



Making A Meal

Ages 3 years—4 years

Objective: The child uses early math skills and following directions to prepare and make a meal.

Materials needed:

Choose ONE from these three diverse cultural dishes to easily make with your child at home today for dinnertime!

[Italian Baked Spaghetti](#)

[Spanish Beef Tacos](#)

[Chinese Chicken Fried Rice](#)

Procedures:

This activity needs adult assistance at all times!

1. In the kitchen, put an apron on your child or something they can get a little messy in if need be.
2. Tell and teach child the recipe for making the meal you chose.



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3. Following the step-by-step directions, have them get out all of the ingredients necessary and place on kitchen counter.

4. Follow the recipe directions to make the meal. Help as needed. Print recipe out to refer to if needed.

5. Complete making meal to eat for dinner time. At dinner, discuss with your child about what you made together, how you did it, what ingredients were used, and what kind of culture eats this kind of food.

Milestones to meet:

The child can follow a set of verbal directions. The child can count, add in, and mix together ingredients to prepare a meal. The child learns how to make a culturally diverse dish.

Evaluation:

Did this lesson work for your child? Why or why not?