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TURN YOUR KITCHEN INTO TINKERING LAB FOR YOU CHILD



Amidst uncertainty, fear, boredom, isolation lockdown period has taught us valuable lessons like living does not demand much, its lifestyle. Our stay in cocoons has helped us to learn advance digitalization, to create balance between being at home and work from home. but one thing that proved to be our pressure cooker point was to engage millennial generation. Being a School counselor and life skill coach I feel turn this challenge into great opportunity by turning your homes into learning hub specially your kitchen. The Kitchen is your Tinkering lab which can teach a child all the life skills. Here are few ideas.

Teach them ways of cooking-Baking, Frying, Grilling, Roasting, Steaming, Sautéing or Braising, Stewing.

Ways of Cutting food-Peeling, Chopping, Grating, Crushing, Dicing, Slicing, Shredding .

Mixing food- Add, Knead, Stir, Blend, Beat, Fold, Scramble, Whisking and Sieving.

Ways of cleaning-Scrubbing, Wiping, Soaking, Rinsing, Dumping, Drying

Names of Utensils, Spices, Pulses, Cereals.

Simple ways of **testing food** adulteration, checking food is stale or fresh.

Taste and flavours of food like sweet, sour, salty, Tangy, Food Cooking, Weighing, Storing, Dressing Skills and food nourishment .

Meal Planning and budgeting.

Maths teaching compare, fractions or convert measurements, like $\frac{1}{2}$ cup or $\frac{1}{4}$ chapatti etc.

Teach- Food safety rules or first aid on accident.

Modify, improvise, and create new recipes

Home remedies, First aid by using products in kitchen

So teach your child Thinking, Emotional, Social skill along with science, math in your own lab.

Wish you happy learning

