

# LITTLE BOOKS & LITTLE COOKS

Lincoln County  
2016

University of Nevada  
Cooperative Extension

Principal Investigator: Yaebin Kim, Ph. D., Childhood Development Specialist; Holly Gatzke Ph. D. Extension Educator, Faculty at the University of Nevada-Cooperative Extension  
Instructor: Anna Gloeckner and Kimberlie Barfield



## Class Description

- ▣ The *Little Books & Little Cooks* program is a 7-session parenting education series for preschool age children (3-5 years old) and their parents. The goal of the program is to teach healthy eating and nutrition to families while developing positive parent-child interaction through reading and cooking together. Children also learn and practice school readiness skills.



## The *Little Books & Little Cooks* program will help children learn: **Pre-math skills**

- ❖ Counting, measuring, sequencing, shapes, colors, sorting and fractions.



## Pre-reading skills

- ❖ Improving vocabulary and print awareness through cooking and making recipe books.



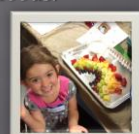
## Pre-science skills

- ❖ Discovering food groups, learning how food grows, observing how food changes while cooking and using the five senses.



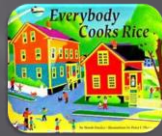
## Creative Art

- ❖ Creating and decorating foods.



## Cultures and History

- ❖ Having the opportunities to experience other cultures through reading books about multicultural foods, cooking and eating together and sharing their own family recipes.



## Nutrition and Health

- ❖ Learning how to eat healthy, good nutrition and hygiene (e.g. hand washing and food safety)



## Social Skills

Uncovering the importance of being responsible, working together, sharing, self-esteem and self-confidence.



## Physical development

Developing fine motor skills when chopping, stirring, pouring, cutting, and cracking eggs.



## Parenting Message

- ❑ *Little Books & Little Cooks* is not only a nutrition and cooking class, but also a parenting class as well.
- ❑ Using the *10 tips Nutrition Education Series*, we educate parents on how to be a healthy role model for their children.



## Graduation

After the 7-sessions the children earn a certificate, a chef's hat, an apron, and their own set of measuring cups.



Questions???

Please feel free to ask me  
questions or give comments.

**Thank you for  
your time.**