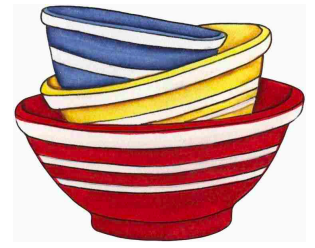




BOWLS

Why learn about bowls?



- Bowls are common kitchen objects and are primarily used in cooking.
- Talking and learning about bowls can be a great jumping off point to talk about *food*.
- Children can talk about what foods they like to eat and do *not* like to eat; ask others what they like to eat; talk about all the different types of food your family eats.
- Bowls are a safe kitchen object so children can participate in any cooking routine
- Bowls are not just for food and you can talk to your child about all the different uses for bowls (i.e. art, washing)



LOOK around...

- Go on a scavenger hunt around your home to find different types of bowls. Do your children notice that the *sink* is shaped like a *bowl*? What about *pet dishes* or *parts of toys*?
- Have your child draw on paper their *favorite* looking bowl if they have one. You can also invite other to draw their *favorite* bowl and share about it



Make something...

- Choose and make a *food* that uses *bowls* and talk about the different *types* of bowls you use when making food
- Find a **BIG** bowl and **SMALL** bowl – compare the sizes using a measuring tape
- Fill a bowl with soap and water and have your child wash items – talk about how bowls are not just for eating!



TALK about it...

- Some questions to ask your child:
 - What *shape* are bowls?
 - Which bowls are *big*? Which are *small*?
 - Do some have *big* openings or *smaller* ones? What's the difference between *deep* or *shallow* bowls? How much do you think each will hold?
- Talk about all the things you can make *in* bowls
 - Bonus: Call up family members or friends and ask them what they *like* to *make* in their bowls
- Play "*Plate or Bowl?*"
 - Ask your child if a certain food is *better* in a *bowl* or *plate*
 - (i.e. "is it better to eat cereal out of a *bowl* or *on a plate?*", "is it better to eat toast out of a *bowl* or a *plate?*")
 - May be possible that the answer is both

