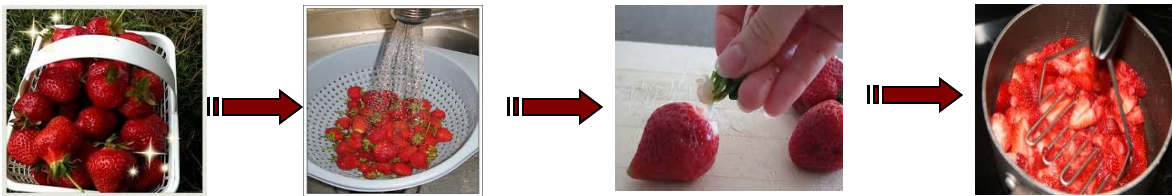


Strawberry Magic: Learning Through Play

Cooking with children encourages them to try new foods and to learn about healthy food choices. Did you know that cooking together encourages children's early reading, math and writing skills too?

Picture recipes help children understand the meaning of letters and numbers. Picture recipes also help children learn the sequence of reading from left to right.

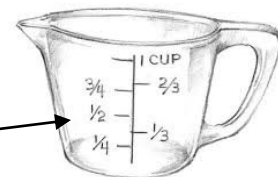
This sample from *Strawberry Juice Recipe Cards* shows children read how to prepare berries before they add other ingredients.



Counting and talking about the number and measures of ingredients in a recipe provides fun, concrete ways for children to explore quantity, and mathematical concepts such as full, empty and half-full.



Understanding numbers and quantity.



Understanding concepts such as 1/2 full.



When children measure, pour, stir and mix, they coordinate movements of eyes and hands. They also strengthen their hand and arm muscles that help young children with early writing skills!

Sing and say rhymes as you are cook and bake together.

This will help your children:

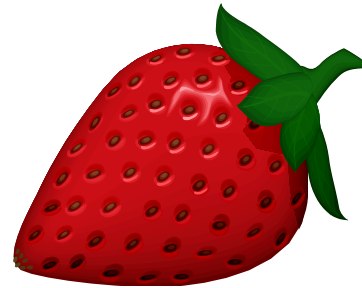
- learn new words
- develop an ear for rhyme and rhythm (phonological awareness.)

Phonological awareness is a foundational skill to understanding how sounds in words are matched to alphabet letters.

Where Oh Where Do the Strawberries Grow?

(To the tune of “Oh Where or Where has My Little Dog Gone”)

Oh where oh where do the strawberries grow?
Oh where or where do they grow?
They are red and sweet,
And good to eat,
Oh where oh where do they grow?



Bannock Chant



Mix ‘em up. Stir ‘em up.
Get them while you can.
I’m making bannock in a pan.

Heat ‘em up, flip ‘em up.
In the air they go.
They no longer are just dough.

Strawberries, blueberries,
Stacked on top.
I’m making bannock that will make you stop.