

Benefits Of Cooking And Kitchen Play For A Child



Improves hand-eye coordination as they stir and serve.



Enhances motor skills as they mix, squeeze, and chop.



Encourages them to follow simple instructions.



Improves their vocabulary as they learn culinary terms.



Helps them discover cause and effect as they bang the utensils.



Facilitates open-ended play and creativity.



Allows them to explore different textures as they hold varied utensils.

References:

1. The Benefits Of Cooking With Preschoolers; Sonoma County Office of Education
2. Feed the senses with kitchen utensils; Australian Government
3. Play In The Kitchen: 6-12 Months; The Genius Of Play