

Video link for
Cooking with Kids
8:06 minutes

HealthyHomeStyles.com/LifestyleCert/LifeStyleCert-Video-05

Questions? Contact HomeStyles Project Team
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Cooking with Kids
HOMESTYLES



Cooking with Kids

- Benefits of kids helping in the kitchen
- Food preparation tasks that kids can accomplish



Kids in the Kitchen

- Let kids help



Kids in the Kitchen

- Let them be involved in the process



Kids in the Kitchen

- Let them help select foods for the family



Kids in the Garden

- Let them help select foods for the family



Kitchen Helpers Reap Benefits

- Learn new skills and feel successful!



Kitchen Helpers Reap Benefits

- Learn how to choose healthy foods!



Kitchen Helpers Reap Benefits

- Build stronger family bonds



Kitchen Helpers Reap Benefits

- Gain lifelong advantages



Kitchen Helpers Reap Benefits

- Gain feelings of success and achievement!



A Solution for Fussy Eaters

- Kids more willing to try foods they help prepare



Kids Are Curious

- Spark interest in vegetables!



How Can Kids Help?

- Match tasks to child's age and abilities



Tips for Success

- Show and teach



Tips for Success

- Give 1 instruction or task at a time



Tips for Success

- Practice patience



I'm 2, What Can I Do?

- Scrub firm fruits and veggies
- Pat dry fruits & veggies
- Break cauliflower, snap peas, or beans into pieces
- Tear lettuce, spinach and other salad greens



I'm 2, What Can I Do?

- Carry ingredients from one place to another
- Name the colors of foods being prepared
- Play with utensils



I'm 3, what's there for me?

- Pour already measured ingredients
- Mix and stir
- Count ingredients



I'm 3, what's there for me?

- Spread nut butter and dips
- Knead and shape dough
- Wrap potatoes in foil for baking
- Shake liquids in covered containers
- Put waste in trash



I'm 4, I Can Do More!

- Mash banana with a fork
- Snip green onions and parsley with child's scissors
- Wipe table and help clean up
- Set the table



I'm 5, and Feelin' Alive!

- Measure ingredients
- Cut soft foods with a dinner knife
- Beat eggs
- Help clear the table
- Put leftovers in the fridge



I'm 5, and Feelin' Alive!

- Try 2 simple instructions at one time



Getting Started

- Find a comfortable place in the kitchen



Getting Started

- Explain the recipe steps
- Wash hands



Getting Started

- Explain the recipe steps
- Wash hands
- Wash fresh fruits and vegetables



Kids in the Kitchen

- Gather equipment, supplies, and ingredients



Kids in the Kitchen

- Enjoy the yummy food!



Kids in the Kitchen

- Clean-up together



Perfect Parfait

2 spoonfuls each of . . .

- Fat-free yogurt
- Cereal
- Fruit sliced into pieces



Kids CAN Cook!



Picture Recipes

www.kids-cooking-activities.com



Knowledge Check

- What are the benefits of having kids help in the kitchen?



Knowledge Check

- What are some of the tasks kids can do to help prepare food?



Quick Survey

Visit this website to complete a short survey!

www.TinyURL.com/HomeStylesSurveyCooking

It will get you on the way to completing your
*HomeStyles Healthy Lifestyles for
Preschool Families Certificate!*

Acknowledgements

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