

# LITTLE BOOKS & LITTLE COOKS

Lincoln County

2016

University of Nevada  
Cooperative Extension

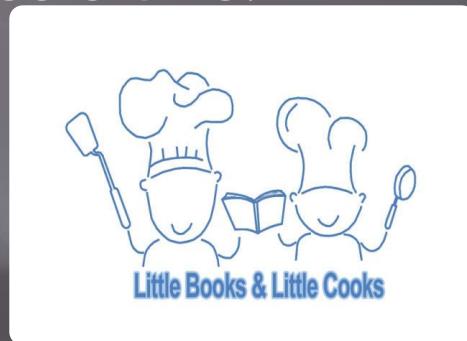
Principal Investigator: Yaebin Kim, Ph. D., Childhood Development Specialist; Holly Gatzke Ph. D. Extension Educator, Faculty at the University of Nevada-Cooperative Extension

Instructor: Anna Gloeckner and Kimberlie Barfield



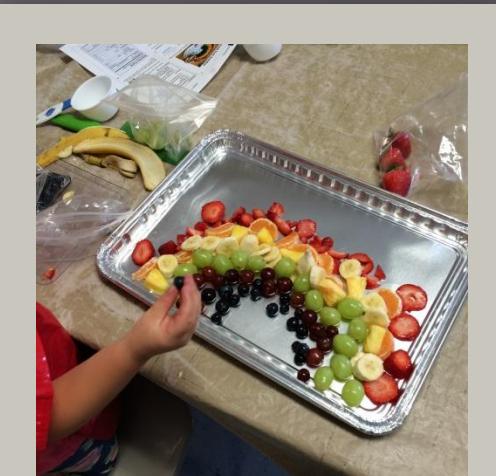
# Class Description

- 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.



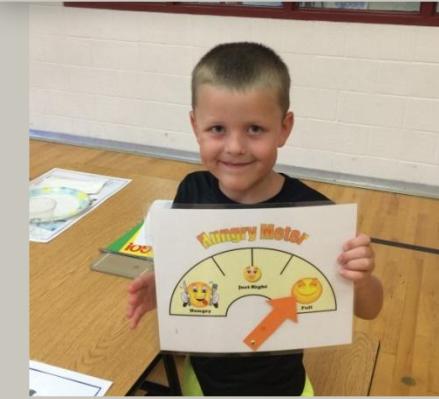
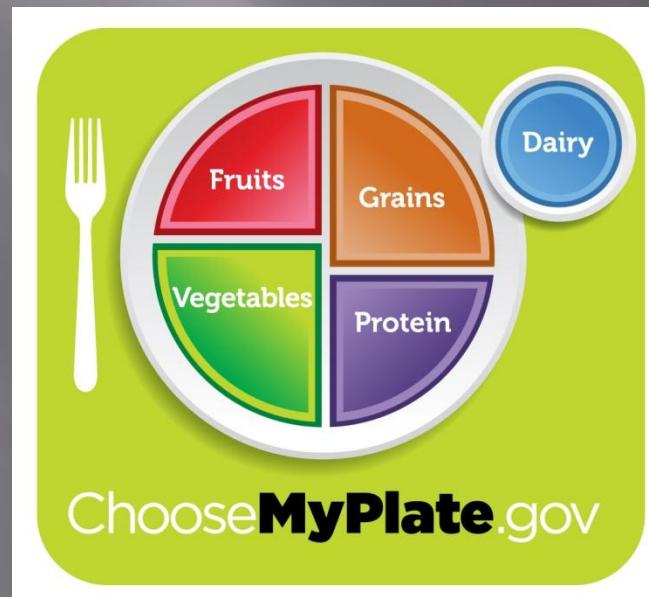
# Pre-reading skills

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



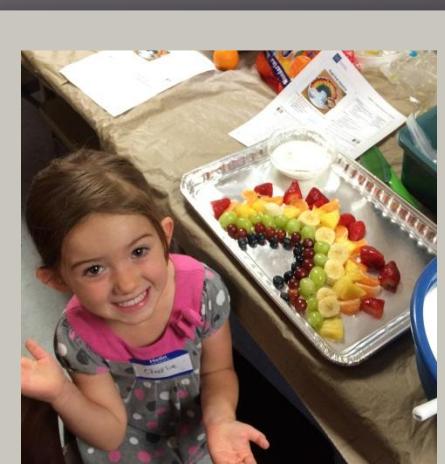
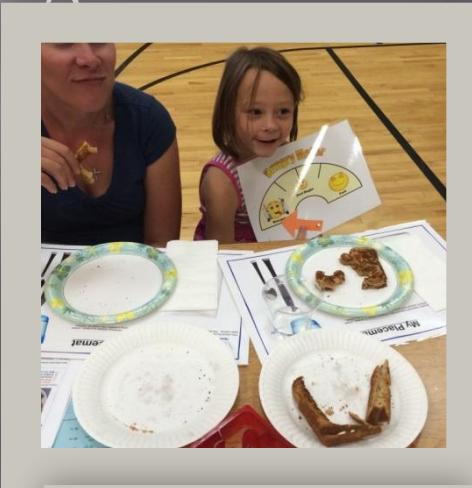
# Pre-science skills

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



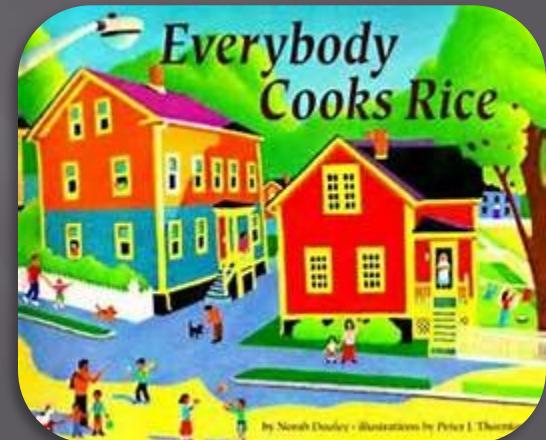
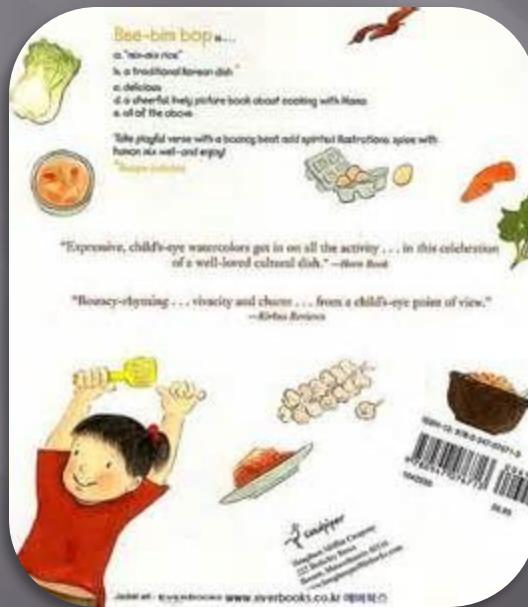
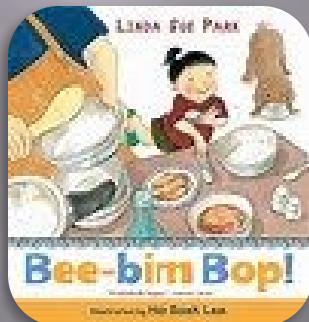
# Creative Art

Creating and decorating foods.



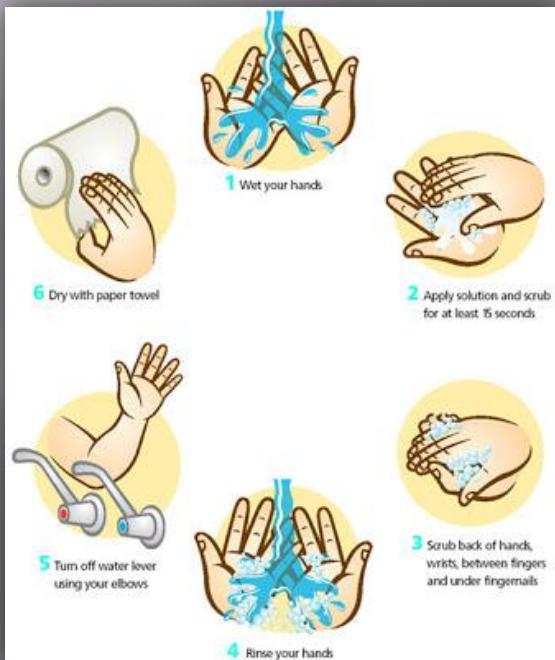
# Cultures and History

- ❖ 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 chefs 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.