

Cooking with Kids



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BENEFITS TO COOKING WITH CHILDREN

1. THEY FEEL GOOD ABOUT DOING SOMETHING GROWN UP.
2. IT BOOSTS A CHILD'S SELF-ESTEEM AS THEY ACCOMPLISH KITCHEN AND COOKING TASKS.
3. IT GIVES A CHILD A SENSE OF "OWNERSHIP" IN THE MEAL AND IMPROVES EATING HABITS.
4. IT HELPS TO DIMINISH POWER STRUGGLES AND ARGUMENTS ABOUT EATING.
5. COOKING TOGETHER IS A GREAT TIME TO BOND AND STRENGTHEN RELATIONSHIPS.
6. ITS AN OPPORTUNITY TO TEACH CHILDREN HOW TO PREPARE A HEALTHY MEAL.
7. CHILDREN ARE KINETIC LEARNERS (HANDS-ON). THEY LEARN BY DOING.
8. COOKING WITH CHILDREN PROVIDES THE PERFECT OPPORTUNITY FOR HANDS-ON LEARNING ABOUT HEALTHY EATING.

CHILDREN LOVE HELPING IN THE KITCHEN!

PROVIDE OPPORTUNITIES
CHILDREN TO HELP WITH
FOOD PREPARATION AND
KITCHEN TASKS.

GIVE KIDS SMALL JOBS IN
THE KITCHEN AND PRAISE
THEIR EFFORTS.



2 YEAR OLDS CAN...

- MAKE FACES OUT OF PIECES OF FRUITS AND VEGETABLES
- SCRUB VEGETABLES OR FRUITS
- TEAR LETTUCE OR GREENS



3 YEAR OLDS CAN...

- SNAP GREEN BEANS
- ADD INGREDIENTS
- STIR
- SPREAD PEANUT BUTTER OR OTHER SPREADS
- SHAKE A DRINK IN A SEALED CONTAINER
- KNEED BREAD DOUGH



4 TO 5 YEAR OLDS CAN...



- FIND AND GATHER INGREDIENTS
- MEASURE AND ADD INGREDIENTS INTO MIXING BOWL
- CRACK EGGS AND PEEL BOILED EGGS
- HELP STIR INGREDIENTS TOGETHER
- KNEAD BREAD
- CUT ROLLED BISCUIT DOUGH
- THEY CAN RINSE VEGETABLES AND FRUITS
- TEAR LARGE PIECES OF LETTUCE
- CUT SOFT FRUITS AND VEGETABLES WITH A BUTTER KNIFE
- HELP SET THE TABLE AND CLEAR DIRTY DISHES
- WIPE OFF COUNTERS

PROVIDE OPPORTUNITIES FOR CHILDREN HELP MAKE DECISIONS IN THE KITCHEN

- LET THEM PICK WHICH VEGETABLE TO HAVE WITH A MEAL
- CHOOSE HOW THE VEGETABLE WILL BE PREPARED
- PICK A NEW RECIPE
- CHOOSE A MAIN DISH FOR THE WEEKLY MENU
- CHOOSE INGREDIENTS TO PUT ON A SANDWICH OR IN A SOUP ... CALL IT SALLY'S SOUP OR SANDWICH



KITCHEN TIME IS A GREAT TIME TO TEACH CHILDREN ABOUT HEALTHY FOODS.

1. TALK TO CHILDREN ABOUT HOW HEALTHY FOODS HELPS THE BODY GROW TALL, STAY HEALTHY, HAVE STRONG MUSCLES, RUN FAST, ETC.
2. TALK ABOUT THE COLOR, TEXTURE, SMELL, TEMPERATURE, AND FIRMNESS OF FOOD.
3. LET CHILDREN SAFELY EXPERIENCE FOOD IN AS MANY WAYS AS YOU CAN.
4. SHOW THEM FOODS CAN BE EATEN IN DIFFERENT FORMS. FOR INSTANCE, CARROTS CAN BE SHREDDED, SLICED, DICED, GRATED, OR CUT INTO STICKS. THEY CAN BE EATEN RAW OR COOKED.



KITCHEN TIME CAN BE TURNED INTO AN OPPORTUNITY FOR OTHER FUN LEARNING ACTIVITIES.



1. CHILDREN CAN DO COUNTING, ADDITION AND SUBTRACTION AS THEY HELP ADD INGREDIENTS TO RECIPES.
2. CHILDREN CAN LEARN ABOUT MEASURING AND VOLUME.
3. ASK YOUNGER CHILDREN WHAT LETTER FOODS START WITH.
4. COOKING ALLOWS FOR SCIENTIFIC OBSERVATION WHEN FOODS CHANGE FORM AS THEY ARE BEING PREPARED AND COOKED.
5. READING AND FOLLOWING A RECIPE INCREASES A CHILD'S SKILL AT FOLLOWING DIRECTIONS.

DID YOU FIND THIS EDUCATIONAL HANDOUT HELPFUL?

PLEASE TAKE A MINUTE TO TELL THE
STAFF AT POSITIVE PATTERNS FOR LIFE,
LLC WHAT YOU LIKED ABOUT THIS
EDUCATIONAL HANDOUT. GO TO THE
CONTACT PAGE ON OUR WEBSITE AND
SEND A MESSAGE TO THE STAFF.

THANK YOU FOR YOUR TIME!

