

Curriculum Share

DRDP Measure:

LLD 5: Interest in Literacy Child shows interest in books, songs, rhymes, stories, and other literacy activities in increasingly complex ways

COG 8: Cause and Effect Child demonstrates an increasing ability to observe, anticipate, and reason about the relationship between cause and effect

Age Group: Toddlers, Preschool

Title: Alphabet Soup

Cooking with your child is wonderful and easy way to introduce them to the scientific method. Recipes show a title, ingredients, instructions and final products. You can support your child by asking about their hypotheses (What do you think will happen when...?) and encouraging their observations. Cooking helps children learn how to follow simple directions, understand cause and effect, imitate others in their play and use their fine and gross motor manipulative skills.

Alphabet Soup Recipe

1 8 oz bag alphabet pasta
1 bag of frozen vegetables
2.5 cups chicken or vegetable broth
Salt and pepper to taste
(Optional: 1 Tbsp tomato paste to thicken, 1 tspn oregano or thyme)

Equipment: cookie sheet, bottom heavy sauce pan, large wooden spoon, bowls and spoons.

Using the cookie sheet, spread out the alphabet pasta and let the children play. Spell out words with them like their names, mom, dad, cat, dog, etc. Talk about the shapes of the letters. While you're playing, read books such as Growing Vegetable Soup or Eating the Alphabet by Lois Ehlert or Chicken Soup with Rice by Maurice Sendak. Have your child help you pour all the ingredients into the saucepan and allow them to stir the ingredients before cooking on the stove. Cook on medium heat until the pasta and vegetables are tender. Salt and pepper to taste. Optional: Serve with oyster or fish crackers, counting out the crackers together.

