

Useful words/signs/symbols to use....

- “more”, “finished”
- “go”, “stop”
- “in” e.g. pour in, put in
- “stir”, “cut”, “pour”
- “careful”
- “my turn”, “your turn”
- “help”

Take turns.....

- to stir/pour/roll/cut
- Say “my turn”, “your turn”
e.g. “my turn to roll”,
“your turn to pour”

Can you find.....

- a named item e.g. spoon,
bowl, pan, whisk
- ingredients e.g. flour,
butter, eggs, milk
- items by size e.g. a big
bowl or a small spoon

Cooking

What is happening.....

- Talk about what you
are doing using simple
language e.g. “pour
in”, “more flour”
- Talk about the
sequence of the
activity e.g. first _____,
then _____

Anticipation and attention.....

Pause between
rolling/pouring/stirring, see if
your child will communicate
“more”. If they don’t respond
then model “more” using the
word and sign/symbol

Offer choices.....

Hold up items or pictures for your
child to name, look at or point to:

- What to make e.g. Shall we
make cakes or biscuits? Or
what to cook e.g. Shall we
have carrots or peas?
- What equipment e.g. Shall we
use the big spoon or little
spoon?
- More or finished e.g. Shall we
put in more or finished?