Learning in the kitchen

Everyday learning with your child • Ages 3–5

Talk, notice and try things together. Cooking, eating and cleaning can build big skills.



Learn through family routines

Making chapatis, preparing rice or dhal, and sharing a meal offer chances to talk, count, explore and help.

Use Urdu, Punjabi or the language your family speaks most confidently. Name foods and describe what you do.

Talk through a recipe

Name ingredients such as atta (chapati flour), rice and lentils. Use first, next and last. Describe how dough changes as you mix.

“The flour was dry. What is it like now?”

Count, measure and compare

Count spoonfuls, compare full and empty cups, or share dough into small balls. Notice which chapati is bigger or smaller.

“We need four dough balls. We have three. How many more?”

Build strong hands for writing

Wash hands, then let your child knead, press and roll a small piece of chapati dough. Draw a meal or make a pretend recipe.

“Press, squeeze and roll. What shape can you make?”

Set the table and share a meal

Match one cup and spoon to each place. Practise passing food, taking turns and saying thank you. Include Bismillah if part of your routine.

“There are four people. Have we got enough cups?”

Explore food together

Talk about colours, textures and smells, such as fresh coriander. Offer familiar foods alongside something new, without pressure to taste.

“What can you tell me about this food?”

Clean, sort and put away

Give your child a damp cloth to wipe a cool table. Sort safe utensils and put them away. Talk about why we clean before and after meals.

“Which spoons belong together? Where do they go?”

Make it right for your child

Start simple: name a food, count 1–3 spoons or wipe a small space.
Add a challenge: measure with a cup, explain recipe steps or draw and label a meal.

Give your child one small job. Make time to talk, try and enjoy being together.

Supervise closely. Adults handle heat, sharp knives and cleaning products. Use safe utensils; keep raw meat separate. Adapt to allergies and needs; sit together to eat.

St. Philip's CE Primary Academy
Working Together