

# What is this for?

## Let's play and talk together

- ❖ Let your child explore the drawers where you keep cooking, serving and eating tools.
- ❖ Talk about how you use different tools for cooking, serving and eating, e.g. spoons, forks, chopsticks, ladles, etc.
- ❖ Mix up some cutlery on a clean, flat surface and encourage your child to sort it into groups, e.g. large spoons, small spoons, knives, forks, etc. Talk about how the groups are different, and which foods you could eat with each group.
- ❖ Show your child how to set the table for a meal. Choose tools that go with the food you will be eating.



## A good read-together book



**Cooking Tools** by Inez Snyder

You will need kitchen tools used for cooking, serving and eating.

This activity helps children learn about how to cook and eat different foods, and how to set the table.

## Hints for success

- ❖ Encourage your child to ask questions about what different cooking tools might be used for.
- ❖ Think of healthy foods that you could eat with each kind of cutlery.

Which one could we use to serve the spaghetti?

What do you think we need on the table for lunch today?

**Ways to say it**

# More ideas for What is this for?

## Try this way

- ❖ Ask your child to fill in the word "knife," "fork," "spoon" or "chopsticks" as you say, "I eat my \_\_\_\_\_ with a \_\_\_\_\_," e.g. "I eat my cereal with a \_\_\_\_\_." If your child is being playful (e.g. "I eat my cereal with a fork"), try to eat the food that way and see how it works!
- ❖ Invite children to create a make-believe restaurant. Decide who will set the table, take orders and serve the food. Take turns. Switch for breakfast, lunch and dinner. Encourage children to order healthy foods such as fruits, vegetables and milk with each meal.

## Drawing

Help children make place mats with outlines of cutlery, a plate and a cup. Decorate the place mats. Invite children to help set the table using the outlines as a reminder.

## Book link

**Eat Your Dinner, Please: A Pop-Up Book**  
by Allia Zobel-Nolan



## Oh, Before I Eat My Meals

(Sung to the tune of  
If You're Happy and You Know It)

Oh, before I eat my meals, I set my place,  
(set, set)  
Oh, before I eat my meals, I set my place,  
(set, set)  
I set everything I need,  
I feel very proud, indeed.  
Oh, before I eat my meals, I set my place.  
(set, set)

Author unknown

## Safety tip

Put sharp knives and other dangerous kitchen tools out of reach.