

STEAMY COOKING

GRADES PK+

MATERIALS

Ingredients and tools to make your favorite recipe



ADDITIONAL RESOURCES

[AIMS HANDS ONLINE Webinar](#)

[Tricks to Julienne a Vegetable](#)

[Children's books written by Dorina Lazo Gilmore-Young](#)



OBSERVE

Allow children to explore the sensory details (touch, taste, smell, etc.) of the ingredients and tools they will use.



CREATE

Follow or adapt a recipe. You can also make something new. Look for how the different ingredients stay the same or change when they interact.



PLAY

Look for changes in the ingredients as you observe how they interact. Make substitutions and see what happens. Enjoy eating your creation!

KEY CONCEPTS

Math

Explore geometry as ingredients take different shapes and forms as they are chopped. Estimation, counting and measurement happen as you make the recipe.

Chemistry

As ingredients change forms, they are changing at a molecular level. Hydrating and dehydrating are more examples of molecular changes.

Cause and Effect

As children add ingredients, they can observe changes and make adjustments to the recipe.

QUESTIONS TO ASK

- What do you see? Hear? Feel? Smell? Taste?
- How did the ingredients change?
- What does the change in the ingredients tell you?
- Can you separate the ingredients?
- What tools are you using?
- Where does the heat come from?
- How are you measuring?

THINGS TO NOTICE

- Child's interests may move from one aspect of cooking to another. What are they paying attention to and why?
- Child's favorite sense to explore with. Is it true for outside cooking as well?
- Words and language children use to describe their experience
- What they are curious about?