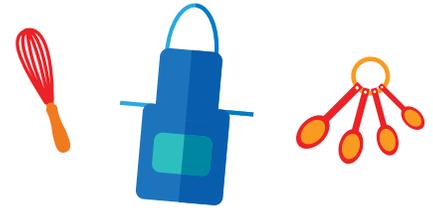


Big ideas for little cooks.

A guide to cooking healthy with your kids.



Let your kids fill half YOUR plate with fruits and vegetables.

Cooking with your kids not only makes for great family time, it helps kids develop healthy habits to carry into the future, too. Your little chefs can explore new foods, learn about nutrition and even practice math and reading skills as they measure ingredients and read instructions. Plus, kids are more likely to eat foods they helped prepare.

No matter how old they are, there are lots of ways kids can pitch in in the kitchen.

PRESCHOOLER

Young kids can get some hands-on experience with several easy cooking tasks, such as:

- Washing produce
- Tearing lettuce for salads
- Snapping green beans
- Sprinkling cheese on top of casseroles
- Stirring sauces

SCHOOL-AGED

As children grow, they'll develop the skills and interest to do bigger cooking jobs, like:

- Cracking eggs
- Spreading on toppings
- Kneading bread dough
- Measuring ingredients, and helping pour them into bowls
- Reading recipe instructions aloud
- Setting the table

TEENS

Teenagers may be ready for even bigger challenges in the kitchen. Let them choose the dish, and help them prepare it. By improving their cooking skills, they'll be better prepared for when they need to cook for themselves. It's also a good opportunity for them to try new healthy foods and meals.



KITCHEN SAFETY

Aside from constant adult supervision, there are several other ways to ensure your kids remain safe when cooking in the kitchen.

- Establish kitchen rules, like not touching stove knobs or knives.
- Remind them not to touch items like spinning electric beaters, hot pans and stovetops.
- Use potholders or oven mitts when handling hot pots, pans or baking trays.
- Turn pot and pan handles toward the back of the stove to prevent accidental spills.
- Teach them microwave safety. Never put tinfoil or anything metal in the microwave.
- For older kids, when chopping fruits and vegetables, point knife blades away from yourself and keep your fingers away from the blade while cutting.



FOOD SAFETY

With some simple rules for selecting, washing, preparing and storing food, you can teach your kids the importance of food safety and protect against foodborne illnesses.

- When grocery shopping, put refrigerated items in the cart last.
- Always wash your hands before you begin any recipe.
- Always wash your hands before and after handling raw meat, poultry, seafood and eggs.
- Never place cooked food on a plate that previously held raw meat, poultry or seafood.
- Keep countertops and cutting boards clean and dry.
- Rinse fruits and vegetables under running tap water.
- Promptly refrigerate or freeze leftovers.

Cook together, eat together and make every meal a family one.

Learn more at ShapeYourFutureOK.com.