

Lesson 2: Kitchen Tools Exploration

Learning Focus:

Tool interaction builds functional object recognition — learners not only see what a spatula looks like, they begin to understand *what it does*. According to Banerjee et al. (2021), multi-sensory exposure to tools strengthens cognitive linking between object and purpose, which is key for everyday problem-solving and later independence.

Duration: 15 minutes

Group: You + 1–2 Learners

Materials Needed:

- Real tools: Spatula, Whisk, Bowl, Pot, Ladle
- Laminated matching cards
- Sorting trays or labeled boxes
- Toy versions (optional)



caregiver tips

Let your learner explore tools with all senses — tapping, holding, even shaking it. Sensory engagement boosts memory.



watch out!

Avoid introducing too many tools at once. Start with 2 or 3 to avoid visual overload or confusion.

What To Do

♦ **Step 1: Show & Tell (5 minutes)**

Place 3 tools in front. Pick one:

“This is a spatula. We flip pancakes with it.”

Let them tap, shake, hold.

Try metal vs. plastic: “Feel how heavy!”

♦ **Step 2: Match Game (5 minutes)**

Hold card: “Can you find this?”

If unsure, guide gently: “Let’s do it together.”

Repeat with different tools 2–3 times.

♦ **Step 3: Action Demo (5 minutes)**

Act out the tool’s job:

Stir with a spoon. Pretend to flip the egg with spatula.

Then:

“Your turn!”

Use a toy kitchen if safety’s a concern.

Communication Support:

- “Spoon” (say it + hold it up + tap card)
- “Spatula or Spoon?” (Let them choose)
- Visual yes/no cards for feedback

What They’re Learning:

Goal	How You’ll See It
Tool recognition	Points to 3+ tools on request
Visual matching	Matches 2 real tools to the cards
Action mimic	Acts out at least one tool function

Why It Matters:

Recognizing and using kitchen tools supports cognitive development by helping learners connect objects with function. Tool exposure helps build context, object identification, and sensory familiarity which are crucial for cooking autonomy (Karungaru, 2019)