

Curriculum Share

DRDP Measure:

PD-HLTH 6: Personal Care Routines: Hygiene Child increasingly responds to and initiates personal care routines that support hygiene

PD-HLTH 3: Gross Motor Manipulative Skills Child shows increasing proficiency in gross motor manipulative skills (e.g., reaching, kicking, grasping, throwing, and catching)

Age Group: Toddlers, Preschool

While some children may be hesitant to try new foods, most children love to help in the kitchen. There are many dishes that young children, even older infants, can help to make with their families and caregivers. Adjusting ingredients and materials helps children to engage in cooking activities in ways that support them at their level of development. Young children can grasp, squeeze, pound with tools, shake a bag, pour and stir. Cooking with children are great opportunities to engage in real world math with your child, showing them differences in size, volume, measurements, etc. Mashed potatoes is an easy way for children to help contribute to family meals.

Title: Smashed and Mashed Potatoes

Smashed and Mashed Potatoes

Materials:

2 pounds potatoes cooked soft (russet, red or Yukon gold)

½ cup cream or milk (warm)

4 tablespoons butter (room temp)

Salt and pepper to taste

Large gallon Ziploc bag

Once potatoes have cooled to the touch, have your child help you place all ingredients except salt and pepper into the Ziploc bag and seal completely making sure there are no big air pockets. This is a great time to talk and compare measurements (show them differences in cup and spoon size). For young toddlers, model squeezing and smashing for them then allow them to do it, helping them as needed. For older toddlers, they can use a toy hammer or safe kitchen tool. Older children may not need the bag and you can put the ingredients into a bowl and use a potato masher or wooden spoon. Allow children to shake or grind in salt and pepper to taste.

