

Pushes and Pulls in the Kitchen



Push and pull jobs at meal time



Pushing

We push dough, a knife or a blender button.



Pulling

We pull open a drawer, a lid or the fridge door.



Kitchen tools

A rolling pin, grater or can opener help us.



Working together

Some jobs need a push and a pull, like mixing.

TEACHER TALK - FORCES AT MEAL TIME

Ask children to mime making a sandwich. Which actions are pushes? Which are pulls? Point out tools that make the push or pull easier.