

In the Kitchen Activities for Monday

On the Move

Favorite Foods Hop

Hop to reach your favorite foods!

Materials:

- Pictures of food
- Tape
- Free floor space

Instructions:

1. Tape pictures of your child's favorite foods on the floor around the room.
2. Encourage your child to pick a food to start and hop from food to food.
3. Once finished, encourage your child to try again, this time hopping over the foods.
4. Encourage your child to call out the food's name when they land on it/hop over it.

Math and Technology

Anyone Can Cook

Anyone can cook! Remy and Linguini work together to cook amazing things.

<https://www.youtube.com/watch?v=G3ISONLLx70>

Sensory Time

May I Take Your Order?

It's dinner time. Let's go out tonight!

Materials:

- Plastic tableware
- Pretend food
- Paper
- Crayons

Instructions:

1. Create a play restaurant.
2. Encourage your child to take your order of what you would like to eat and drink.
3. Provide toddler-friendly kitchen utensils and food props for your child to use to pretend to cook and serve.
4. Demonstrate how the kitchen utensils and props are used.

Story Time

Suggested Book Title: 'Little Chef' by Elisabeth Weinberg and Matt Stine

A little girl prepares to make her grandmother's favorite meal.

Activity: Kitchen Band

Materials:

- Plastic mixing bowls
- Wooden spoons

Instructions:

1. Gather the items and be sure they are sturdy enough to use to make music.
2. Show your toddler how to use the wooden spoon to bang on a variety of bowls or the table to make different sounds.
3. Let your toddler try to copy a rhythm that you create or let them explore on their own.
4. Put on some music and let their inner percussionist shine!

Alternative Book Title: 'Mom and Me Cooking Together' by Danielle Kartes

Arts and Creativity

Cookie Cutter Play Dough

Roll it, pat it, and cut it! Create your own cookies using play dough!

Materials:

- Cookie cutters (or play dough cutters)
- Various colors of play dough

Instructions:

1. Use your hands to manipulate the play dough to make it flat.
2. Use a play rolling pin if you would like.
3. Place cookie cutters onto the flattened play dough and move it around to separate the shapes.
4. Roll and fold other pieces of play dough to create play cookie toppings.
5. Manipulate the play dough in other ways as you would like to create different types of food items.