

Family cooking session (to promote home learning)

The Family Learning Festival is a national celebration to mark and inspire a love of learning in family life and takes place each October. Consider activities you can do to support home learning with families. We are getting you started with a family cooking session in the setting to inspire home cooking activities. You can provide copies of the recipes for parents to take home.

Learning aims

- To support home learning opportunities
- To strengthen parent partnerships
- To share children's learning and development between the setting and home learning environment e.g. the use of mathematical language during cooking and baking activities.



Resources

- Printed recipe card with steps to follow (lamine for longevity)
- Spare printed recipes for parents to take home
- Ingredients for your choice of baking or cooking activity. You could consider offering different recipe ideas for children and parents to choose from
- Dishes, plastic tubs, or bags to take home finished product
- Camera
- Card, glue, pens
- Hole punch and treasure tags.

Activity Outline

1. Plan your cooking space and utensils etc. to enable families to join in the cooking activities.
2. Invite family members to come into the setting to take part in your family cooking day. Encourage a range of family members to join you so you can provide an intergenerational event
3. Prepare your spaces/tables with recipe cards, ingredients, aprons, and utensils needed to cook or bake with and invite families to choose a table depending on what they choose to cook or bake
4. Discuss where families can wash their hands before, during, and after the activities
5. Discuss safety arrangements for use of the kitchen cooker or other heated appliances
6. During the activity – practitioners should spend time talking to and supporting parents and family members. Talk about home cooking experiences, favourite meals, children helping, and the learning benefits from children sharing in cooking and baking activities. Answer any questions parents may have about safety issues in a kitchen or when children take part in baking or cooking activities
7. Take photos of the event and all the families taking part to create your own ‘Family Learning’ project book. Print off the images and stick them on to the card. Punch holes and use treasure tags to keep the pages together. Add a narrative for each family photo and add additional information about the learning outcomes from cooking activities. Photocopy the finished book (in colour would be best) and leave copies out for parents to take home and look at with their child
8. Parcel up the finished cooking and baking products to go home with the family. Provide spare copies of the recipes so parents can take them home to bake and cook again together with their children.

Extending the activity

- As part of the Family Learning Festival, ask families to send in pictures of things they do together at home or out and about in the community and create a family learning display. Add information about what children learn from the activities and invite parents in to view the display
- Pull together the shared activity ideas into one document and give the ideas to your parents

Special considerations

- *Check allergy information for all children and check if any family members have allergies*
- *Risk assess the use of heated cooking appliances and how you will control access and use of these*
- *Risk assess the use of chosen cooking utensils*
- *Risk assess how you will manage additional adults coming in and out of the nursery room.*