

INVOLVE KIDS IN THE KITCHEN

BUILDING HEALTHY COMMUNITIES



Involving children in meal planning, food preparation, and cooking activities introduces them to and allows them to experiment with new foods. *Kids are more likely to eat food they help prepare!* Encouraging involvement will help them build healthy eating habits they will carry through their lifetime.

WAYS KIDS CAN HELP OUT :

- Wipe tabletops
- Wash fruits and vegetables
- Break up cauliflower or broccoli heads
- Carry ingredients from one place to another
- Measure ingredients
- Knead and shape dough
- Mix, stir or pour ingredients
- Apply soft spreads
- Peel oranges or hard-boiled eggs
- Mash bananas, beans, or potatoes
- Cut items with kid-safe scissors
- Set the table
- Help garden / pick herbs



ALLOW CREATIVITY WITH FOOD!

Put out a few healthy food options and let your kids use these to create a new snack!

BASE

Small bagels
Whole grain or rye bread
Whole grain or graham crackers
Mini rice cakes or popcorn cakes
Small bits of whole-wheat pita bread

SPREADS

Low-fat refried beans
Fat-free or low-fat cream cheese
Fat-free or low-fat peanut butter
Jam with no added sugar
Hummus

TOPPINGS

Strawberries
Slices of apple or banana
Raisins or other dried fruit
Slices of cucumber or squash
Cherry tomatoes cut in 1/2

Remind children to wash hands before and after helping in the kitchen. Be patient with spills and mistakes. Keep in mind that the goal is to help kids learn about healthy eating through exposure.