

BLINK AT HOME

Family Recipes

How do we make a recipe?

Skills to Develop

- + Written communication
- + Verbal communication
- + Creative thinking

Materials

- + Recipe card [PDF] (optional)
- + Pencil
- + Crayons/markers/colored pencils

WHAT TO DO

During the Learning Activity

1. Discuss that recipes help us preserve food traditions for our family and friends. Recipes tell us how to mix food and spices together and cook them to create our favorite foods.
2. Explain that today we are going to write down and illustrate our favorite recipes to create our own family recipe collection.
3. Discuss that recipe cards have all the information for making our favorite foods. Ask: *what is your favorite food? What ingredients are in it? How do we combine the ingredients to create delicious food?*
4. Help your child to write the recipe. Invite them to help write the letters or words. On the back of the card invite your child to draw a picture of the finished recipe. Invite your child to contact a loved one for more favorite recipes to add to your collection.
5. Challenge your child to come up with recipes for a non-food ideas: family, friends, bedtime, love, happiness, playtime, naptime, kindness, hugs, and more.

Extend the Fun

- + Search for new recipes to make together.
- + Make the recipes with your children. Cooking is a great way to practice math, directions, and fine motor skills.



Materials

Ingredients

Directions



Materials

Ingredients

Directions