

FOOD

Arranging the cooking and dining areas for the work of the child does not have to be a giant undertaking, and it does not need to be done all at once. Consider giving the child one low shelf or one drawer in the kitchen in the beginning. This could contain a cutting board and safe knife, or cereal bowls and spoons—whatever the child is most likely to use most often.

A stool is a good first investment, so the

child can reach the sink or the counter, for work. Even better, if there is room, have a small table and chair or stool out of the way where the child can prepare and eat snacks, or do his share of the food preparation.

In the classroom, there should always be a space for children to prepare snack at any time of the day, and lessons on how to do the work, and how to clean it up in preparation for use by the next child. This is an exercise in contributing to the good of others—preparing and serving snack, and cleaning up.

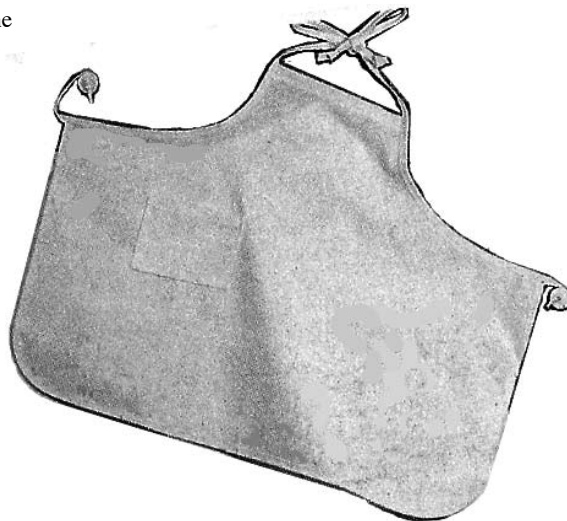


"Crumbing" the table after lunch is satisfying work for the child.

CHEF'S HAT AND APRON

There is nothing like building excitement about preparing food as dressing up to do it! And it helps the child stay focused by marking the beginning and the end of the work—from putting on to taking off the apron. This matching set of a child's apron and hat is made of white washable cotton. The aprons have a tie at the neck and waist, and the hat has a piece of wide elastic at the back so that it fits several sizes. The apron is 24" wide and 24" long, and the child's hat is 10" wide at the band.

DR630 Chef's Apron \$9.00
DR634 Chef's Hat \$8.50



COMPOST BUCKET

The place to save scraps while one is cooking, as well as scraping dishes after the meal. Children even in infant communities, under age three, enjoy learning to stop wasting food with this important activity. The enamelware compost bucket is 7" tall and comes with a lid.

CR026 \$15.50



APPLE SLICER

Neatly core an apple and slice it into ten even segments for a special snack preparation. With a little help from the adult, even very young children can enjoy using this tool.

This apple slicer has stainless steel blades, two solid easy-grip handles, best quality. It is 6.75" long.

DR21 \$11.00

MULTI CHOPPER

This chopper makes interesting patterns on anything the child is cutting up to prepare for snack or meals, in the classroom or at home. It can be held with two hands or one. Plastic handle and stainless steel chopper. 5" long.

DR707 \$4.50



OLIVEWOOD NUTCRACKER

The beautifully grained wood of this elegant version of the traditional nutcracker attracts children to work. It is a piece of art as well as an important tool for cracking nuts and giving wrists practice in control. The nutcracker is 5.5" long when extended.

DR250 \$16.50

TINY CLEAVER

This childsize cleaver knife looks just like the ones used by French chefs, but it is only six inches long! It is made in Japan of stainless steel, with a wooden handle. The blade is 3.5" long, and safe enough for a child. **USE UNDER ADULT SUPERVISION.**

DR45 \$4.00



PRACTICAL TASKS AS THE FOUNDATION FOR ALL LATER WORK

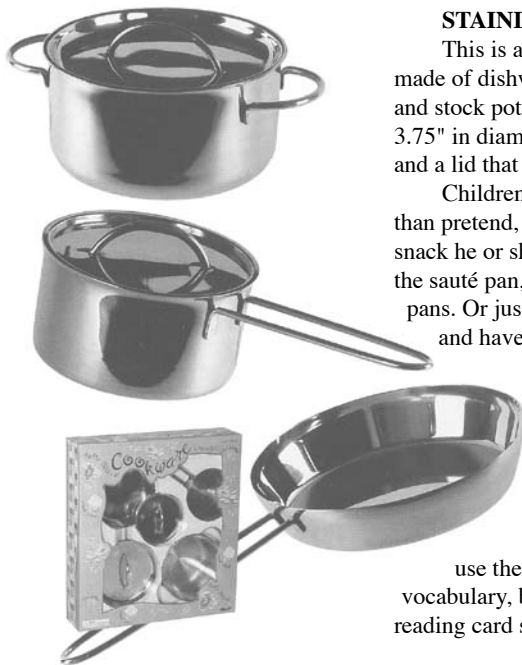
It is not uncommon for the value of *practical life* or *family life* exercise to be misunderstood. I have heard parents exclaim in dismay that their child is "wasting time cleaning in her new Montessori school when she should be doing math!" However, math and all other intellectual work requires the ability to move carefully, to focus, to complete sequential steps, to concentrate, to make intelligent choices

and to persevere in one's work. This is exactly what is learned during practical life work. As a result of periods of time spent concentrating on such a task a child becomes calm and satisfied and, because of this inner peace, full of love for others.

Perhaps an even more important result of this work is that the child sees himself already as an important and contributing member of the group, and as an intimate friend, when he is welcome to participate in the work of the adult. Think about the difference

between how close you feel to your own guests. If all the work is done by you in anticipation for the guest's arrival, that is one relationship. When a friend joins you in your preparation of the meal, that is a closer relationship.

The child benefits most from this close relationship with the parent, whether it be in scrubbing or cutting up the vegetables, washing or drying the dishes, setting the table, cleaning out the cupboards or refrigerator, mixing the muffin batter, and so forth.



STAINLESS STEEL COOKWARE SET

This is a professional quality tiny cookware set made of dishwasher-safe stainless steel. The sauté pan and stock pot are 4.75" in diameter, and the saucepan is 3.75" in diameter. The set includes a lid for the sauce pan and a lid that fits both the sauté pan and the stock pot.

Children would rather be involved in real cooking than pretend, so when the adult is preparing a meal or snack he or she could help the child fry one of the eggs in the sauté pan, or heat a bit of the soup in one of the two pans. Or just ladle some of the food into one of the pans and have the child put the lid on to keep it warm.

When it is not possible for the child to be involved in the real work he or she can practice washing and drying these pans, or arranging a space for them in the kitchen alongside the family's larger equipment.

In the classroom the teacher will use them to introduce kitchen equipment, and vocabulary, before giving the child kitchen utensil reading card sets.

DR924

\$25.00



GLASS JUICER

For years we have searched the antique shops for these heavy old-fashioned glass juice squeezers. Today they are coming back into fashion and are even made in a perfect size for children!

There is no substitute for the pleasure of hand squeezing the juice from a lemon or an orange with this tool. The child holds on to the glass handle, then pours the juice out via the spout. In a *Casa de Los Ninos* I visited in Mexico the children had fresh squeezed lemon water available all day at the snack table.

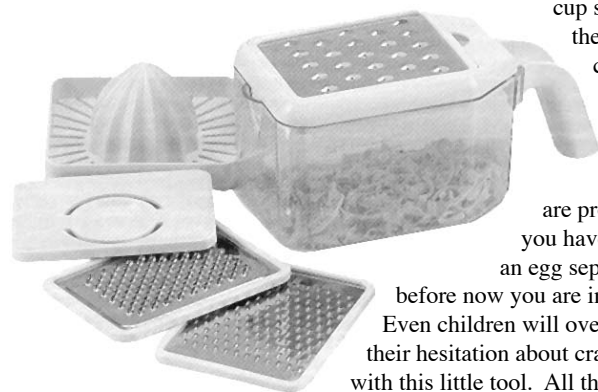
Height 2.5" in the middle, base diameter 4."

DR46

\$12.00

MINI GRATER & JUICER

This amazing set of tools can grate, shred, juice, pour, measure, and separate eggs. The grating attachment fits snugly on top of the measuring cup so that all of



the carrot or cheese goes into the container and small hands

are protected. If you have not used an egg separator

before now you are in for a treat. Even children will overcome their hesitation about cracking eggs with this little tool. All the parts conveniently store inside the 5" x 3"

x 3", 2-cup measure, and children enjoy the challenge of putting this "puzzle" of pieces together after it is washed and dried.

DR066

\$10.50



VEGETABLE PEELER

Just the right size for the smallest hand for peeling carrots, potatoes—a favorite in communities of young children. This European vegetable peeler is 4" long. USE UNDER ADULT SUPERVISION.

DR43

\$4.50



MELON BALL SCOOP

At age six this was our daughter's favorite birthday present! It can be used for any kind of melons for an attractive and interesting snack, or even for *butter balls* for a fancy meal or tea. It is excellent practice of eye-hand coordination for the child (and the adult—I'm still learning) as he learns to make the two sizes of more and more perfect spheres. Metal and wood, 8.25" in length

DR700

\$4.00

When a child has a lot of experience with the important developmental tasks called *practical life* he becomes more successful in all other areas of study and in relating to others.

The most important discovery is that a child returns to a normal state through work. Countless experiments made upon children of every race throughout the world have shown that this is the most certain datum that we have in

the field of psychology and education. A child's desire to work represents a vital instinct since he cannot organize his personality without working; a man builds himself through working. There can be no substitute for work; neither affection nor physical well-being can replace it. A man builds himself by carrying out manual labor in which he uses his hands as the instruments

of his personality and as an expression of his intellect and will help him to dominate his environment. A child's instinct for work is a proof that work is instinctive to man and characteristic of the species.

. . . if we showed them exactly how to do something,



These children are free to prepare snack at any time, with placemats, napkins, china and glassware



ROLLING PIN

The tiny (but adult) rolling pin is used in Italy to smooth the tops of ravioli and is of the best quality. It is not a toy, but is the perfect size for small hands. It is made of hardwood and is 9.25" long.

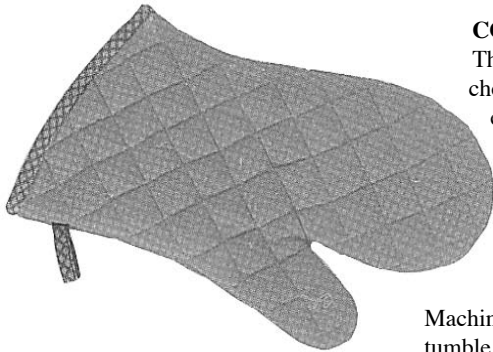
DR177 \$4.00



CHEESE PLANE

A quick snack, and healthy: *thinly* sliced cheese. Children enjoy learning the perfect angle to use this traditional Scandinavian cheese slicer. Wood and stainless steel construction, 8.5" long.

DR740 \$5.50



COTTON OVEN MITT

This dainty red and orange checked mitt with green edging is made of 100% cotton. It is 8" long and 4" across at the wrist, and has a green checked loop for hanging up near the child's work place.

Machine wash in cold water and tumble dry.

DR640 \$6.00

FLOUR SIFTER

Mixing the flour, baking powder, baking soda, and sugar by means of a sifter instead of a spoon, makes the muffins or cake taste better. And it is much more fun, and good eye-hand control practice for the child, and also usable by the adult. This childsize stainless steel flour sifter holds up to one cup of flour and is easily turned by a child by means of the wooden handle. It is 4.5" tall and 3.3" in diameter.

DR620 \$7.00



COFFEE GRINDER

The first time I saw one of these devices in use was when I was visiting a classroom, and a child ground coffee and made a cup for me! I was astounded.

This is a real coffee grinder which can be adjusted for medium or fine grind and used in the house—the child helping with the preparation of the meal. It is made of wood and metal. Show the child how to turn the handle slowly, and to separate the beans while grinding (when the noise stops and the beans are lodged) with a chopstick or toothpick. It is 4.6" x 4.6" at the base, and 7" tall.

DR100 \$29.00



PORCELAIN ANIMAL PITCHERS

What a delightful treat to serve juice or milk in these tiny animal pitchers. They are easy to fill and the pouring is slow and gentle from the rabbits mouth and the baby elephant's trunk. The rabbit is 2.5" tall and 3.25" long, and the elephant is 2.5" tall and 3.5" wide.

DR732 Rabbit Pitcher \$3.50
DR730 Elephant Pitcher \$3.50



this precision itself seemed to hold their interest. To have a real purpose to which the action was directed, this was the first condition, but the exact way of doing it acted like a support which rendered the child stable in his efforts, and therefore brought him to make progress in his development. Order and precision, we found, were the keys to spontaneous work in the school.

— Dr. Maria Montessori

THE NEEDS OF THE PARENT

Parents do not always have the time to include the child in everything and should not feel bad about this. A teacher is available to the child for this work all day long, and trained to give lessons and help the child grow toward independence. It is too much to expect a new parent, or a busy parent to do this perfectly. We must be easy on ourselves in the home and plan a time when we will enjoy work as well as the children.

Begin with just one thing, perhaps

putting the napkins on the table for a meal, and gradually add to the tasks in which the child can participate, and eventually take over. This effort on the part of the parent pays off for the adult as well as the child as we observe that the child's method of working is not just to get the task finished, but also to enjoy it!

One of the most important lessons we can learn from the child is how to bring our whole selves, mentally, physically, and spiritually, to the task at hand, to focus on each thing we do, and to enjoy each moment of life.



biscuit or lunch plate

WHITE PORCELAIN TABLEWARE

Real porcelain dishes and cups are not for the child to play with, but are to be used, under adult supervision, for the child's daily or special meals. Setting the table, eating, and washing up real porcelain dishes challenges a child to be careful. This shows respect for a child, and he will rise to the responsibility with pride.

This is high-quality, beautiful white porcelain, the best available. The cups are 2.25" tall and the saucers 4.5" in diameter, and the lunch plate 6.5".

The small cream pitcher is 2.5", The tall juice pitcher 3.5". The porcelain bowl, for soup or cereal, is 5.5" in diameter and the "sake" cup is 2" tall.

- DR57 Lunch Plate** \$5.50
- DR58 Set/4 Lunch Plates** \$21.00
- DR56 Cream Pitcher** \$4.50
- DR54 Cups & Saucers (Box 4 each)** \$11.00
- DR59 Juice Pitcher** \$13.50
- CR37 Porcelain Bowl** \$5.50
- CR38 Porcelain "sake" Cup** \$3.00



bowl



FLATWARE GIFT SET

Half the trouble children have in learning to eat properly with silver is the size of the utensils. And children's flatware is often made of materials and with decorations which further complicate the problem. Any child will welcome a gift of this elegant 3-piece place setting of stainless steel flatware, made by the sterling silversmiths Oneida in their famous Paul Revere pattern. The perfect size—spoon 5.1" long, knife 6.2", and fork 5.8". They come in a lovely gift box.

DR60 \$21.00

FLATWARE INDIVIDUAL PIECES

The individual flatware pieces are made by the same famous company as the boxed set.

They are slightly longer, slightly lighter, and often used by schools for the lunchtime meal. The knife is 6.6", the fork 6", and the spoon 5.3" in length. Excellent for the daily meals in the home as well as in the classroom.

- DR616 Flatware spoon** \$4.00
- DR617 Flatware Fork** \$4.00
- DR618 Flatware Knife** \$4.00
- DR619 Flatware Set/3** \$11.50



"saki" cup



juice pitcher



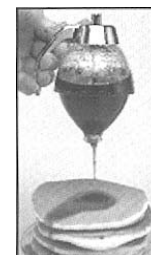
cup & saucer

cream pitcher

HONEY/SYRUP DISPENSER

When we first discovered this jewel of a honey server we gave it to all of our relatives for the holidays! Honey and maple syrup are better for children than sugar, and this utensil allows a child to serve himself without making a mess. With the squeeze of a button the honey or syrup is dispensed through the bottom of the glass container. Then the container is placed back in the glass holder/stand which is included. The honey dispenser, with the stand, is 6" tall. NOTE: not for thick or crystallizing honey.

DR074 \$14.50





Tea served for a guest in a Montessori 3-6 class. Why not at home!

THE NEEDS OF THE FAMILY

I remember once reading a study on teenagers. A group of the happiest, balanced, most successful, and healthiest teenagers were identified by their peers and teachers and studied to find out what they had in common in their upbringing. There was no correlation with family social status, economic level, race, religion, types of school, private classes, camps, I.Q. or anything else obvious. The only thing that they had in common was that they shared a meal once a day with the rest of their family, without television. It did not matter which meal, or any of the other details of a meal.

The implications of the value of spending time each day communicating with a group of people who care about one, give us a lot to think about.

Life has changed, but the need to feel a part of a group has not. Cooking and eating are something everyone does every day. Perhaps taking a few moments to work together to cook something, to set the table, just one little thing each day, can keep the whole family on the path to wholeness.



BLUE WILLOW DISHES

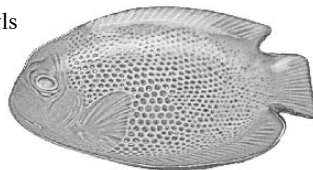
I loved this China when I was a child, and so did my children. Two young lovers, thwarted in their love, are turned into turtledoves. This beautiful traditional blue and white porcelain bears the pictures of an ancient Chinese legend that has become well-loved around the world since it was enshrined in teapots, cups, dishes, by the British in 18th century England. Children delight in finding the elements of the story on the dishware. The porcelain *blue willow* teapot, with tea infuser, is 5" tall and 8" long. The cups (or little bowls) are 3" in diameter, the little plates are 3.5" in diameter. They come in a set of 4 each.

DR140 Blue Willow Teapot and Infuser	\$13.00
DR142 Blue Willow Cups & Plates, 4 each	\$18.00
DR144 Blue Willow Teapot, Cups, Plates Set/9	\$30.00



JAPANESE FISH PLATE JAPANESE FLOWER BOWL

These lovely blue Japanese serving bowls and plates are probably our favorite pottery at home. The shape and texture on the fish plate are so realistic that one can even feel the raised fins and scales. The glaze is a rich blue fading into browns, just like a tropical fish. We keep a stack of the fish plates on the stove for spoon rests. It will add a special touch to the snack table at school. The *fish plate* is almost 6" long, 4.5" wide. The beautiful *flower bowl* is used for elegant tiny snacks, such as raisins, grapes, cheese cubes, and also for many practical life exercises in the classroom. The size, shape, pattern, and shade of blue of these little glazed ceramic *flower bowls* from Japan vary, but they are always beautiful. 2" - 3" in diameter.



DR026 Fish Plate	\$5.50
DR031 Flower Bowl	\$3.00

KITCHEN OBJECT CARDS

Teachers spend weeks making this important set of first vocabulary cards for the child. These beautiful cards are printed in color, laminated, and even have the corners rounded so they will last for years. First teach the child the names of these objects with REAL OBJECTS, then using the unlabeled cards as flashcards to practice and solidify the vocabulary. When the child begins to read single words she can use the labels. There are 12 unlabeled pictures in each set, 12 labels, and 12 labeled pictures, 36 pieces in all per set. The labeled cards are 3.75" x 4.24". All cards are printed in full color, laminated and the corners rounded.



DL376

\$18.95

CHILDREN'S TEA SET

While the other tableware on this page is intended for meals, here is a smaller, colored porcelain set that can be used for play, for tiny snacks, and for vocabulary practice in the classroom where real meals are not served and so real porcelain not available. The colors remind one of the old fiesta dishes, lime green, peachy orange, bright yellow, and dark blue. The saucer/plate is 3.8" in diameter and the teapot holds 8 ounces of liquid. Contents: teapot and lid, 4 saucers/plates (use as either), 4 cups, a creamer, and a sugar bowl with lid.

DR758

\$21.00

