

PART 1 IN A SERIES

# CHILDREN LOVE TO LEARN

When adults cook, it can be a creative experience. Often, however, it is merely another chore.

But to children, cooking is more. It's magic! A toddler's favorite play area is usually the kitchen; pots and pans his favorite toys. As they grow, youngsters remain entranced by the putting together of meals... the way gelatin gels and puddings go from liquid to semi-solid, the way crisp pasta softens in boiling water, and dough becomes bread after baking. It's entertainment, and it can be educational.

Experts in the field of child development indicate that there is a great deal to be gained by having children participate in the meal-planning and producing process. It can enrich the family relationships and encourage creativity, boost self-confidence and improve coordination. In the kitchen, a child can learn to develop organizational abilities and a cooperative spirit.

Menu planning can be an early introduction to the science of nutrition and the importance of eating well balanced meals. Grappling with measuring cups and spoons can lead to a better understanding of the formidable fractions that plague most fifth graders.

## when the classroom is the kitchen

The study of recipes and labels can help improve reading skills. And even the tiniest of tots find learning how to tell time easier when they're watching the clock's big hand for the moment that the cookies can come from the oven. Nourish minds as well as bodies.

Of course, there are negatives, too. It is generally faster, neater, and less demanding of one's patience to do it oneself. The rewards, however, are there, and supervision of initial efforts can reap them.

### Getting Started With Budding Young Chefs

"Yes, I know it would be good for my child to learn to cook, but I don't think he can handle things carefully." You may ask, as do many parents, "How do I begin to teach him to cook?"

Kids can do much more than their parents think, report children's cooking school teachers. Unfortunately, most parents underestimate the abilities of their children. With patient instruction and encouragement, kids can learn to cook at a relatively early age.

The time to start is before the magic fades. The experts advise parents to start encouraging children to do simple things when they are very young and eager. But how do you know what your child is ready to do?

Of course, your child's age and skill level are the keys. Even a two-year-old is able to try a hand at stirring and adding light-weight ingredients to a bowl. A three-year-old should be able to pour liquids and to stir a cheese sauce mixture into macaroni which you have cooked, for example.

Also, starting children out with nutritious foods, rather than the typical cookie projects, sets an excellent example at the beginning and encourages an appreciation for a variety of wholesome foods. And cooking is a valuable experience for both boys and girls.

By four or five, children can peel oranges and eggs, tear lettuce for salads, wash vegetables, shape hamburgers and cookies, and even stir mixtures on the range. Their hand coordination and attention span is improving at this age, and they can accomplish more advanced tasks.

At about age seven a nationally-known children's cooking school begins accepting youngsters for its classes. By this age, children should be able to cut and chop ingredients, with adult supervision of course. They can also learn to measure and can follow instructions with several steps.

### After They Can Read

Learning to read opens up a whole new world to a child—and is a big step toward cooking independently. When a child can read simply-written steps of recipes, he is on his way to preparing a whole dish on his own.

By age 12, or sometimes younger, a child should be able to prepare a simple meal completely on his own, if you have cooked along with him since childhood. He has learned many techniques from you, enjoyed the experience, and now has the confidence to strike out on his own. As your child moves into the teen years, the rewards of your efforts can begin to be measured in terms of the easing of your own time in the kitchen. Many teens make a valuable contribution to the family work load by having dinner started when parents get home from work and by cooking some weekend meals.

This series on cooking with children includes a lesson on measuring, kitchen safety, and four recipes specially designed by the Kraft Kitchens as ideal for family cooking projects. The tasks handled by children will naturally depend upon the age of the particular child and his level of cooking skills. But the idea is to have fun, be creative, and then enjoy eating a nutritious meal.



### Bridge Club Elects Officers

In the annual meeting of College View Bridge Club held July 30, new officers were elected through August 31, 1982. They are Fred McNeill, Jr., president; Mrs. Mary M. Young, vice president; Mrs. Mary Duncan and Wiley Hammonds, secretary and assistant, respectively; Curtis Norris and Matthew Wollard, treasurer and assistant; Mrs. Minnie Norris and Thomas Hunt, tournament chair and assistant; Mrs. Dorothy Mewborn and Mrs. Clara Hunt, publicity officer and assistant and Doug Kennitz, director.

McNeill has announced the following activities: College View will co-sponsor, through the Durham City Schools Community Education Program, three terms of bridge classes beginning September 14 at Hillside High School. The class for beginners will be held on Monday nights and the class for intermediates on Wednesday nights, both beginning promptly at 7 p.m., and lasting until 9. All lessons are ten weeks. Subsequent terms will begin in the winter and spring.

Effective September 3, there will be a new players section, separate from the veterans, with one year free American Bridge Association membership. Dues are \$12 yearly, but will cost new members \$9. All Parlor Bridge Players and former bridge students are invited to participate. Arrival times is 7 p.m., each Thursday night at John Avery Boys Club. Play will conclude at 9:15 p.m., with a 30-minute analysis of hands played by a veteran expert member of the club for those who are interested.

All bridge groups are encouraged to mobilize resources with College View in an effort to charter a luxury liner bus to attend the Spring Nationals in St. Louis, April 11-17, 1982.

The Summer Nationals will be held August 3-14, 1982, Aladdin Hotel, Las Vegas, Nevada.

A nationwide Scholarship Benefit Game will be held on Friday September 25, 7 p.m., at John Avery Boys Club.

### Tau Gamma Delta Boule Held In New Jersey

The 36th annual Boule of Tau Gamma Delta Sorority, Inc., was held recently at the Meadowlands Hilton in Secaucus, N.J., with Psi Chapter of Jersey City serving as hostess chapter. The Boule theme was, "Greater Responsibility for Service and Development."

In keeping with the Sorority's outreach programs and its commitment to aid in the education of worthy students, scholarship awards were presented to three individuals who plan to matriculate in a college or university of their choice this fall. Derrick Williams received the National Scholarship Award, and Misses Natalie Neil and Dawn Gilliard were the recipients of scholarship awards from Psi Chapter. In addition, monetary contributions were made to the United Negro College fund and to the Sickle Cell Anemia Foundation.

Members attending from the Durham Chapter were: Mmes. Virginia Alston, Ora L. Bryant, Lizzie M. Crews, Lillie Daniels, Mary Green, Lucinda M. Harris, Jean Mack, Corinne Morrison, Christine Page, Omega Parker, Violet P. Rogers, Vivian Samuel, Mary C. Thomas, and Lyda F. Wray. Husbands and friends attending were: Thomas Daniels, Herman Green, James Mack, James Reaves, Jethro Rogers, James B. Samuel, Grady Tate and Robert Thomas.

The 1982 Boule will be held in New Orleans, La.

### We Welcome Your Clubs & Social News

News about happenings of your clubs or social events should be in our office not later than Monday at 5 p.m. of the week of publication.



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