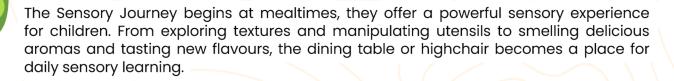
Cooking with Children



The Sensory Journey



Cooking Engages All Five Senses



Seeing

Observing the transformation of the ingredients as they are chopped, mixed, and cooked.



Touching

Feeling the different textures of the ingredients, from smooth flour to bumpy vegetables.



Hearing

Listening to the sizzle of food in a pan, the crackle of chopping vegetables and the sound of a whisk against a bowl.



Smelling

Enjoying the mouth-watering smells that fill the kitchen as food cooks and identifying the different food smells.



Tasting

Bringing together all of the five senses to experience the final flavours of the cooked dish.



Remember!

Sensory experiences are vital for every child's development. Make learning fun by including more sensory play into everyday activities!





By describing these sensory experiences with children as you cook together, you can help them develop a deeper appreciation for food and a love of healthy eating habits.