



WEEK 4

Kids in the Kitchen



WHAT WE'LL DO

Let's get your child in the kitchen! There are so many wonderful developmental opportunities awaiting in the kitchen. Ever realize how much reading, sequencing, math, or vocabulary opportunities are in each meal that we prep? Getting your child involved in the kitchen will look vastly different for different age groups.

LET'S GET COOKING

Let your child pick out the meal for dinner. If you don't have a cookbook, see if you can find two pictures on the internet of easy recipes to let your child pick one. Remember, involving your child in the process leads to adventurous eating! Children love to feel included and take ownership of day to day tasks. Once the meal is picked out, make your child the "junior chef." Here are a few ideas.

AGE 2 & UP MIGHT TRY:

- Mix ingredients in a bowl,
- Help get ingredients out of the pantry,
- Pour ingredients into a pot.
- Measure out wet and dry ingredients.
- Place food on trays before baking.
- Cut up food for dinner (depending on age/safety ability)
- Set the timer for cooking the food.

Older children (up to parent discretion). If you feel your child is old enough to make a basic meal under supervision, this is the perfect opportunity! Help your child pick a simple meal with fewer steps (perhaps something like pancakes). Allow your child to try following each step. You may need to step in for cooking and safety skills. Your child will feel a sense of accomplishment with this task!

AT A GLANCE

FAMILY MEALTIME CHALLENGES

- Week 1: Explore New Food
- Week 2: Family Meal Structure
- Week 3: Increase Family Bonds
- **Week 4: Kids in the Kitchen**
- Week 5: Pulling It All Together

DINNER DEMONSTRATION EVENTS

Dates will be announced in 1-2 weeks!

UNDER AGE TWO?

Set up routines that includes your child in the kitchen daily.

- Can they bring their cup to their placement in the morning for breakfast?
- Can they choose between two cereals for breakfast?
- Can they help pick a piece of bread for toast?
- Can they choose between 2 fruits? This allows them to be involved in the process at their level.

If you have play food at home, the adult can pretend to have a recipe and help pretend to bake and cook the food during imaginative play. You can even use real mixing bowls in the kitchen and utensils like a whisk or stirring spoon to enhance vocabulary and familiarity of kitchen items.

