

## In the Kitchen

Spend some time looking through a recipe book with your child. Talk about what you might want to cook together.

When you have decided on a recipe, read through the list of ingredients together to check you have everything you need.

Read through the method together, getting out all the equipment you need as you go through the list.

As you are cooking, ask your child to think of lots of different words to describe what they are doing e.g. sticky, gooey, mushy, runny, lumpy.

When you have finished, write together on a post-it note what you think of the recipe. How does it taste? Was it is easy to make? You could then stick this note in the recipe book as a record of what you have cooked.

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