

Tasty Tuesday

Tasty Tuesday isn't just about eating your favorite foods together. It's also about **cooking together** and connecting math with literacy skills and science while introducing ways to connect **healthy habits** into children's lifestyles!

Activity Ideas

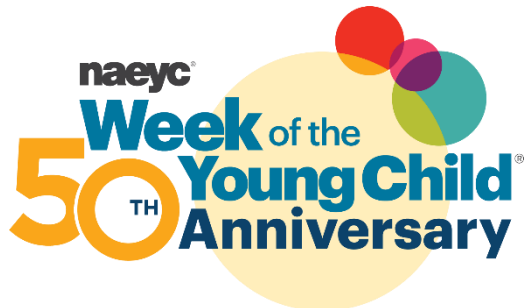
- ✓ Make cookies (either real ones or paper cutouts) for a math activity. Your child can help by gathering ingredients and following the recipe's directions. Remember that children do not need to be involved in every step of the process to enjoy and learn from cooking experiences! Divide the cookies equally among the people (or stuffed animals) in the room.
- ✓ Go on a fridge or pantry Scavenger Hunt. Can you make a snack using all (or most) of the colors of the rainbow? Draw a picture of your plate when you are done!
- ✓ Food explorers: Hide a fruit or vegetable in a paper or cloth bag. Ask children to put their hand in the bag and guess what the food is. Use foods with different shapes, textures, and sizes.
- ✓ Taste buds! Look at your tongue in a mirror. The little bumps you see are called taste buds and they tell your brain if a food is sweet, salty, bitter, or sour. Look in your kitchen and see if you can find something sweet, salty, bitter, and sour.



A Resource for Parents

Here is an article from the NAEYC website about cooking together with your child:

<https://www.naeyc.org/resources/blog/i-helped-mama-too-cooking-tiny-helper>



Thank you to teachers at Furman University CDC for compiling and creating this family activity guide.