

# Reading a Recipe Together

Age: Preschool-age (3-4 years)

This activity helps your child's development in this domain: Language and Literacy

## What You Need:



- Your favorite recipe
- Ingredients in recipe

## What To Do:

1. Choose a simple recipe with only a few ingredients and steps. Look for something that has things your child can measure and mix and does not require a stove.
2. Read the recipe aloud to your child, starting with the ingredients.
3. As you read the ingredients, point to the recipe and show him each item. If the word or item is new to your child, talk about what it is.
4. Have your child help prepare the ingredients for the recipe by counting eggs or spooning the flour into the measuring cup.
5. Follow the steps in the recipe, talking about what comes first then what comes next. As you add each ingredient, allow your child to help. Call attention to how the mixture changes as each ingredient is added.



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