

# Learning opportunities

This information can help guide an awareness of possible learning that might occur during these experiences. This is not a complete list and learning will depend on how children engage, and how educators respond to this. Please note all experiences should be offered to children, not required of them, to support agency and positive relationships with children.

## Cooking

### Potential learning opportunities

Literacy - Reading recipes, writing down ingredients on a shopping list, ordering items in an online shopping order.

Numeracy - Counting out ingredients, measurement, weight, temperatures, fractions

Science - Exploring how ingredients combine, hypothesising what will happen

Motor skills - Stirring, whisking, cutting, peeling, etc.

Healthy - exploring nutrition and caring for your health, trialing new foods, hygiene practices

### Potential interactions

- Involve the children in the whole process, what they would like to cook, getting ingredients, preparing and cooking
- Invite children to share what they think will happen next and why to understand their level of knowledge
- Discuss hygiene requirements around cooking and get children to come up with expectations
- Discuss sustainability such as food waste, composting scraps etc.
- Allow children to come and go, instead of everyone having to stay and participate to maximise learning opportunities

#### Approved Learning Framework Links

##### Learning Outcomes

1 - Exploring preferences around food; 2 - Understanding rules around cooking and shopping; 3 - Developing physical skills and learning about healthy eating; 4 - Engaging with a range of dispositions and skills through the play; 5 - Engaging with literacy and symbols on products

##### Practices:

Holistic, integrated and interconnected approaches; Responsiveness to children; Play-based learning an intentionality; Learning environments, Cultural responsiveness

