

Parents and Guardians,

One of the best ways for children to practice math skills is by cooking. Children often love cooking projects in the classroom, and what better way to practice math skills at home than by helping with the food preparation.

By cooking with an adult, children not only learn about kitchen safety, but also learn about units of measure such as a teaspoon or cup. Children can then learn about volume by filling those units with the proper amount of ingredients. In addition, children can learn more about temperature as they set the oven. They can also practice time skills as they wait for the bell to ring and their goodies to be done. For a challenge children can practice proportions by only making half of the amount suggested in the recipe.

Recipes can be found in cookbooks, in magazines, or online. Here is a recipe to get you started.

Granola Trail Mix

Ingredients:(Part 1)

1/2 cup honey

1 cup vegetable oil

3 cups rolled oats

1 cup dried milk

1 cup shredded coconut

2 cups untoasted wheat germ

Directions:

1. Discuss safety rules of cooking. (Oven mitts, care with sharp utensils, etc.)
2. Spread the honey and vegetable oil on the bottom of a large pan.
3. Spread the dry ingredients in the pan.
4. Bake at 350 degrees for 40 minutes. Be sure to stir every 5 minutes as the ingredients are toasting.
5. Remove from oven and add additional dry ingredients to taste. Some suggestions include: raisins, chopped dried fruit, sesame seeds, chocolate candies, chocolate chips, peanuts, cereal, or chopped nuts. (Be sure to take any food allergies into consideration when choosing ingredients.)
6. Enjoy!

For further math extension have children go to the store to pick out ingredients, check the price on the shelf, and pay for the supplies.

