



# Cooking Play: Preschool Lesson



## Harvest of the Month Featured Product- Blueberries and Blackberries

### Objectives

- Children become comfortable and familiar with cooking tools, gaining the confidence they need to be part of making simple recipes

### NC Foundations for Early Learning and Development

#### Goals Addressed:

APL-2, APL-4, APL-5, APL-8

HPD-2, HPD-4, HPD-5

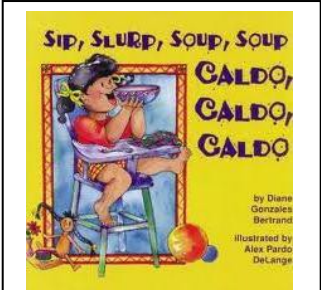
CD-1, CD-11, CD-15

### Materials

- Simple cooking equipment such as measuring cups and spoons, plastic knives, whisks, sifters and funnels, cookie cutters, and other tools that are not sharp
- 3-4 shallow tubs
- Flour, sand, or dirt

### Activities

Set up the shallow tubs outside and fill them  $\frac{1}{4}$  -  $\frac{1}{2}$  full with flour, sand, or dirt. Put a few pieces of cooking equipment in each tub too. Show children each piece of cooking equipment and demonstrate how to use it. Give them at least 15 minutes to experiment with the equipment. You can also include things like muffin tins and pie pans that they can fill and empty. Soak and wash the tools thoroughly after the food play (or get used equipment and designate it as "food play" only).



### Book to Read

Slip, Slurp, Soup, Soup,  
Caldo, Caldo, Caldo  
by Diane Gonzales  
Bertrand

Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).  
[www.growing-minds.org](http://www.growing-minds.org)

Nourishing Connection a program of the Northwest Tennessee Local Food Network  
[www.nwtlnfn.org](http://www.nwtlnfn.org)