



# Applesauce Pancakes



Last week, the children made applesauce pancakes for snack. Before they were even able to get started, they had to use a food mill to make their own applesauce! Once each child had made their applesauce, we continued down the table adding the next ingredient. After all of the ingredients were in their cups, they mixed the ingredients together and helped with pouring the mix onto the skillet. The children really enjoyed making the applesauce, even if they didn't want to add it to their pancake. When the pancakes had finished cooking, the children took them over to the snack table, added their butter and syrup, and sat down to enjoy!

During the activity, the children expressed an understanding that by using the food mill they were turning cooked apples into applesauce. I helped the children to reach this understanding by asking questions about the purpose of the food mill and what it was helping us to do. A skill that the children were able to practice when adding their ingredients was leveling the top of the scoop of pancake mix before adding it to their cup. The children were able to practice this skill by having access to a popsicle stick that they could use as a leveling tool. Another skill that the children were able to practice was using the instruction cards as a guide through the steps of the activity. The children were encouraged to use the cards to figure out what they needed to add next.



Cooking activities are an important experience for young children because it gives them the opportunity to practice many different skills. The children have the chance to develop math skills by using different measuring cups and spoons to add the necessary ingredients. By using the measuring cups and spoons, the children are also getting the opportunity to practice their fine motor skills. Cooking activities can teach children about science concepts, such as watching an object go from a liquid to a solid and vice versa. It is important that children are allowed to participate in cooking activities in order for them to have an outlet to express their creativity, and to learn skills that will help to further their education.