

WHAT DO CHILDREN GET OUT OF IT?

Children form eating habits early and carry them into adulthood. Children who help prepare meals and snacks are more likely to try and enjoy a variety of healthy foods. They enjoy helping in the kitchen, too.

Benefits of Involving Children

- Eat a wider variety of foods
- Understand how foods are prepared
- Food safety
- Learn manners
- Small and large motor development
- Socialization
- Learn and practice new words
- Gain a sense of self independence and confidence
- Practice cooperation
- Learn responsibility
- Gain a sense of self-belonging

Visit us on the web!
<http://ceplacer.ucanr.edu>

Nutrition BEST
University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603

Phone: (530) 889-7350
Fax: (530) 889-7397
E-mail: ceplacer@ucdavis.edu



University of California
Agriculture and Natural Resources

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/169224.pdf>)

Inquiries regarding ANR's nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.

COOKING WITH KIDS



Program for Families with
Young Children



Funded by First 5 Placer County
Children and Families Commission

MEAL PREPARATION ACTIVITIES FOR YOUNG CHILDREN

2-Year-Olds Can:

- Scrub fruits and vegetables
- Carry unbreakable items to the table
- Wash and tear lettuce leaves for salads
- Break bread into pieces
- Wipe off table tops
- Explore and play with safe utensils
- Break apart cauliflower or broccoli
- Snap green beans
- Dip foods

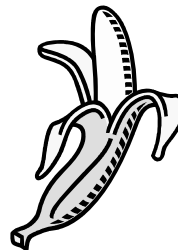
3-Year-Olds Can:

- Pour pre-measured liquids
- Shake liquids in sealed container
- Mix ingredients
- Spread butter or other spreads
- Knead dough
- Scrub fruits and vegetables using a vegetable brush
- Serve foods
- Put things in the trash
- Wrap potatoes in foil



4 to 6-Year-Olds Can:

- Juice oranges, lemons or limes
- Peel some fruits and vegetables such as bananas, apples, cucumbers and squash
- Mash soft, cooked fruits and vegetables
- Cut foods using a plastic knife
- Press cookie cutters into cookies or other types of dough
- Crack and beat eggs
- Set and clear the table



The grocery store is a classroom Take your child shopping and make it a learning experience. Ask them to help you find the milk or have them count the apples when placing them into a bag. They can also hold the list and help you check-off items.

HELPFUL KITCHEN HINTS

- Children forget easily and may need directions repeated several times.
- Smaller utensils are easier for children to use in the kitchen.
- Create a routine; have your child pick what he enjoys doing most in the kitchen and make it their special task.
- Expect spills and messes. Through practice, children will improve with time.
- Clear a spot in a low cupboard for your child to keep his own place setting- plate, bowl, silverware and cup.
- Take this time to talk with your child. Learn about what foods he likes and how he likes them prepared.
- Talk about and try new foods.
- Children should never be left unsupervised in a kitchen.

