COOKING WITH KIDS WHILE SHELTERING AT HOME

Save money and eat healthier by cooking food at home. Cooking with kids is a great way to teach math, reading, science, and social studies while taking care of a chore.

Have a picky eater? Research shows, kids who cook eat healthier foods. Here are some ideas to get kids started in the kitchen from age 2 on up.

2 - 5 year olds can:
- Sing a song for 20-seconds while you wash hands together (i.e. Happy Birthday, twice)
- Wash fruits, vegetables, and canned goods
- Tear lettuce, salad greens, or fresh cilantro
- Mix ingredients together
- Shake liquid in a closed container
- Cut soft foods with a plastic knife
- Squeeze oranges, lemons and limes
- Measure dry ingredients

6 - 10 year olds can:
- Choose the recipe and make a shopping list (or use foods you have at home)
- Read the recipe out loud to you
- Crack and beat eggs
- Measure liquid or dry ingredients
- Use small appliances like a hand mixer or food processor
- Cook food in the microwave
- Knead or roll out dough
- Open cans with a can opener

Older kids and teens can:
- Research and choose recipes (try EatFresh.org)
- Plan a meal that includes at least 3 MyPlate food groups
- Teach younger siblings to prepare foods
- Make a shopping list, or make a recipe using foods already at home
- Cut, chop, and dice after learning how to use a knife safely
- Cook with supervision on the stovetop or outdoor grill

For more age-appropriate recipes and ideas, visit: Cooking With Kids.org

Getting started:
Step 1. Wash hands before anyone begins to cook or handle food.
Step 2. Clean your cooking area.
Step 3. Show kids how, then step aside and let them show you. Kids need supervision in the kitchen and every kid will learn and develop differently.
Step 4. Always involve kids in the clean-up so they learn how to do it right.
Step 5. Taste and enjoy your food together. Encourage them to comment on the taste, smell, texture and think about what would make the recipe even better.

Get cooking! In this Three Sisters recipe kids can wash veggies, tear cilantro, and mix ingredients together with a spoon.

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INFORMATION ADAPTED FROM: COOKING WITH YOUNG CHILDREN UNEXTENSION

This material was produced by CalFresh Healthy Living, UC with funding from USDA SNAP, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. It is the policy of the University of California to permit any reasonable person to inspect and/or copy any information and records under its control.

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