

This pamphlet was created by the Idaho State Department of Education.



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For additional resources and supporting materials for this pamphlet please visit:

[Mindful Minutes: Helping Your Child Learn Through Everyday Moments](#)

Mindful Minutes: Helping Your Child Learn Through Everyday Moments

*Cooking with a recipe teaches children
to follow directions in order and
supports reading comprehension.*



COOKING UP UNDERSTANDING

Simple Interactions Can Build Reading Skills

Resources to Support Everyday Reading

You can support your student with reading needs by downloading an app, reading a book, or visiting a website to learn more. It only takes a moment!

APPS & ASSISTIVE TECHNOLOGY (AT)



[Issa's Edible Adventures](#)

Is your little one an aspiring chef? Download Issa's Edible Adventures today and explore the excitement of a working restaurant kitchen while learning about foods from around the world! (PK-Grade 1)

BOOKS



"Thank You Omu!" by Oge Mora (PK-Grade 2)

"Stone Soup" by Marcia Brown (K-Grade 4)

"The True Story of the 3 Little Pigs" by Jon Scieszka (rhymes with Fresca) (Grade 1 up)

WEBSITES



[Comprehension](#)

www.readingrockets.org

[5 Great Reasons to Cook with Your Kids](#)

www.healthychildren.org

MINDFUL MINUTE



Cooking Up Understanding: Simple Interactions Can Build Reading Skills

[Cooking Up Understanding](#)

Three Steps to Build Reading Skills

1. PREVIEW



Preview what will be in the text before you start reading together.

I don't think we have two cups of all these ingredients.

2. DISCUSS



Discuss what is happening in the text during reading.

The first ingredient is raisins.

3. SUMMARIZE



Summarize or tell what happened in the story after reading.

So we added our ingredients and mixed them together.