

KIDS IN THE KITCHEN

Reasons to cook with your kids

- ◆ When kids help out in the kitchen they are more likely to cook meals for themselves and their families in the future.
- ◆ Teaching your children family recipes and sharing stories about who taught you how to cook can help keep family roots alive.
- ◆ Spending time with your children in the kitchen is a great way to share stories from the day. Quality time is priceless!
- ◆ Cooking with children allows them to learn about math, science, language, food skills and more.....



Cooking with kids at any age

Cooking with kids at any age can be fun. Here are some ideas for different ages:

4-6 Year Olds	6-8 Year Olds	8-11 Year Olds	Teens
<ul style="list-style-type: none"> ◆ Put together foods like trail mix and smoothies. ◆ Stir ingredients together for muffins, pancakes and sauces. ◆ Crack and beat eggs. ◆ Cook with a friend for a fun play date. ◆ Help set the table. 	<ul style="list-style-type: none"> ◆ Use simple kitchen tools like a grater, toaster, blender or can opener. ◆ Make simple tortilla wraps. ◆ Toss salad Ingredients together. ◆ Invent a smoothie recipe. ◆ Make a simple breakfast such as fruit, yogurt and granola. 	<ul style="list-style-type: none"> ◆ Use a knife with easy-to-cut foods. ◆ Use the microwave. ◆ Make their own school lunch. ◆ Make a fresh fruit platter to go with dinner. ◆ Use the stove with supervision to make simple recipes such as omelettes, pancakes, soups and quesadillas. 	<ul style="list-style-type: none"> ◆ Help plan meals for the week. ◆ Make a grocery list based on the weekly menu and help grocery shop. ◆ Learn about food safety. ◆ Learn about kitchen safety. ◆ Take on the responsibility of preparing some of the weekly family meals.