

## **Cook Up Some Learning**

Apples, carrots, potatoes and squash are just a few of the tasty foods available this time of year. These nutritious fruits and vegetables are grown in Ontario and are inexpensive. Children love to help with cooking and they can take part in many cooking activities such as:

- Counting items
- Measuring ingredients
- Finding labeled food in the cupboard
- Reading simply written recipes.

So, cook up a batch of apple sauce, mashed potatoes or soup and try to include your children in safe cooking activities. Cooking helps your children learn the importance of math and reading in daily life. As a bonus, they learn about healthy, inexpensive food and how to prepare it for healthy living.