



Auxilium Education Coaching presents: What 'cha cooking?

Friday, March 20, 2020

Supplies - Access to a kitchen (and whatever utensils and food items you may need), the internet, pencil or pen for taking notes, dad/mom or caretaker for help.

1. Read over these articles to get some ideas on ways to manage the stress of cooking with little ones.
 - a. <https://www.moneycrashers.com/cooking-with-kids-recipes/> Read over this with your kiddos. If you need more insight/follow up reading, see the article below
 - b. <https://www.foodnetwork.com/how-to/articles/cooking-with-kids-without-going-insane> (cooking)
2. Depending on what you have accessible in your refrigerator/pantry, you can determine what you are going to cook.
 - a. Brainstorm ideas with your child about what they would like to cook
 - b. Talk about what they would like to eat for a meal, snack, etc.
 - i. there a lot of options on the menu bar on this website:
<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids>
 - ii. other ideas for recipes: <https://www.pbs.org/food/theme/cooking-with-kids/>
 - c. Assess what you have in your pantry/fridge
 - d. If you have older kiddos- you will have to assess how much experience they have with cooking to determine their independent cooking abilities.
 - e. Get cooking - and enjoy measuring and stirring and cooking with your kiddos.
3. If you decided to bake, then while your food is baking - pick a kid's cooking show to watch with your child. Otherwise, you can enjoy your snack or meal and then watch the cooking show. Here is a good list of shows to watch with your kiddos...look at what would be most appropriate for your child's age.
<https://coolemmeats.com/2017/09/26/food-tv-shows-for-kids/>

I cannot wait to see what they create! Please send pictures of the delicious final product and you guys having fun with this activity, if you would like to be featured on our Facebook page/website!! Have Fun!!!

Activity continuation:

1. Watch documentaries/ shows about food: PBS has a lot of choices, as does Netflix, Amazon Prime, and Hulu.
2. For older teen/tweens they could plan an entire meal and execute it, as well. Winner, winner chicken dinner!

Have a safe and fun weekend...I will be back on Monday with another lesson for you and your family to enjoy! Thanks for letting Auxilium Education Coaching be a part of this challenging time together.
#socialdistancingwithcompassionforthewin

For more information, please visit: www.auxiliumeducationcoaching.com
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