



10 Reasons to Cook with Kids



Fine motor control: grasping, pouring, stirring, chopping, and slicing help strengthen hand muscles and improve hand-eye coordination



Reading practice: Have them read the ingredient list and the recipe out loud



Counting practice



Math practice: Real word addition and fraction practice



Practical lessons in chemistry, biology, and even some physics



Opportunities to teach them about nutrition



Fills time



Great for bonding and making memories



They'll know how to cook for themselves when they move out



You'll (eventually) get dinner made, or better yet, a chance to eat treats!



10 Reasons to Cook with Kids



Fine motor control: grasping, pouring, stirring, chopping, and slicing help strengthen hand muscles and improve hand-eye coordination



Reading practice: Have them read the ingredient list and the recipe out loud



Counting practice



Math practice: Real word addition and fraction practice



Practical lessons in chemistry, biology, and even some physics



Opportunities to teach them about nutrition



Fills time



Great for bonding and making memories



They'll know how to cook for themselves when they move out



You'll (eventually) get dinner made, or better yet, a chance to eat treats!