

COOKING WITH KIDS

When it comes to cooking, kids can help out every step of the way. Kids are more likely to try foods they helped prepare. Try these tips to involve kids in food selection, food preparation, and kitchen clean up.

Food Selection

- Give kids a list of healthy meal and snack options, then allow them to help create menus for your program using foods from the list.
- Conduct taste tests (see handout in this section of the toolkit) and incorporate the most popular foods into your program menus.
- Serve do-it-yourself meals and snacks with multiple healthy fixings to choose from. For example, a taco bar, make-your-own personal pizza, yogurt and fruit bar, or build your own trail mix.

Food Preparation

- Help kids use math and reading skills to follow recipes and measure out ingredients.
- Promote development of self-esteem and a sense of accomplishment by letting them take home some of the food they helped prepare to share with their families.
- Check out the **Safely Working with Kids in the Kitchen** handout in this section of the toolkit for tips to help kids build kitchen skills.

Kitchen Clean Up

- Assign kids different clean up tasks:

Younger kids can:

- Clear the table
- Push in chairs
- Wipe tables and counters
- Sweep floors

Older kids can:

- Pack up and put away leftover food
- Wash, dry, and put away dishes
- Mop floors
- Take out the trash

Have you heard of **ChopChop** magazine? It's a great resource for bringing fresh ideas, recipes, and fun to your cooking activities! www.chopchopmag.org



MaineHealth

LET'S GO!

5-2-1-0