

LITTLE BOOKS & LITTLE COOKS

Lincoln County

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University of Nevada
Cooperative Extension

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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.



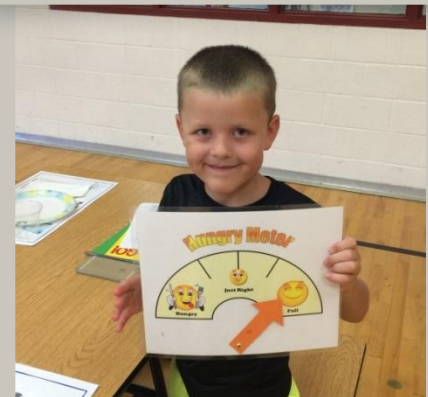
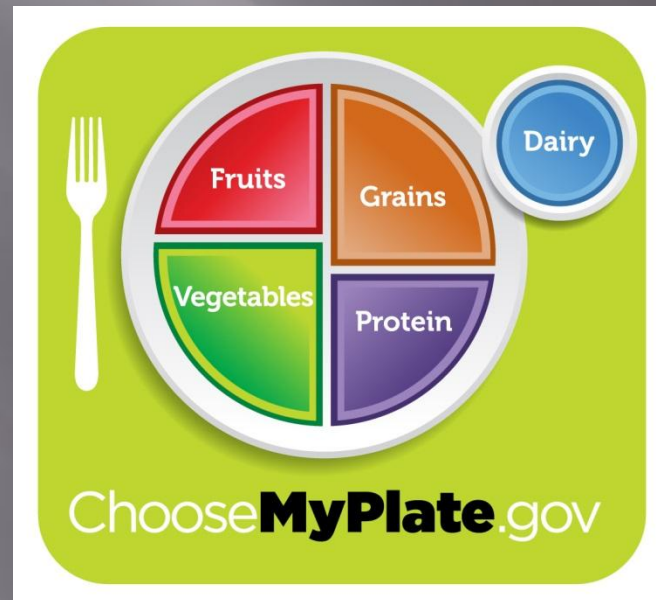
Pre-reading skills

- ❖ 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.



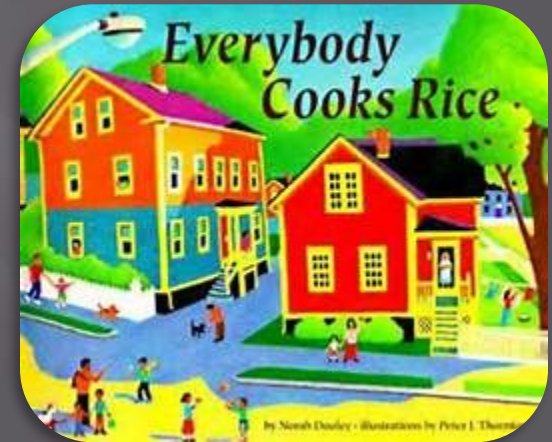
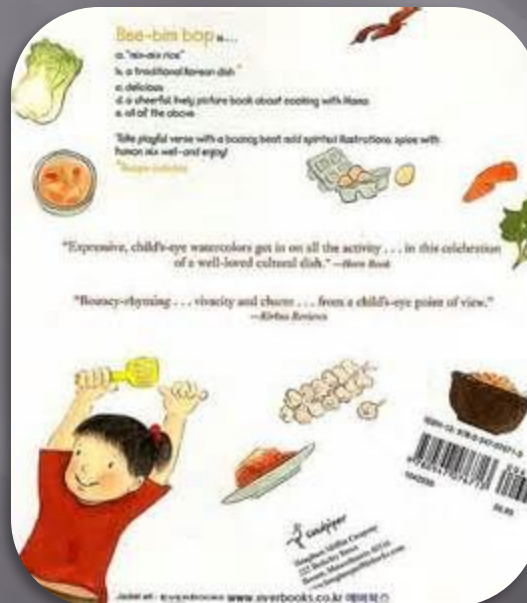
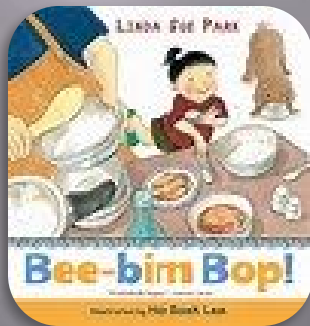
Creative Art

Creating and decorating foods.



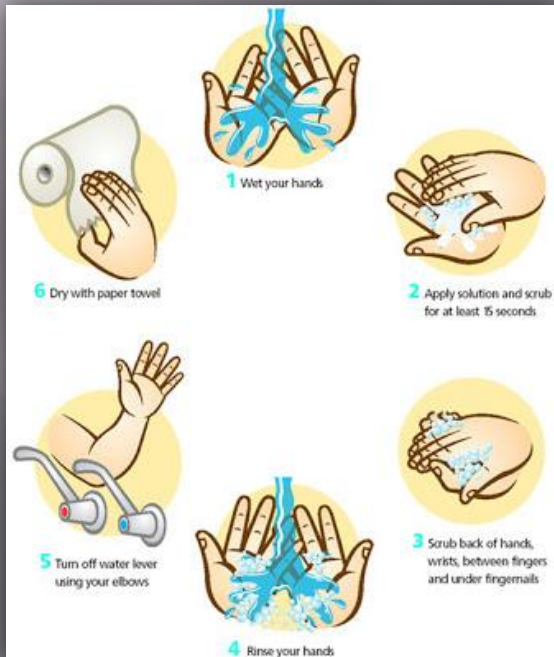
Cultures and History

- ❖ 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)



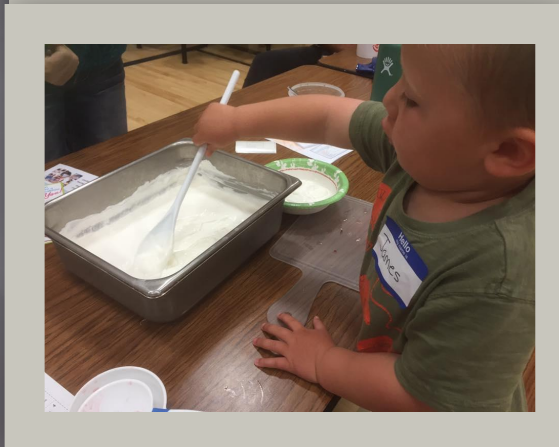
Social Skills

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.



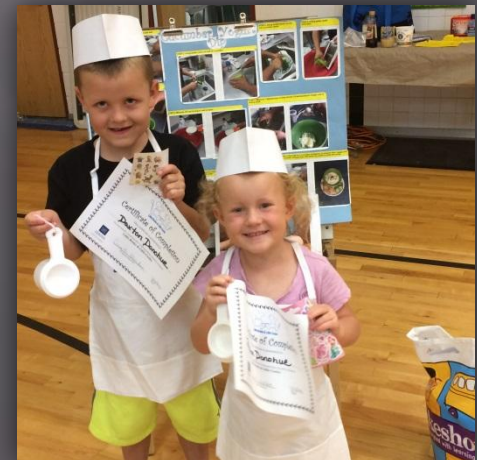
Parenting Message

- *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.