

# Pumpkin Cream Cheese Dip

## Description of Activity

On November 17<sup>th</sup>, the children were given the opportunity to participate in making their own snack! The recipe for pumpkin cream cheese dip is very simple and the ingredients included are mashed pumpkin, cream cheese, brown sugar, cinnamon, and maple syrup. Each child was able to use the instruction cards, as well as the measuring spoons, to add the correct amount of each ingredient into the food processor. Once added, the children mixed the ingredients in the food processor and scooped out their dip into a separate bowl. The pumpkin cream cheese dip was then ready to taste!



## Importance of Cooking Activities

Cooking activities have the ability to be a meaningful learning experience for every child. The course content of math is being incorporated because the children are being introduced to the concept of measuring. In addition, fine motor skills are being used as the children hold the measuring spoons and scoop the ingredients. At the Young Children's Program, literacy understanding is constantly being developed and cooking activities are no exception. The instruction cards allow children to gain awareness for print and encourage independence while following a recipe.

## Activity Objectives

While planning this cooking activity, there were three objectives that I kept in mind.

1. Students will refer to instruction cards to follow the recipe.
2. The students will use the measuring spoons correctly as they add ingredients to the recipe.
3. The students will orally express what is happening as they use the food processor and how the ingredients are changing in appearance.

The first objective was met by guiding the students to look at the instruction cards to find the picture of the ingredient that should be added next. They were also told to look at the instruction card for the number of scoops to use. The second objective was met by allowing the students to scoop the ingredients while using the measuring spoon. They also were given a popsicle stick, to level off the top of the spoon, in order to add the correct amount. The last objective was met by allowing the students to push the button on the food processor. I asked the children questions about what was happening and the color of the dip.