



CURRICULUM

Cook to Learn is an opportunity to host a fun night for families to create something delicious together, while also demonstrating how easy it is to bring early math concepts into the kitchen! This curriculum will guide you through the particulars of hosting a Cook to Learn event using an example activity (Fruit Kebabs). You can use this recipe, another Cook to Learn recipe provided, or you can choose your own recipe. The key is to incorporate early math concepts and to have fun!

GOALS

- Engage families in a joyful, creative environment.
- Increase children's and caregivers' comfort with math concepts.

OUTCOMES

- Caregivers will develop familiarity and comfort using math language with children.
- While preparing food, children will discover:
 - Basic shapes
 - Weights & measures
 - Numbers & quantities

EVENT AT A GLANCE

CIRCLE TIME 15-20 min

Facilitator will gather families together for a warm-up circle time, during which the families will be introduced to simple math language and the cooking activity.

- Welcome families with songs and rhymes
- Read a book about food (optional, please see suggested book list)
- Introduce the early math concept(s) you will be focusing on
- Introduce the cooking activity

COOK ACTIVITY 30-45 min

Each family will prepare the dish together, with a focus on child participation and adults learning to use simple math language with their children.

- Families will find a table and sit together
- Children will be the primary "cooks"
- Adult caregivers should be encouraged to guide the activity, using the math language modeled during circle time
- Facilitator(s) will mingle and continue to model using math language in the context of preparing food

COOK LEARN!

SUPPLIES

Circle Time/Demo

- **Cooking supplies** (one set of everything you will be using during the cooking activity)
- **Food** (one of every item you will be using during the cooking activity)
- **Book** (optional)
- **Activity materials** (optional but may include a flannel board story, movement activity, group voting/graphing activity, etc.)

Cooking Time

- One set of **cooking supplies** for each family
- One set of **food** for each family
- **Sink** for washing up before and after
- One “**Cook to Learn Tips**” card per family
- One recipe print-out for each family

CIRCLE TIME & ACTIVITY DEMO

Welcome (5 min)

Facilitator: Gather families together for circle time. If you have limited space, families can stay at their work stations – but you’ll need to project your voice! Begin with a welcome song like “Let’s Say Hello” then a math chant like “Five Red Apples.” *Use songs and rhymes that work for your community, these are only suggestions to get you started.*

Let’s Say Hello

(chant: clap and tap knees to mark out the beat)

Bread and butter

Marmalade and jam

Let’s say hello as *fast/slow* as we can.

Hello! (*all together!*)

happy/sad

loud/quiet

My Apple

Look at the apple I have found

(circle hands)

So round and rosy on the ground

We will wash it and cut it in two

Half for me and half for you.

(hold out both hands)

Five Red Apples

Five red apples high in a tree (reach up)

One looked down and winked at me. (*wink*)

I shook that tree just as hard as I could, (mime action)

One fell down and... (crouch down)

Mmm, was it good! (rub belly)

(Continue until all the apples have fallen from the tree)

COOK LEARN!

Math in Cooking (5-10 min)

Facilitator: *Math is EVERYWHERE in the kitchen! Once you pause to look for it, you'll find so many ways to play with numbers, shapes, patterns, and measurement when you're preparing and eating food together.*

Introduce the food.

Show several of the food items the families will be cooking with and talk about each item's math-related attributes (size, shape, weight).

Example: Hold up a banana that has been cut in half:

- *Look, I've cut this banana into two pieces.*
- *Here is one half, here is the other half.*
- *Are they both the same size?*
- *What shapes do you see?*

Create relationships between the food items.

Example: If you have lots of different fruit:

- *Let's find out everyone's favorite fruit!*
 - Consider a graphing activity. For example, invite *all* family members to vote for their favorite fruit, and create a graph together using stickers or by coloring in a bar chart.
 - *Which fruit do I have the most/least of?*
 - *Which fruit is biggest/smallest?*
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Recipe Introduction (5 min)

Facilitator: *This recipe is meant to be fun for the whole family!*

Introduce the recipe. Show the steps of the recipe using pre-prepared food.

Example (Fruit Kebabs)

1. Wash your hands
2. Show uncut fruit
3. Display fruit that has been cut and separated into bowls
4. Demonstrate how to skewer the fruit

Point out the "Cook to Learn Tips" cards at each station.

- *Please use the cards on your table that encourage ways to talk about math in the kitchen and to get children involved!*
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COOKING TIME (30-45 min)

Example Recipe: Fruit Kebabs

Supplies

- Fruit
- Plastic or metal butter knives (for bananas)
- Paring knives (for harder fruits)
- Small bowls
- Plates
- Bamboo skewers
- *Optional dipping sauce ingredients: yogurt, maple syrup or honey, cinnamon and measuring supplies*

Recipe

1. Cut the fruit into a variety of shapes. Smaller children can peel and cut bananas, pull grapes off their stem, or separate oranges.
2. Sort the fruits into separate bowls. Talk together about the different shapes you see. Count the fruit pieces as you drop them into the bowl. Which bowl is the most full?
3. Begin making your kebabs. Skewer the fruit onto the bamboo to create different patterns. The patterns could be based on anything – have fun!
4. If time/supplies allow, create a simple dip for the fruit. Mix together in a small bowl:
 1. ½ cup yogurt
 2. 1 tablespoon of maple syrup or honey
 3. Dash of cinnamon
5. **Enjoy your snack together! Did everyone get a skewer? Did some family members get more/less fruit?**