



Cooking with Kids

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Making Connections By Cooking With Kids

What I love most about teaching cooking to kids is the opportunity to make real-life connections in the kitchen. The kitchen is an ideal place to teach math, geography, culture, science, reading comprehension, and nutrition. Along the way kids learn the joy of preparing wholesome food — a vitally important lifelong skill!

For example, take something simple like popcorn, and the possibilities are endless.

- **Primary chefs** can practice sequencing and early math skills, as they count out and measure $\frac{1}{2}$ cup of kernels. Using an ear of corn as a prop, they can identify the different parts of the plant.
- **Elementary students** studying Native Americans can learn about the important role corn played in the history of our country, when pilgrims first learned how to grow it. Then, they can make a batch of homemade corn tortillas from *masa* — ground corn common in Mexico and Central America.
- **Middle school students** embark on a scientific experiment about density — watching the kernels expand as the moisture inside heats and eventually “pop” or explode. They make predictions and observations (How many cups of popped corn does $\frac{1}{4}$ cup kernels yield? How long will it take for the kernel to pop?)
- **High schoolers** are emboldened to make a How will my best free photo recovery software be returned? Depending on the capacity of the recovered data, we can burn it to any device which you prefer. healthy, whole-grain snack choice for themselves and their family. They can independently research corn and its prolific use in our industrial products — from soda to plastic cups to prepared cookies.
- Meanwhile, **kids of all ages** practice measuring skills, reinforce stove top safety, and delight in the spectacle of popping corn. Of course, everyone loves making a fun snack and exploring different palate combinations with sweet and savory mix-ins, like cranberries, almonds, cinnamon, brown sugar, salt, chocolate chips, raisins, herbs, and butter. Yum!

The other wonderful thing about cooking with kids is that those who help prepare their food are significantly more likely to eat it!

My four and two-year-old have been known to eat a half pound of raw green beans when I give them the task of removing the strings! The single most important thing a parent can do for a “hesitant eater” is invite him into the kitchen to help make a meal. ([Tweet this!](#)) Kids just can’t resist trying a dish they thoughtfully helped prepare.



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I believe in the power of food to **bring families together** in the kitchen and at the table.

I love giving my children the gift of appreciating good food, and an understanding of where it comes from and how to prepare it. They aren't always neat or efficient, but lasting memories and powerful connections are definitely made in our kitchen!



Samantha Barnes is a former middle school teacher and the founder of Los Angeles based [Kitchen Kid](http://KitchenKid.com) (KitchenKid.com), a mobile cooking school for kids, and [Raddish](http://Raddish.com) (RaddishKids.com), a monthly subscription box that makes it easy and educational for parents to incorporate cooking into their homeschool curriculum. Their illustrated recipe guides provide easy-to-follow steps and kitchen tips to create a useful tool for everyone from pre-readers to parents. Each month they also include table talk conversation starters, fun family activities, materials or kitchen tools, and an embroidered patch that gets ironed on to your child's Raddish apron. Additionally, they post monthly

Bonus Bites content such as recipes, activities, suggested allergy substitutions, and a 4-week lesson plan to support homeschooling families throughout the month.

Samantha is passionate about culinary education and believes the kitchen classroom is the tastiest place to learn!