

Our Continuous Provision Curriculum

Cooking & Baking

Cooking & baking in the early years is a great, fun experience which offers a wealth of learning and development. It is an authentic experience where children can gain a range of skills, specifically in Maths. It helps children understand traditions and aids language and communication. When children can complete activities independently their confidence soars. Following a recipe also helps children to learn to read for a purpose and follow instructions. They can talk about their likes and dislikes and about healthy eating.

One cooking / baking activity is able to promote all seven areas of the early years foundation stage and because children enjoy the experience so much they are not even aware they are learning about numbers or developing skills. As well as developing all seven areas, baking and cooking is a sensory experience, engaging often all five senses making it a more memorable experience, and truly engaging the children in the early years.

Cooking gives children knowledge about food, where it comes from, and what is healthy and unhealthy. We know these are all important skills to give to children in order to encourage them to make positive food choices. Our regular cooking and baking activities provides children with valuable self help skills and learn some delicious recipes which they can share with their parents.



Areas of learning included when Participating in Cooking & Baking activities:
Numeracy, Physical development, Understanding the World, Expressive art & design, Communication and language, Literacy, Personal, social and emotional development.