

# 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



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

## 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 stove top 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.