

## My Amazing Little Cook Book



School



Home



Printable

**PHE Curricular Competencies:** Health and Active Living, Social and Community Health, Mental Well-being

**Audience(s):** Grades K-7 & Parents

**Hyperlink:** [My Amazing Little Cook Book](#)

### Description

The kitchen can be a marvelous and magical place for children to explore and learn. This **printable** resource is filled with photos, easy-to-follow instructions and a host of age-appropriate recipes. Build family connections in the kitchen while creating a delicious meal.

### Objective(s)

Encourage kids to read the whole recipe before they get started. They can use their creativity by adding or substituting ingredients according to taste or what is on hand. Cooking together allows children to use their fine motor skills, develop real-life math skills and practice their reading. It is also a great way for families to connect through food.

### Curricular Connections

This resource relates to the following Curricular Competencies:

- Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships.
- Good health comprises physical, mental, and emotional well-being.

*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](mailto:dashbcresources@gmail.com)*