**Get Your Gadgets Going**

Included is a set of kitchen gadgets! These gadgets are used frequently in any kitchen and would be a great way to increase your child’s vocabulary! Let’s get your gadgets going with the below activities:

Kit Includes:

* Plastic Dry and Wet Measuring Cups (includes strainer and pitcher spouts)
* Red Digital Timer
* Whisk
* Spatula

Plastic Dry and Wet Measuring Cups:

1. Measuring Cups included inside: These are for dry ingredients. Use these to measure ingredients such as flour, sugar, brown sugar, etc.
	1. Encourage older children to use the back side of a knife to get a smoother surface on the top of the measuring cup for more exact measuring. This helps to refine fine motor skills.
2. Liquid Measuring Cup: This cup will aid in the measuring of all your liquid ingredients such as milk, water, oils, etc.
	1. Encourage the children to pour into and from the container. This works on good gross motor skills.
3. Liquid Measuring Cup with Lid: This has a strainer lid and a pouring lid. Just swivel the top of the lid to find the tool needed.
	1. Use the strainer top to drain fruits and veggies.
	2. Use the pouring top to provide a small child sized pitcher for children to pour their own milk.

Red Digital Timer:

1. This gadget can be used often see below for several ideas:
	1. Time the food to ensure it is cooked thoroughly.
	2. Let the children each stir for 1 minute or 30 seconds.
	3. When children are assigned tasks to help in the kitchen, it can be used to transition to a new task.
	4. Using the timer will help children become more aware of number and their concepts as well as improve their cognitive development and transition skills.

Whisk and Spatula:

1. A **whisk** is a **cooking** utensil to blend ingredients smooth, or to incorporate air into a mixture, in a process known as **whisking** or whipping. Most **whisks** consist of a long, narrow handle with a series of wire loops joined at the end. The wires are usually metal, but some are plastic for use with nonstick cookware.
2. A **spatula** is "a small implement with a broad, flat, flexible blade used to mix, spread and lift material"[[1]](https://en.wikipedia.org/wiki/Spatula#cite_note-1) including foods, drugs, plaster and paints.
	1. Share the definition with the children. This will help build their vocabulary and begin encouraging questions about why foods change from liquids to a solid.