



How to Make Cooking More Fun

If your child isn't interested in cooking/helping in the kitchen, these are my favorite ways to make things more fun:

1. Let them get messy - Try not to micro-manage every aspect. Spills are expected. If they feel like they won't get in trouble for messing up, it's more fun.
2. Try baking first - Baking is a great introduction to cooking, with a sweet (outcome.)
3. Put on fun music & dance!
4. Ask them what they would like to cook/bake/make & start there to build confidence.
5. Play "taste testers" along the way. Make it a game.



FALL FOOD EXPLORERS

By: Jessica Gust, MS, RDN & Colleen Burns, Dietitian Intern

There are so many important reasons to get children in the kitchen, but my favorite reason is to help them explore new foods. This is especially important for picky eaters. Being in the kitchen also builds connection and confidence. Some of the greatest memories you can make with children revolve around being in the kitchen, especially during the holiday season. When they help, they're also more likely to eat!

If having your children help in the kitchen feels overwhelming, start small. Here are a few of my favorite ways to have them help:

- Tearing lettuce, picking apart herb leaves.
- Using the salad spinner
- Mixing batter for muffins, bread, desserts, etc.
- Cutting veggies (with a kid-safe knife)
- Spreading butter (with a butter spreader)
- Washing fruits or veggies
- Kneading dough
- Using the rolling pin
- Adding toppings to a salad
- Making a charcuterie board
- Shaking dressing/marinades (add to a sealed jar, and let your child shake it up!)
- Setting the table with plates, napkins, and cups
- Teach your child proper hand washing & good hygiene in the kitchen! Have them be the "soap" monitor. They can remind you to wash your hands if you forget too!
- Let them watch you cook (with a safe stool). Talk about what you are doing if it isn't safe for them to help.
- Ask them what their favorite thing to cook/bake is and start there.

CONTACT US: 1-888-808-CHEF (2433) customercare@chefables.com