

Cooking with children

Having fun by learning about nutrition



COOKING WITH CHILDREN

Healthy foods help kids grow fit and strong, but raising healthy children goes beyond serving nutritious meals.

During one of the many broadcasts about the Let's Move initiative, Mrs. Obama talked about how she and the President Obama have made simple changes in their own household to encourage healthy eating. They are including and encouraging the serving of more fruits and vegetables, and begins by sitting down for dinner to share good food and, what happened in there family's day.

"How do we make meals healthy, affordable and tasty?" she asked, and after a moment, she answer: "Get kids involved in cooking". "Kids who help pick and prepare foods are more likely to try them, and develop a taste for them."

Cooking with kids is a great way to teach them healthier and tastier meals.

Cooking with kids gives the chance to introduce them to food groups and emphasize healthier choices like fruits and vegetables, whole grains, low-fat dairy, and lean meat. The USDA Food Guide for Preschoolers is an excellent jumping-off point for you if you have concerns about what and how much your children should be eating.

Cooking with kids will help them develop lifelong good eating habits for life.

"It is easier live active and healthier when parents spend more time with their kids!"

U.S. First Lady Michelle Obama

Make Cooking Fun for Kids!

Kids will have more fun if you choose a healthy recipe geared to their ability level. Little hands can maneuver a big spoon to mix.

Perfect recipes for children are those with fresh ingredients and easy assembly steps. Very young children are probably not ready to measure ingredients, but the child can still help assemble ingredients, stir batter, or sprinkle grated cheese and breadcrumbs on top of a dish, like Low-Fat Macaroni and Cheese. This will give to the kids a sense of accomplishment.

Adventurous teens, may be excited to assist with complicated recipes. Also an older child learning a new language may be interested in trying a recipe from the culture he's studying.

Make Cooking Safety!

Working in the kitchen with young children is also an opportunity to teach them about food safety, and how to avoid common food-borne illnesses. Always start by washing hands!

Teach to the kids that healthy cooking also means preventing food contamination and accidents. Let kids of all ages know it's not safe to eat raw cookie dough or any uncooked foods.

It is never too early to warn children about safety hazards in the kitchen, from hot pans, ovens, and cook tops, to sharp knives and appliances with blades.

Plastic or butter knives should be used for first attempts at cutting. It's safer to use plastic or metal bowls and other kitchen tools rather than glass.

Encouraging your kids' interest in healthy cooking can help ensure a future of good health.

