



30 KITCHEN

ideas for kids



Count & Measure

- Count out the right number of items for a recipe
- Set the table with the correct number of everything
- Measure with cups and spoons of different sizes
- Weigh produce on a kitchen scale and compare
- Convert between teaspoons tablespoons and cups
- Time a boiling pot and predict when it will boil
- Set a timer and calculate the halfway point
- Pour two cups to different levels and make them equal

Cook something

- Bake something from scratch measuring everything yourself
- Cook eggs three different ways
- Make a salad dressing by taste-testing ratios
- Invent a smoothie recipe and write it down
- Make ice cream in a bag (cream sugar vanilla ice salt)
- Cook a full family meal start to finish

Fraction & Math

- Halve a recipe and figure out the new amounts
- Double a recipe to practice multiplication
- Slice pizza into equal eighths or cake into sixths
- Compare prices per unit at the grocery store
- Triple a recipe that serves four for twelve people
- Track how many bananas the family eats in a week
- Estimate how many cups of pasta fill a pot
- Calculate the cost per serving of a meal

Real-World Skills

- Plan a meal on a \$20 budget using the grocery flyer
- Read a recipe start to finish before beginning
- Time-stack a meal so everything is ready together
- Reorganize a drawer or shelf (empty sort put back)
- Name the shapes you cut: triangles rectangles, circles
- Pack a lunchbox efficiently (spatial reasoning)
- Sort produce by size shape or color
- Follow a recipe with no help from an adult



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