

10 BENEFITS OF KIDS COOKING



CREATE A
BONDING EXPERIENCE

CREATES OPPERTUNITY
TO DISCUSS SENSES



BOOSTS SELF-ESTEEM
CONTRIBUTING TO FAMILY

TEACHES CHILDREN
LIFE SKILLS



USES BASIC
MATH SKILLS

ALLOWS SCIENTIFIC
OBSERVATION



PROMOTES PRACTICING
FOLLOWING DIRECTIONS

OPPORTUNITY TO
DISCUSS HEALTHY FOODS



ENCOURAGES
CREATIVITY

CAN IMPROVE
CULTURAL AWARENESS

