

Welcome to Kindergarten's Family Cookbook



School



Home



Printable

PHE Curriculum Area(s): Healthy Practices & Relationships

Audiences(s): Primary K-3

Hyperlink: [The Learning Partnership](#)

Description

Welcome to Kindergarten's Family Cookbook is more than an ordinary cookbook. Not only does it provide easy and affordable recipes to make with your child, but also **printable** information on kitchen safety, healthy eating practices, planning meals together, and a list of fun and creative books for you to read with your child around food.

Objective(s)

The Family Cookbook provides families with an opportunity to learn and spend time together. Spending time with children in the kitchen strengthens interpersonal relationships as well as a child's relationship with food. This resource also helps children with strengthening confidence and communication skills through experiential hands-on learning.

Curricular Connections

This resource is connected to Big Ideas from PHE K-3 curriculum books:

K-1: Knowing about our bodies and making healthy choices helps us look after ourselves.

Grades 2&3: Adopting healthy personal practices and safety strategies protects ourselves and others

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com