

Marvellous Mealtimes: Cooking Together



How will we play today?

Crumpet Pizza Recipe
Click the image for the recipe!



Marvellous Mealtimes

is Falkirk's approach to relaxing and unhurried snack and mealtimes for our wee people while they are in ELC. **Cooking** is a huge part of the approach as children develop a variety of life skills.

- Cooking with children encourages them to try new foods.
- Cooking with children develops their independence skills.



When we cook, we are:

- **Developing our literacy skills as we follow signs and symbols on recipes.**
- **Exploring our numeracy skills as we measure, count and sort our ingredients.**
- **Trying new foods and exploring the textures of foods. We are exploring our likes and dislikes.**
- **We are working with other people and are learning to share and take turns.**



WORK • PLAY • SUCCEED



TOGETHER

Playing together is really important for developing your child's Language, which is vital for their learning in all areas.

A few top tips to get the most out of playing together!

- ✓ Get down to your child's level & play face-to-face
- ✓ Follow your child's lead in play
- ✓ Repeat new words often
- ✓ Most importantly – HAVE FUN!!!!!!

