



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!



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