

## Benefits of Including Kids in the Kitchen

(excerpt from <https://www.allinahealth.org/healthyssetgo/nourish/kids-in-the-kitchen-tips-and-recipes-for-flavorful-fun>)

- Math skills are reinforced through counting and measuring ingredients in a recipe.
- Science skills are taught when discussing how temperature changes foods, and how certain foods keep our bodies healthy.
- New vocabulary words are introduced when describing food's appearance, feel and taste.
- Executive function and skills for planning and completing projects is practiced as recipes are followed start to finish.
- Cooking together can also encourage a healthy lifestyle. It teaches your kids that you prioritize health rather than taking the easy way out with convenient processed foods. It also empowers kids when they feel their input is valued.

"Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity."  
Chef Guy Fieri

### Cooking Safety

- Teaching kitchen safety at a young age is important, too.
- Small kitchen appliances like toasters and microwaves are often overlooked as sources of danger, but toddlers are clever enough to use them without understanding the hazards. If your child is too young to follow written directions, they are too young to use a microwave or toaster without supervision.
- It's also important to supervise kids when you introduce them to using sharp tools. Kid-friendly options are available to help kids as young as 3 years old practice cooking skills under supervision.
- Be sure to wash your hands before and after cooking, as well as after handling any uncooked eggs or meats



### HOW YOUNG KIDS CAN HELP IN THE KITCHEN:

- add pre-measured ingredients into your mixing bowl and help you stir
- crumble cheese
- form and cut cookies
- mash potatoes with a masher
- rinse canned beans
- roll meatballs
- roll out dough or help make pasta
- shred cheese or grate garlic
- turn on the blender or mixer
- wash fruits and vegetables
- whisk eggs.

### HOW OLDER KIDS CAN HELP IN THE KITCHEN:

- coat chicken strips in egg and cereal batter
- clean countertop surfaces and utensils
- help menu plan and grocery shop
- measure and add ingredients and spices
- mix together cookies or cakes, and bake
- peel and slice vegetables like carrots, cucumbers, tomatoes and potatoes
- place ingredients onto skewers
- pour batter onto a griddle and flip pancakes
- saute or stir together ingredients on the stove top



## Sidewalk Chalk Paint

<https://www.kitchentableclassroom.com/sidewalk-chalk-paint-a-diy-recipe/>

### Ingredients:

- 1/2 cup Corn Starch
- 1/2 cup Water
- Food Coloring

Mix corn starch and water in bowl. Add food coloring. Best if used immediately.

## 6 Tips for Mindful Eating

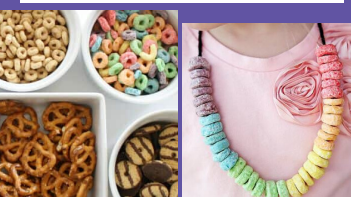
<https://ca.ctrinstitute.com/blog/6-tips-mindful-eating/>

1. **Slow down.** Prepare your body and mind for what you are about to eat by taking 5 deep breaths before you start. Deep breathing calms the body and brings you to the present moment.
2. **Try eating for a few minutes in silence.** Choose to eat a snack in silence or dedicate five minutes of a meal to be in silence.
3. **Put your fork down between bites.** Try switching your fork to your non-dominant hand or use chopsticks.
4. **Tune in to your senses.** Notice the colors on your plate, taste the flavors and note the changes in texture as you chew, smell the aromas, listen to what you hear as you eat. Engaging each of your senses can make for a very pleasurable experience and you may find you are satisfied with less.
5. **Check in with yourself before, midway and after your meal or snack.** Observe without judgement. On a scale of 1 to 10, am I ravenous (1), overly stuffed (10)? Aim to stop eating around 6-7 when you are satisfied, not full.
6. **Be grateful.** Give thanks for the ingredients, where they come from, how they got to your table and the process that transforms them into an enjoyable dish.

### Audio Stress Reduction Exercises:

<https://ca.ctrinstitute.com/stress-reduction-exercises/>

## Snack Necklace:



## Fruit Kabobs

1. Give your child a kabob (avoid a sharp tip)
2. Set out sliced strawberries, bananas, pears, apples, or whatever types of fruit your kids like.
3. Have your child make their own fruit kabob.

This is an excellent activity for teaching patterns! Can your toddler make a strawberry-banana pattern? Older kids could string together apple-banana-strawberry-kiwi patterns.



## Frozen Yogurt

1. Give each of your kids a paper plate lined with parchment or wax paper.
2. Drizzle yogurt onto their paper. You can set a cookie cutter on the plate and fill the inside of it. Or let your kids use their fingers or a clean paint brush to spread out the yogurt.
3. Next, let them make pictures on their yogurt with fresh fruit, dried fruit, granola, or chocolate chips. See if they can make a sunshine, flower, or face.
4. Place their plates (carefully) in the freezer. Freeze for a few hours, then let your kids eat their masterpiece!

## Pancake Art:



# Songs to Sing While Washing Your Hands

## “Twinkle, Twinkle Little Star”

Twinkle, twinkle little star  
Look how clean my two hands are  
With soap and water, wash and scrub  
Got those germs off, rub-a-dub-dub  
Twinkle, twinkle little star  
Look how clean my two hands are

## “Wash, Wash, Wash Your Hands”

Wash, wash, wash your hands  
While you sing this song  
Rub and scrub, rub and scrub  
The germs swirl down the drain  
Scrub, scrub, scrub your hands  
While you sing this song  
Rub and scrub, rub and scrub  
The germs swirl down the drain

## “If You’re Dirty and You Know It”

If you’re dirty and you know it  
Wash your hands  
If you’re dirty and you know it  
Wash your hands  
If you’re dirty and you know it  
Then your hands will surely show it  
If you dirty and you know it  
Wash your hands.

