

Make a joyful noise in the kitchen.



Your kitchen doubles as a classroom that equips kids with life skills galore. Cooking is also a fun hands-on activity that teaches literacy, science and math. It doesn't have to be complicated - give them jobs that you know they can manage and build from there. Be patient with the extra time it takes and the mess it makes. What's important is that you are spending quality time together and helping them build important food skills.

