



# LEARN THROUGH PLAY

## Helping to make lunch

Children love to help and there are a lot of benefits to your child's development from helping in the kitchen.

### Why not?

- Encourage your child to taste new foods?
- Whenever possible, take the time to eat together as a family and talk about your day?

# LEARN THROUGH PLAY - Helping to make lunch

## The benefits of this activity:

- It helps them feel part of the family
- It develops their team building skills as you work together
- It teaches them life skills - as your child gets older, teach them how to make their own snacks



**CAUTION:**  
Supervise your  
child in the  
kitchen!

