

43 - Cooking

Humans love to eat but why do we cook our food instead of eating it raw? Did you know that humans have been cooking their food for around 2 million years? Today we will learn about the science behind why we cook our food.

Early humans discovered that by using fire to prepare their food it made it easier to eat. And that's basically the DEFINITION of cooking: the act of using heat to prepare food for consumption, otherwise known as EATING! Cooking food makes the calories and some of the nutrients in foods easier to absorb and *digest* much faster, which meant less time lying around in a meat haze and more time to hunt or *invent* new things like tools, weapons, pottery and things like the wheel. Cooking was one of the greatest inventions of all time allowing people to go from cavemen and women to more sophisticated and civilized humans.

Activities

1. Ready to get in the kitchen and cook? With the help of an adult, try [this](#) breakfast taco recipe! Make sure that an adult does the hot or sharp parts!
2. Cooking and budgeting are important life skills. If you have older children, give them pretend money and help them plan a meal your family enjoys. As you walk through the recipe and the items you would need to buy, help them count the money and pay for each item. Discuss how your family budgets and plans meals for the week.
3. Looking for a snack that is fun and healthy? Check out [this](#) fruit and cheese snack that is simple and works on fine motor skills.

Additional Resources

1. What is your favorite food? Brussel sprouts? Broccoli? Ice cream? Do you make ice cream at home or do you buy it from the store? Check out this [video](#) to see how ice cream is made. You don't really think about ice cream being cooked, but it is! What else did they cook in the episode to make the final flavor?

Kid News

Inventors and scientists are always looking for ways to improve designs for living in outer space. It's hard to get items into space and every ounce counts when you are shooting things into the sky. Check out this [article](#) about a team of inventors who used origami to create a new way for astronauts to live on the Moon! What do you think a home on the Moon should look like? Would it look like your current home or would it look completely different?¹

¹ This activity guide is for the Who Smarted? podcast www.WhoSmarted.com