participate. Let them make a mess!

Target Vocabulary:

Action words include: stirring, pouring, eating, licking, tasting, cutting, smelling, wiping, cleaning, rinsing.

Descriptive Words include: colors, sweet, sour, salty, soft, crunchy, hot, cold.

Kitchen Vocabulary include: bowl, spoon, whisk, oven, refrigerator, table, chair, dish towel, and specific foods such as pudding, jello, banana, lemonade.

Enjoy!