



Kitchen Explorers

Grocery & meal preparation game

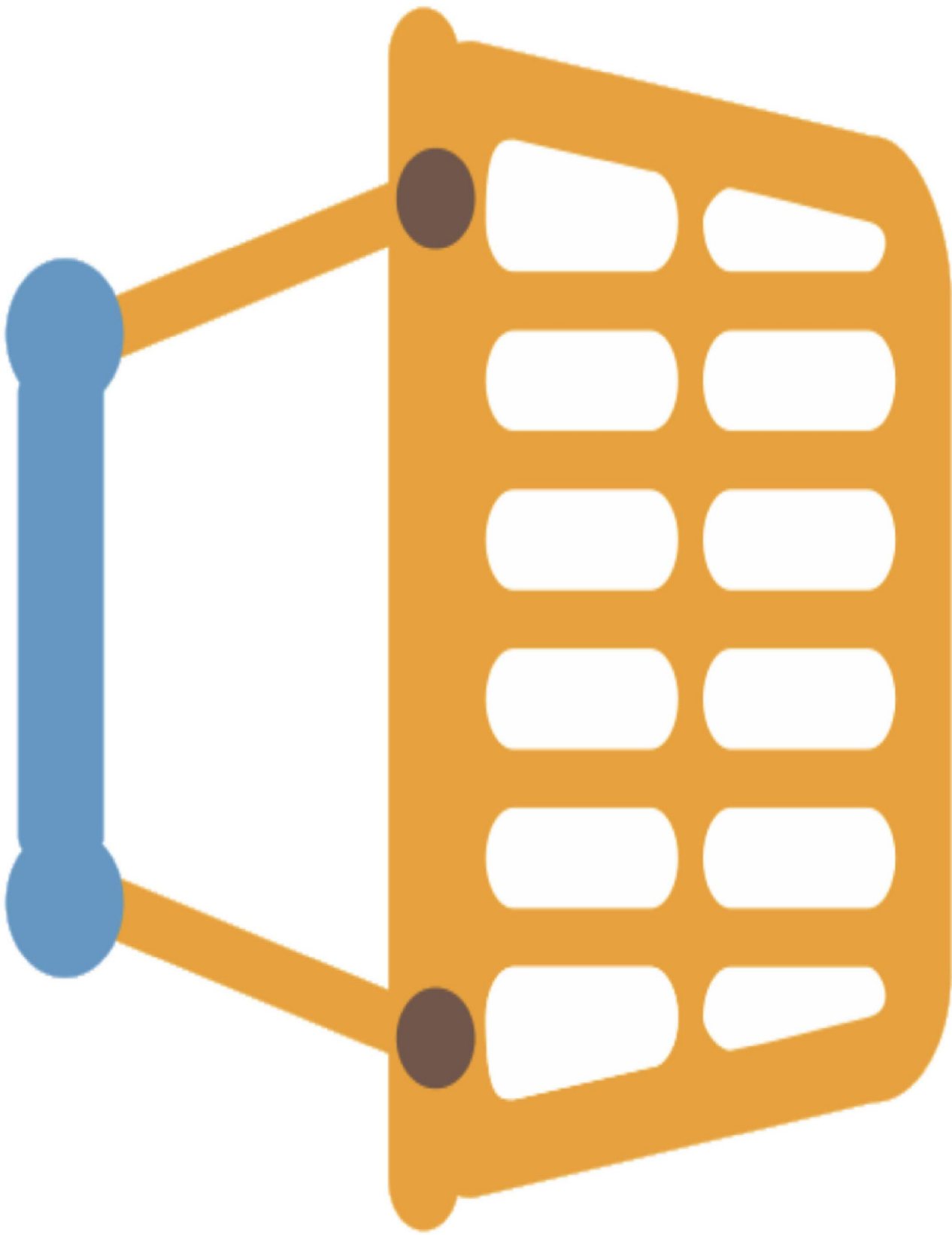
Illustrated by: @stickypun



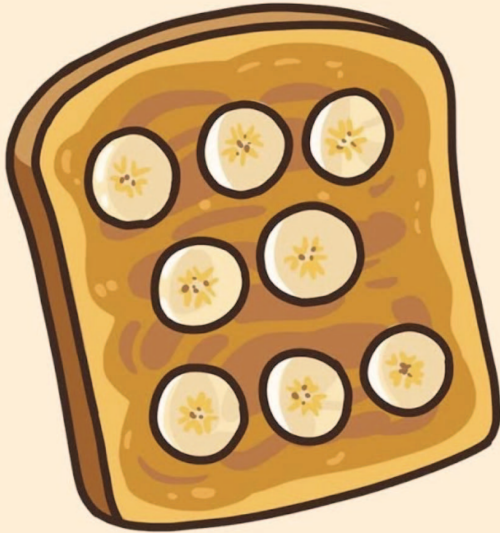
SUGGESTED ACTIVITIES:

- Family bonding time: PREPARE SIMPLE MEALS AND SNACKS with the kids by following the simple recipes. Cook together, share food and enjoy with the family.
- Cut the ingredients and grocery basket from the posters. Do pretend GROCERY SHOPPING by getting ingredients you need for a recipe and putting it in your grocery basket.
- Practice WRITING by copying recipe cards. Younger kids can also PRACTICE FINE MOTOR SKILLS as they manipulate kitchen tools and use their hands for preparing the snacks.
- Work on cognitive skills, planning & organization by following instructions for cooking, preparing ingredients from the list, measuring / counting ingredients, etc.





Chocolate Chip, PB & Banana Sandwiches



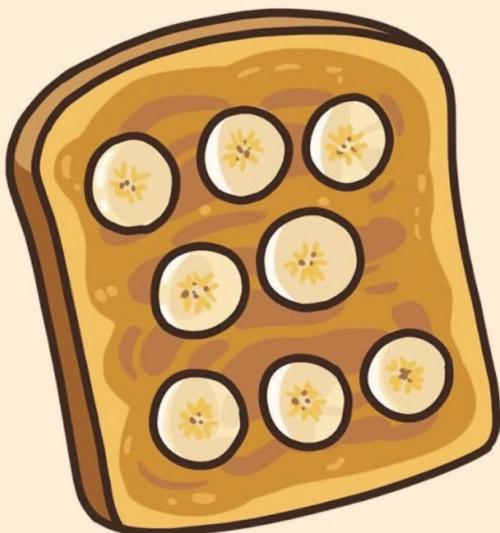
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what ingredients
do we have here?



-  peanut butter
-  honey
-  chocolate chips
-  cinnamon powder
-  whole wheat bread
-  banana, cut






Chocolate Chip, PB & Banana Sandwiches



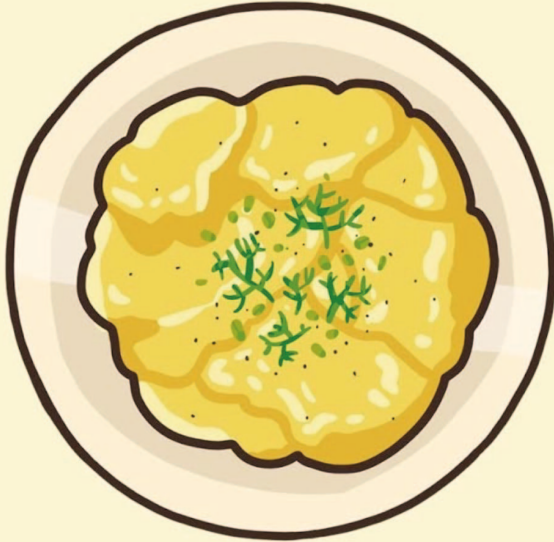
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what ingredients
do we have here?



-  _____
-  _____
-  _____
-  _____
-  _____
-  _____

Scrambled Eggs



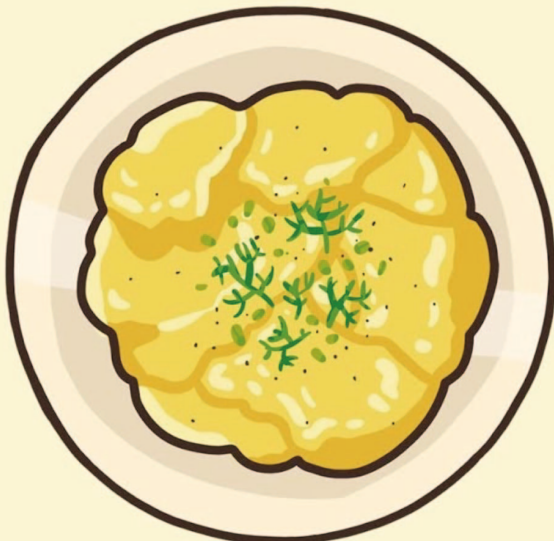
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what ingredients do we have here?



-  eggs
-  whole milk
-  cheese
-  oil
-  salt and pepper

Scrambled Eggs



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what ingredients do we have here?



-  _____
-  _____
-  _____
-  _____
-  _____

Skewered Assorted Fruits



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what ingredients do we have here?



-  berries
-  melon
-  pineapple
-  kiwi
-  dragon fruit
-  grapes

Skewered Assorted Fruits



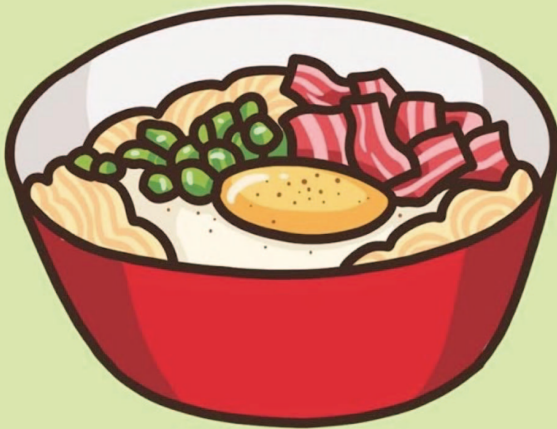
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what ingredients do we have here?







-  _____
-  _____
-  _____
-  _____
-  _____
-  _____

Bacon and Egg Ramen

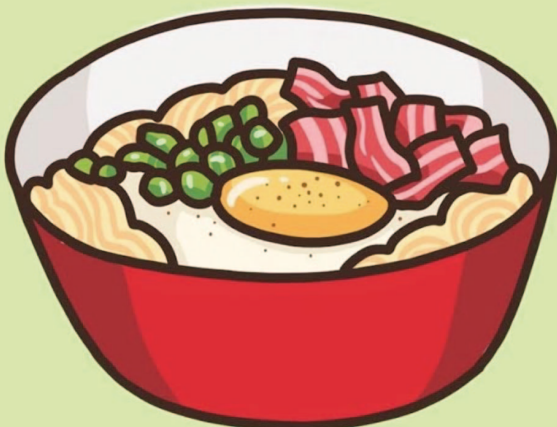


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what ingredients do we have here?





-  instant ramen
-  bacon strips
-  egg
-  scallions

Bacon and Egg Ramen



illustrated by: @stickypun

what ingredients do we have here?

-  _____
-  _____
-  _____
-  _____

Frozen Banana Cereal Pops



what ingredients do we have here?




-  bananas
-  strawberry yogurt
-  cereal

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Frozen Banana Cereal Pops



what ingredients do we have here?

-  _____
-  _____
-  _____

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Iced Choco Drink



what ingredients
do we have here?

-  milk
-  chocolate powder
-  ice cubes

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Iced Choco Drink



what ingredients
do we have here?

-  _____
-  _____
-  _____

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