

# GETTING KIDS INVOLVED IN THE KITCHEN

Working side-by-side with kids to create healthy meals can help them develop a love of healthy foods!



When introducing kids to the kitchen, keep these tips in mind:

## START SIMPLE

Make recipes with just a few steps until you learn what each child can do.

## HAVE HEALTHY FOOD READY TO EAT

Want kids to reach for healthy food? Make sure healthy foods are in reach. Keep plenty of fruits and veggies in the house to add to meals and snacks.

## LET EXPERIENCE BE YOUR GUIDE

Adjust the tasks you assign based on your child's skills.

## SUPERVISE

Make sure kids know the rules of kitchen safety from the start.

## BE PATIENT

It works better than pressure. When you offer children new foods, let them choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice.

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Ready to start involving kids in the kitchen? See below for some ideas!

## KIDS AGED 2 AND YOUNGER CAN:

- Play with plastic measuring cups, spoons, containers, or a bowl of water
- Learn to say names and colors of foods being used
- Smell foods and, depending on the food, taste small amounts

## LET 3-YEAR-OLDS TRY TO:

- Rinse and scrub fresh produce
- Tear, snap, or break foods
- Dip foods into dips
- Arrange foods on a plate
- Help stir ingredients together in a bowl

## LET 4-YEAR-OLDS TRY TO:

- Measure ingredients
- Cut with a plastic or dull butter knife
- Squeeze juice from fruits
- Shake ingredients in small containers, such as jars or zip-top bags

## LET 5-YEAR-OLDS TRY TO:

- Help grate cheeses and vegetables – watch fingers carefully! Help by placing one of your hands on the grater and another on the child's hand holding the food
- Crack and beat eggs
- Peel oranges

## LET 6-8-YEAR-OLDS TRY TO:

- Read the recipe
- Crack and beat eggs
- Measure small amounts of ingredients
- Rinse, scrub, and peel onions, carrots, cucumbers, and other produce
- Cut soft foods with a plastic or dull butter knife – stand behind them the first few times to help guide their hands with yours