

Learning Through Cooking: Soft Pretzels



On Friday, October 28th, we made soft pretzels for snack. The children tried to roll their own piece of premade dough to a designated length. They rolled, pulled and manipulated the dough in order to stretch it to match the two-dimensional figure that was displayed. Once the dough was rolled out they shaped the dough into any shape they wanted. The children “painted” the dough with butter and sprinkled some salt on top to give the pretzel that golden brown appearance and delicious taste. Lastly, they found their name “flag” and placed the toothpick with their name on it into their dough to mark their pretzel. We baked the dough in the oven and the children enjoyed a soft pretzel at the end of the day.

Soft pretzels are a delicious snack but this activity also provided learning opportunities for all of the children. In order to complete the activity the children had to follow simple directions. With the assistance of clearly marked instruction cards the children could maneuver their way through the lesson on their own or with little assistance. The children also used their fine motor skills to roll their dough to match the two dimensional model. All of the children used their own unique methods to manipulate their dough to match the picture. This objective stretched their fine motor abilities and provided an introduction to measurement. Once the children were done with their dough they found their name and placed their toothpick into their dough. The name flags were used to see if the children could find their name in written form.



Cooking in class not only supplies children with a delicious snack but it also provides ample learning opportunities. A simple cooking activity such as this one, pretzel making, provides opportunity for advancement in fine motor skills, language development, cognitive development as well as early math and science concepts. Cooking provides a hands-on and developmentally appropriate way to educate children and encourage growth in all areas of development. I enjoyed cooking with all of the children; their curiosity and happiness made this a memorable experience.