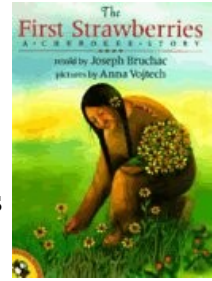


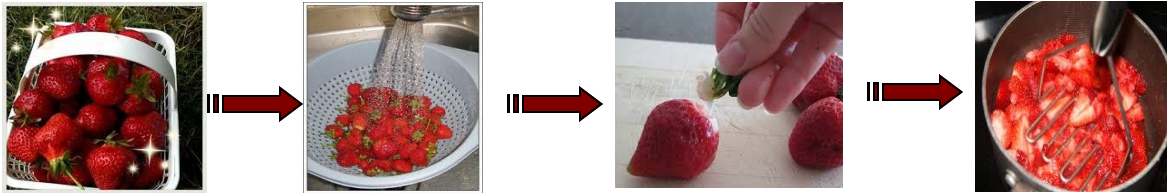
The First Strawberries Learning Ideas



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.

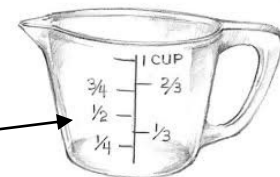
This sample from *Strawberry Juice Recipe Cards* shows children read how to prepare berries before they add other ingredients.



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 learn to coordinate their eyes and hand movements. They also strengthen the muscles in their hands and arms that help young children with early writing skills!

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

This will help your children:

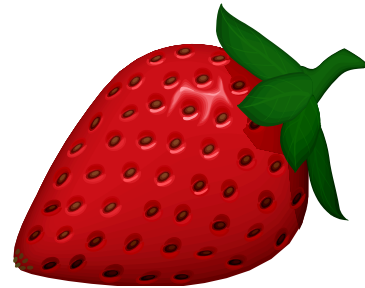
- learn new words
- develop an ear for rhyme and rhythm in words (phonological awareness.)

Phonological awareness is a foundational skill to understanding how sounds in words are coded to 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.