



What Does Cooking Do? Activity



This math and science activity is from the Our Senses Teach Us Theme Unit in the LANA Preschool Program.

Materials:

- Broccoli
- Carrots
- Sugar snap peas
- Knife
- Pot or microwave safe container
- Stovetop to boil or microwave to cook vegetables
- Water

Preparation:

Wash vegetables under running water. Cut broccoli and carrots into pieces.

Directions:

1. Encourage the children to touch and taste a sample of the raw vegetables.
2. Discuss what they feel like, such as whether they are hard or soft.
3. Then cook some vegetables on the stove or in the microwave.
4. Once the vegetables are cool, encourage the children to taste and feel them again.
5. Discuss how they are different from the raw vegetables and how they are the same. For example: is their texture different? Is their color different?



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