


Learning opportunities are everywhere. You can make anything a learning experience for your child, just follow the TRUST ideas.

**Talk with TRUST**

*TRUST ideas will help your child's thinking and learning as you are doing jobs together.*

I LOVE helping in the kitchen!

Could you be in charge of dinner tonight?



**T** Take turns to talk about what you are going to do

What do you think we should have?

FISH FINGERS!

Ooh yeah, MUCH better than my idea!



**R** Recap the plan as you are working

Well done! You're doing a great job!

I want smiley faces and beans with mine, I'll check what the others want...



**U** Use lots of encouragement

Everyone wants the same as me!

Great! What do you need to do?

I'll collect the things from the freezer and put them in the oven.




**S** Share and talk about experiences that will help

I'm going to put the fish fingers on this tray and the smiley faces here... Will you put them in the oven for me please?

Who usually eats all the fish fingers?

YOU DO! I'll give you the most.



When I put the dinner on I put a timer on the oven, let's check how long they need...

What else can you do whilst they're cooking?

I'll press the timer button!

I'll get plates and forks for everyone.

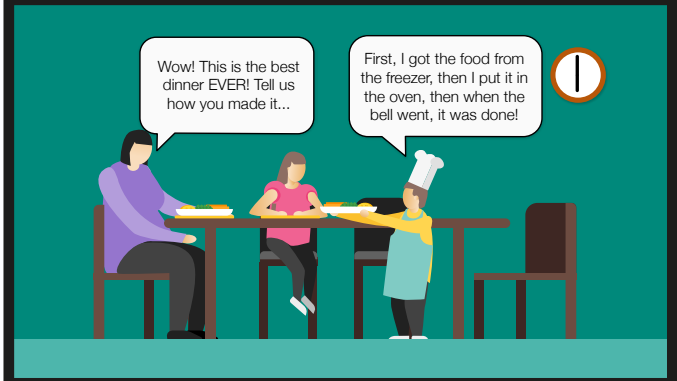
Cooking instructions



**T** Tune-in and be interested

Wow! This is the best dinner EVER! Tell us how you made it...

First, I got the food from the freezer, then I put it in the oven, then when the bell went, it was done!



You did a great job in the kitchen today, what jobs do you want to do tomorrow?

Can I help in the garden?

The TRUST framework was adapted from 'High Quality Interactions' in the EEF's guidance report *Preparing for Literacy* [p.9]

