



## Follow the Chef

This is a good activity to do together with your child. "Follow the Chef" is played like "Follow the Leader." You can play in a pair or with as many people as you want. Pick one person to be the "chef" (or the "leader"). In the first round, you can be the Chef. This gives you the opportunity to teach your children some of the actions you do while preparing their meals and snacks. The chef will march in front of everyone else and lead them. As you march, the chef will call out steps to making a recipe that you'll motion as you walk. For example, you might pretend to whisk eggs, chop vegetables, or mix dough. Let your children get creative in what you "make" and how you'll make it. Once you finish "cooking" a recipe, you can switch who the chef is and make a new recipe. Continue to follow your children as they take the lead as "chef."